



Kindergym

Term 1, 2021

Kindergym Timetable

Day	Age Group	Times
Tuesday	14mths - 4 yrs	10:00-10:45am
Wednesday	14mths - 4 yrs	10:00-10:45am
Thursday	14mths - 4 yrs	10:00-10:45am
Friday	14mths - 4 yrs	10:00-10:45am

- Parent involvement is required in the Kindergym classes above.
- The cost is \$140 for a 10 visit card with a 12 month expiry.
- \$16-40 Casual visit.
- Visit card must be presented on entry.
- No Bookings required.
- Classes do not run in School Holidays.

Kindy Kids Club Timetable

Day	Times
Tuesday	11:00am-1:00pm
Wednesday	11:00am-1:00pm
Thursday	11:00am-1:00pm
Friday	11:00am-1:00pm

- For children over 2½ years
- No Parent involvement - Parents Drop off & pick up
- The cost is \$24 per week, payable by the term on 2nd visit + \$80 annual registration for new members.
- Bookings essential.
- Classes do not run in School Holidays.

About Kindergym...

This program is for children aged 14 months to 4 years accompanied by a parent or caregiver.

Our coaches are accredited Kindergym coaches with Gymnastics Australia and this program was developed by child care professionals and qualified gymnastics coaches. Kindergym greatly assists in your child's development of strength, co-ordination, confidence, creativity and self esteem in a safe and stimulating environment.

A kindergym class is 45 minutes long, and is generally structured with free time at the beginning, a group warm up & song, a themed circuit for the day, and a group cool down.

About Kindy Kids Club...

This is a great program for pre-school aged children over 2½ years (**Children must be toilet trained for this class**). The program has been developed by a Diploma qualified preschool teacher and a High Performance gymnastics coach!

Parents drop their children off for 2 hours, where they will develop physical skills, self esteem, confidence in a fun and stimulating environment. In addition to promoting your child's physical development in areas like fine and gross motor skills, and locomotive skills, the program also aims to foster life skills such as turn taking, sharing and team work. They'll also make some new friends along the way!

Children will also need to bring lunch. (no nut products)

Your Coaches are...

Carmel, Elle, Ken & Samara will be looking after your children during their time in our Kindy classes. If you have any concerns, or questions, please don't hesitate to ask!

Term 1 Lesson themes

- Week 1 "Australia Day"
- Week 2 "Teddy Bear"
- Week 3 "Summer"
- Week 4 "Spy Kids"
- Week 5 "Tramp"
- Week 6 "Farm Animals"
- Week 7 "Circus"
- Week 8 "Colours"
- Week 9 "Forwards & Backwards"
- Week 10 "Easter"



Please turn over

Sign in on arrival (for Kindergym)

Upon arrival, can all parents please sign in, and present your visit card to reception. This is essential in the event that we ever need to evacuate, and we also have a record of your visits (just in case you lose your card). Also, please write out a name tag for yourself & your child. This way we all know each other!

Prams & Strollers

For those parents who are bringing along infants, that's fine! We just ask that you don't bring your pram or stroller onto the participation area, the matting is uneven in places, and it may also create a hazard for other Kinder-gymnasts. Please leave them near the water chiller where you can access the area quickly.

Socks Please (if your child likes bouncing!)

Our large trampoline at the rear of the gym is fantastic for the little ones, however the woollen netting is quite large and has the potential to remove toe nails. We ask that all children wear socks on this Trampoline for safety reasons, and to extend the life of the tramp bed.

Please ensure your child uses the toilet before class

Children get so excited and focussed on the task that they often miss the signs that they need to "go." Please ensure they use the toilet before starting their class.

No food or drink in the participation area

Food and drinks must never be taken on to the matting. Please avoid open food items during classes, and leave drinks on the bench near the cooler.

No shoes in the participation area

All parents & Children must remove foot wear before commencing their classes. Children should leave their socks on for the trampoline bed.

Children with special needs

We are proud to be able to offer of Gymnastics programs to children of all abilities. If your child has an impairment, or a special need that may affect their participation in some activities, please let one of our helpful coaches know.

Supervision

Please supervise your children at all times. Although we have made the gym as safe as possible, children still need to be supervised and guided through the days activities.

Class sizes & Staffing

As class sizes grow, we will put on additional coaches as needed to ensure your child gets the most from their gymnastics experience.

Email addresses please!

Email is the most convenient way to keep you informed of any class changes or special Kindy events we may be having. Your email address is safe with us, and we have a strict privacy policy. We don't anticipate sending any more than one email a term. You may also elect to have your fees (for Kindy Kids Club) emailed to you each term.

Progressing from here?

Kinder-gymnasts generally progress on to Kindy Kids Club once they are comfortable and confident (both parents & child). Our Kindy Kids generally progress on to our afternoon recreational classes once they start "big school." If your child is heading to big school at the end of the year, please let us know. We can also reserve a spot for your child in an afternoon class as many classes are full.

We hope you enjoy your time here at our club, and strive to give you the most from the experience. If you ever have any questions, please don't hesitate to ask.

The Kindy Coaching Team.

Carmel & Co Gymnastics, 28 Sunset Ave, Barrack Heights, NSW, 2528

Ph: 4297 4400, Fax: 4295 6775

Email: info@carmelandcogymnastics.com.au

Web: www.carmelandcogymnastics.com.au

