



FISHERMEN'S BEND GYMNASTICS

KINDERGYM

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 play, games and music.



Kinder gym also builds self-esteem and confidence and helps to prepare your child for pre-school and school as children develop cognitive abilities to help in the classroom. These include concentration and listening to instructions, spatial awareness and the ability to problem-solve!

Classes at FBGC!

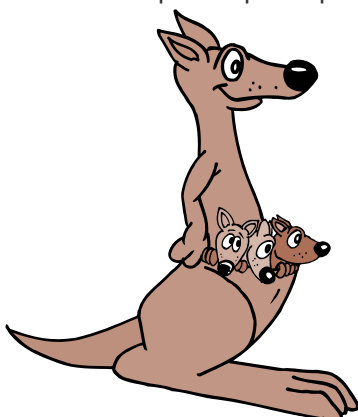


Play Gym (1 year – 5 year olds)

Play Gym is an open-gym class. The class involves a small warm up, introduction covering key static shapes and a special 'Star Skill' of the week. The class then gets to participate in free play session using modified gymnastic equipment. This class is less structured compared to our other classes. It is opened to a variety of ages which caters for siblings and friends. It's \$15 per lesson/per child paid on the day and there is no joining fee. Additional siblings are \$10 per/child. Classes are 45mins.

Koala GYM (3-4 year olds)

This 50min class involves a more structured lesson, where parents are encouraged to take an active role in the class and their child's learning. Each lesson has a 'theme' and starts with a general warm up and group activity, gymnasts then spend time (with their parents as a learning tool) on specific circuits and activities. In this class we start to introduce some gymnastic focused activities and techniques, build on their gross and fine motor skills and develop key cognitive skills such as listening to instructions and waiting for turns. It's a great way for parents to be a part of your child's learning and start to get them ready for 4yo kinder and school. Please be aware that this class does involve more parent participation than the Play gym classes. Younger siblings



Kangaroo GYM (4-5 year olds)

This program caters for children who attend 4 year old Kinder and aim to start school the following year. Children of this age group are ready for more independent learning and participate in the class without their parent. Activities develop key fundamental motor skills, gymnastic skills and cognitive abilities to prepare them for the exciting step of school the following year! Classes are 55mins.



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Information for Parents

Gymnastics Develops Physical Literacy!

Physical Literacy is the mastering of fundamental movement skills that helps a child to read their environment and make appropriate decisions, allowing them to move confidently and with control!



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. Remember; all children learn at different rates and need time to play, explore and practise! Your role in their learning is as a playmate, a role model, a cheer leader and a source of new ideas!

And of course we all know that children just love sharing their play time with you so have fun together!!!

General Kinder Gym Rules

- Gymnasts are not allowed on the equipment before or after class. Please wait in the foyer until the coach calls your class to start.
- Bare feet is best (toes can grip and socks will slip!)
- Look before you leap! Watch for safety and clear landing areas.
- Take care of our equipment. Wear clean shoes, no high heels and no pram wheels on the mats.
- **Siblings that are not enrolled in the class must not use any of the equipment or participate in the class.** They must remain either in the waiting area or with their parents (in a pram).
- Food and drinks are not to be taken onto the gym floor at any time. Only WATER is allowed in your drink bottle.
- Follow equipment safety rules e.g. one person on the tramp or rings at a time etc.
- Wear comfortable clothing. Make sure gymnasts DO NOT wear jewellery, jeans, buckles and zippers as it can damage the equipment and hurt the gymnast and others.

For Parents:

- Encourage your child to join in during group time, take turns and listen to instructions. If they do not want to join in don't worry (this is fine!). Ask them to sit with you and encourage them to watch and copy you until the free play or equipment time starts. Just wait and be patient—they might just join in next week....or the week after!!
- 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.
- Please accompany your child to the toilet.
- Circuits have been developed especially for under 5's. Adults are encouraged not to play on the equipment.
- Although parents do not have to participate in the KangarooGYM class, a parent or carers is required to stay for the duration of the session and view the class from the sidelines.

Thank You
Fishermen's Bend Gymnastic Club

