



Kindergym

At Carmel & Co Gymnastics, we understand that playtime is essential for a child's physical, social and cognitive development.

To get the most out of the experience, the activities should have structure, purpose and meaning, rather than just unstructured free play that you might find at some play centres. This is called guided discovery.

Using this approach, our childcare professionals and gymnastics coaches have developed programmes that assist in development of coordination, strength, flexibility, social and cognitive skills.

Free play is great, but structured play is better!

***For more info visit www.carmelandcogymnastics.com.au or call
4297 4400 28 Sunset Ave, Barrack Heights, NSW, 2528***



Please present this voucher to get a free Kindergym or Kindy Kids Club trial lesson! - Bookings are essential