

# KINDERGYM

## Information for Parents

Kinder Gym is a motor development program for pre-school children. Kinder Gym provides a safe and exciting indoor playground, where a child and their parents can learn and play together. Programs are designed to develop fundamental movement patterns, coordination, balance, strength, flexibility, specific gymnastic skills and fine and gross motor skills through exploratory plays, games and music.

Kinder gym also builds self-esteem and confidence and helps to prepare your child for pre-school and school as children practise social skills such as learning to share, listening to instructions and making friends.

Although all children tend to follow much the same sequence of growth and development, each child is an individual who will develop at his or her own rate. Some children develop faster in one area and slower in another. Skills and activities practised in classes can easily be modified to make the task more or less challenging for your child. Do not be concerned if you feel your child is struggling or nervous with a particular activity. Offer an alternative or ask the coach for ideas on how to adapt the activity to better suit your child's needs.

Your role in their learning is as a playmate, a role model, a cheerleader and a source of new ideas. Please do not force your child to do an activity they are not ready for. Parents/Carers are expected to be involved in the class with their toddler at all times. Parents are asked to assist their child throughout class which is coach directed.

Each week Kinder Gym classes will follow a FUN theme eg. Jumping, Rolling, Superhero theme, bring a Buddy etc Gymnasts will be issued with participation card which will be stamped each week and is presented to the child at the end of each term. Adults share their child's fun and achievements. The real benefit comes from the child's self-initiated play rather than adult-directed play. All classes are 45 minutes long and follow a set routine.

- Welcome and exploratory play
- Safety Instructions
- Warm up Song
- Equipment Circuit
- Group Time
- Equipment Circuit
- Cool Down Activity
- Goodbye and Activity Card stamps - these are handed to participants at the end of each Term



We offer 3 different kinder classes:.

### **EGA Toddlers** – Walking to 2.5 years old

Adult participation is essential. Parents take an active role in the class and their child's learning.

### **Kinder Gym** – 3 to 4.5 years old

Kindergym Program is a movement-based program. This class is for 3 years old who are ready to be extend their gymnastics skills in a structured lesson. Adult participation is required.

### **Kinder Stars** – 4.5 to 5 years old.

This program caters for children who are aiming to start school the following year. Children of this age group are ready for more formal independent learning and therefore, **parents are not required to participate**. Drop off & pick up apply for this class

### **Outcomes of Kinder-Gym**

- Improve Gross Motor Skills
- Coordination
- Jumping, Swinging, climbing, balancing and hanging



- Stretching
- Safe landings
- Safety rolls
- Movement to music
- Stronger Core
- Interaction with other children
- Listening skills / following instruction skills



### An example of Morning Class themes:

#### EGA Toddlers & Kinder Gym

**Week 1:** Animal Week

**Week 2:** MOTHERS DAY

**Week 3:** Bubble Week

**Week 4:** Climbing Week

**Week 5:** Crawl and

**Week 6:** King and Queens **Dress up Week**

**Week 7:** Peg Week

**Week 8:** Winter Wonderland (

**Week 9:** Super Hero Week **Dress up Week**

**Week 10:** Bring a Buddy Week

#### Kinder Stars

**Week 9:** Bring a Buddy Week

**Week 10:** Viewing Week

"**MOTHERS DAY WEEK**" themed.

All mothers/Carers will be involved in the weeks Kinder Gym Lesson, which means you will be bouncing like a kangaroo, climbing like a monkey and balancing on the beam. Hope you are all ready for some action!!!

Don't forget to wear your Active Wear.

## Safety Rules and Guidelines

Here are some important rules for both gymnasts and parents at gymnastics! We ask that parents read through the rules with their child before class.

### **General Kinder Gym Rules**

- Wait until the coach calls your class to start before coming onto the gym floor
- Only registered participants are allowed on the gym floor at all times. Children who are not registered in the class will not be able to attend unless they register as a casual student.
- All children must be accompanied by an adult during the class. If an adult needs to leave the floor, their child must leave with them. EGA Toddlers and Kinder Gym is full parent involvement. Parent/Carer must follow and assist. Please be attentive to your child at all times
- Wear comfortable clothing. NO jewellery, jeans, tutu's, buckles, zipper as it can damage the equipment and cause injury to the gymnast. Bare feet are best (toes can grip, and socks will slip!)
- Gymnasts and siblings are not allowed on the equipment before or after class
- NO Food or drinks to be taken onto the gym floor at any time.
- Encourage your child to join in during group time and listen to instructions
- Watch for safety and clear landing areas
- Follow equipment safety rules e.g. one person on the tramp at a time.
- Use lots of encouragement and positive enforcement!
- Parents and caregivers are responsible for the supervision and safety of their own child – please stay with your child **at all times including** accompanying your child to the toilet.
- Parents and children are required to leave the gym immediately after their class finishes and are not to remain in the gym area as we need to prepare for the next class

### **Kinderstars**

- Parental participation is **not** required for this class. You will need to drop off and pick up your child for this class. EGA does not have a viewing area. Please do not stand in front of the fire exit door

### **What to wear?**

- Please make sure your child is appropriate attire
- No loose clothing, watches, toys or any jewellery except sleeper earrings
- Leotards to be worn for children in Kinderstars which can be purchased for \$50.00 at the front desk once you have decided to register.

### **What to expect on my arrival?**

- On arrival students are to wait in the student area with their parents in the waiting area
- Shelves are provided to place shoes and socks or any piece of clothing which will not be worn during the lesson
- Students will enter once the coach calls out their age group or class name
- Students will place their drink bottles inside the gym on the "Drink bottle shelf"
- Students can also drink from our water fountain inside the gym

### **Pick up (Kinderstars class only)**

- Please assist us to ensure a smooth flow for gymnasts entering & leaving the training area by waiting either inside the centre, behind the orange bollards or at the front door (not in the student zone area)
- Students will collect their belongings and make their way to you
- Please do not wait in the carpark for your child to come to you. You need to come into the centre to collect your child. Children are not to exit the premises after a class unless with a Parent/Carer. Please enforce this with your child as they are not allowed to leave the child zone if they do not see you (Parent/Carer).
- All children that are not picked up on time are required to wait in the office until you pick them up.

**Late picks:** Charges will be incurred for late pick up more than 15 minutes at \$15 for every 15 minutes. EGA is a **drop off pick up** facility which operates under a closed door policy. We do not have a viewing room or seating for parents in the gymnasium.

