

Look what's new at the
"Y" for your little one...



Y-KINDERYOGA

JOIN IN THE FUN...

Half Kindergym / Half Kinderyoga

Come and try our new Combo Class!

NEW CLASS
Starting Monday
15th August

This class is a combination of gym and yoga. Kindergym is an essential preschool program that helps children to maximise their learning potential and develop gross motor skills for preschool readiness. Kinderyoga will follow and is designed to increase your little ones strength and flexibility whilst teaching them mindfulness.

trampolining • balancing • swinging • jumping • hopping
tumbling • climbing • movement to music • yoga
mindfulness • flexibility

Day: **Mondays** (during school term)

Time: 9.30am-10.30am

Age: Children aged 1-5 years

Cost: \$10 per child or

\$15 per family (2 or more children)

\$15 annual registration fee

Venue: YWCA Hall, 24 Dawson Street, Cooks Hill



Y-Kids get a better start!



For more information contact us on 4929 2954

ykids.ywcahunter@bigpond.com

www.ywcahunterregion.org.au

24 Dawson Street, Cooks Hill 2300



KINDERGYM

A fun introduction to gymnastics! Kindergym is a structured preschool program that helps develop physical skills essential for healthy brain and body development. The program helps children to maximise their learning potential and develop gross motor skills for preschool readiness.

**trampolining • balance beam • swinging • jumping
hopping • tumbling • climbing • movement to music**

Day: **Tuesdays** (during school term)

Time: Session 1 - 9.30am-10.30am

Session 2 - 10.45am-11.45am

Age: Children aged 1-5 years

Cost: \$10 per child or

\$15 per family (2 or more children)

\$15 annual registration fee

Venue: YWCA Hall, 24 Dawson Street, Cooks Hill



Y-kids Playgroup

Get your child pre-school ready while they have lots of fun! Y-kids playgroup activities are designed to emphasise social development as well as literacy and numeracy without the children even knowing it through the power of play!

**music • craft • puzzles • dance • sensory play
storytime • imaginative play • cooking**

Day: **Thursdays** (during school term)

Time: 9.30am-11.00am

Age: Children aged 0-5 years

Cost: \$9 per child or

\$12 per family (2 or more children)

\$15 annual registration fee

Venue: YWCA Hall, 24 Dawson Street, Cooks Hill



There's no need to pre book for any of our classes, simply turn up and enjoy yourself!