

Sensory Friendly Balance Play

Balance Play is tailored to suit preschool children aged approximately **18 months to 5 years**, with a parent-child ratio of 1:1.

This program is the first step in developing fundamental movement patterns along with gross and fine motor skills.

Start here, go anywhere!

Classes run for 45 minutes.

Sensory friendly Balance Play:

- Is planned and run by experienced coaches.
- Is child-led with the child choosing if they want to join in the activities.
- Has minimal use of props and music to reduce sensory overload.
- Maximum 12 students per class.
- The only class on in the gymnastics hall.
- Finishes lessons with gentle yoga shapes and goodbyes to allow students to wind down.
- Has a different themes each week, enriching learning and imaginative play.
- Provides your child with a term certificate with new sticker to collect each week.

Parents and children are welcome to walk through the gymnastics hall and meet the coach at any time before their first session.

Contact Ballarat Aquatic and Lifestyle Centre to book your free trial.

