



# 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**  
**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**  
**11.15-12.00**  
**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**  
**11.15-12.00**

**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**