

## Kindergym & Pre-School Gym

**Kindergym** is a parent participation class where the child and parent / care giver can spend some quality time together in a fun, safe environment.

We aim to offer positive movement experiences where the children creatively explore the gym environment and practice skills safely, thus increasing capabilities, self-confidence and independence.

Classes are 45 minutes in duration and are run under the Guiding Principles of Kindergym Australia.

The classes are suitable for gymnasts 12 months to 4 years of age.

**Pre-School Gymnastic** classes build on the skills developed in the Kindergym class. Activities include singing, dancing, climbing, rolling, hanging, balancing, trampoline and fun games. The program helps develop strength, flexibility, co-ordination, balance and posture. The children will learn to follow instruction in a group situation and interact with their peers.

Pre-requisites for the Pre-School class include the ability to follow simple instructions from the coach and interact with other children in a safe and appropriate way. Parent participation is not permitted in the Pre-School class.

Classes are suitable for gymnasts 3 – 5 years old. New gymnasts must be a minimum of 3 ½ years of age.

### Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
	Kindergym 9.30 – 10.15 am		Kindergym 9.30 – 10.15 am	Kindergym 9.30 – 10.15 am
Pre-School Gym 10.30 – 11.30 am	Pre-School Gym 10.30 – 11.30 am		Pre-School Gym 10.30 – 11.30 am	Pre-School Gym 10.30 – 11.30 am

### What to Wear

Girls – leotards are preferred – bike shorts or leggings and close fitted top are acceptable.

Boys – Shorts (no buttons or buckles) and close fitted singlet or T-shirt

### PARENT INFORMATION

To ensure the safety of our gymnasts and the quality of our program we ask that all parents adhere to the following rules:

- Children and parents are not permitted into the gym area until the commencement of class. We ask that children are supervised in the waiting area and are not permitted to run around.
- Younger siblings are welcome in the Kindergym class only, however, their safety and well-being is the parents' responsibility. If necessary to bring older siblings to class, they must wait in the spectator area during the class. Their well-being is the responsibility of the parent.
- Clothing should be comfortable, but not too loose. Dresses and skirts are not appropriate. Bare feet for children is recommended. Parent participants may wear soft soled shoes if desired. Long hair must be tied back.
- Full attention must be given to the child during class. Please make sure that you do not spend the class chatting to other parents, leaving the children to their own devices (Kindergym classes)
- Punctuality is important to your child and other class participants. When seated on the floor area at the beginning of class, it is essential that parents pay attention to the instructions of the coach – no conversations with other parents.
- Please do not signal or wave to your children from the spectator area during Pre-School classes. This is very distracting for the gymnasts. Loud conversations in the spectator area are also very distracting to the gymnasts and coaches. If you wish to carry on conversations with other parents, it would be appreciated if you would do this outside. Thank you for your support in this matter.