



GYM FOR ALL

2025

UNDER 5'S

55 ARUNDEL STREET, MT ROSKILL

MONDAY

GYMTOTS
0-2 YEARS
11.15-12.00

PLAYGYM
2-4 YEARS
9.30-10.15
10.30-11.15

PLAYGYM PLUS
4 YEARS
10.30-11.30
1.30-2.30

TUESDAY

PLAYGYM
2-4 YEARS
10.30-11.15
4.45-5.30

PLAYGYM PLUS
3/4 YEARS
9.30-10.30
3.45-4.45

WEDNESDAY

PLAYGYM
2-4 YEARS
10.30-11.15

PLAYGYM PLUS
4 YEARS
9.30-10.30

THURSDAY

GYMTOTS
0-2 YEARS
9.30-10.15

PLAYGYM
2-4 YEARS
10.30-11.15
4.45-5.30
5.30-6.15

PLAYGYM PLUS
4 YEARS
1.30-2.30
3.45-4.45

FRIDAY

GYMTOTS
0-2 YEARS
9.30-10.15

PLAYGYM
2-4 YEARS
10.30-11.15
12.45-1.30
4.00-4.45

PLAYGYM PLUS
4 YEARS
11.30-12.30
1.30-2.30

SATURDAY

PLAYGYM
2-4 YEARS
8.30-9.15
9.15-10.00
10.00-10.45

PLAYGYM PLUS
4 YEARS
8.30-9.30
9.30-10.30
10.30-11.30

SUNDAY

GYMTOTS
0-2 YEARS
9.00-9.45
9.45-10.30

PLAYGYM
2-4 YEARS
10.15-11.00
10.30-11.15

PLAYGYM PLUS
4 YEARS
9.15-10.15

CLASS TYPES:

GYMTOTS (0-2 YEARS): CRAWLERS WHO CLIMB AND WALKERS. A COMBINATION OF FREETIME AND STRUCTURED LEARNING, ADULT PARTICIPATION REQUIRED

PLAYGYM (2-4 YEARS): WARM UP, STRETCH AND STRUCTURED CIRCUITS FOLLOWED BY A BIT OF FREETIME

PLAYGYM PLUS (3/4 YEARS): EXPERIENCED PLAYGYMER WHO DEMONSTRATES PHYSICAL COMPETENCE AND INDEPENDENCE. NO ADULT PARTICIPATION ALLOWED (EXCEPT DURING FREETIME)

CLASS FEES:

45 MINS \$18/SESSION

1 HOUR \$20/SESSION

FEES ARE CHARGED PER
TERM BASED ON NUMBER OF
SESSIONS REMAINING

NO CLASSES RUN ON PUBLIC
HOLIDAYS

TERM DATES

TERM 1 28TH JANUARY - 13TH APRIL

TERM 2 28TH APRIL - 29TH JUNE

TERM 3 14TH JULY - 21ST SEPTEMBER

TERM 4 6TH OCTOBER - 21ST
DECEMBER

FOR MORE INFO ON CLASS TYPES OR
TO ENROL PLEASE VISIT OUR
WEBSITE

WWW.TRISTAR.ORG.NZ