

Baby Gym – Parent Guide

What Baby Gym Is

Baby Gym is a relaxed, unstructured session where babies and young children can explore suitable equipment with their accompanying adult. It is designed to support movement, confidence, interaction and play.

Adult Supervision

Your child remains under your direct supervision throughout Baby Gym. Staff are present to manage the session and environment, but Baby Gym is not a drop-off or coach-led gymnastics class.

Using the Equipment

Please stay close to your child, use equipment as intended and follow staff guidance. Adults should not place children into activities or positions beyond their current ability.

Food, Drinks & Hygiene

Please follow any session-specific guidance about food and drinks and use the changing/toileting arrangements provided. Tell staff promptly about spills, accidents or anything that could create a slip or hygiene risk.

Illness

Please do not attend if you or your child is unwell with an illness that could reasonably spread to other families.

Collaborations & Special Events

Some Baby Gym sessions may include an invited local provider, activity or refreshments. Any additional booking information or arrangements will be shared for that session.