



CASTLE HILL RSL Junior Sports Club GYMNASTICS

KINDERGYM PROGRAM Term 4 Information

Dear Parents and Carers,

Welcome back to Kindergym for Term 4, here at Castle Hill RSL Gymnastics Club. It's great to see you all back and a particular welcome to our new children, parents, Grandparents and Carers who are joining us for the first time. Here we are at the start of the term and we have another season of exciting and fun filled activities to develop your child's gymnastic skills.

We trust that you are continuing to enjoy our fortnightly themes and will find this new term just as much fun. We are kicking off with our TEDDY BEAR Theme followed closely by one week of HALLOWEEN Theme, with inspiring creativity & Music, designing the Circuit and Group Time to include some fun theme activities. Generally, we will be concentrating on springing (jumping, hopping) as well as rolling and landing in line with Kindergym DMP's (Dominant Movement Patterns) to help develop their skills in this area.

We have three classes every day at 9.15, 10.15 and 11.15. Tuesday, Wednesday and Thursday classes at 11.15 are Non-Parental Assisted for children aged 4-5 years who must be confident enough to participate without parental intervention. These classes are designed to encourage independence in those children who perhaps already go to pre-school, or are about to move up to Beginners Recreational Gymnastics.

Parents are most welcome to sit and Watch from behind the Gate or use our facilities next door in C2K or in the RSL Courtyard Cafe. It is however, preferred that parents remain on-site Within the R.S.L compound for the duration of the class. Please notify Gymnastics Administration with a mobile # if you are intending to leave the gym for the hour & please ensure that your little one is settled before leaving.

TERM FOUR 2011

COACHING STAFF: *Dianne, Bernadette, Deborah, Katie, Jessie, Louise & Chris*
TERM 4 Commences Monday 10th October and concludes Friday 16th December

WEEK	THEME	"THINGS TO BRING"
Week 1	Teddy Bear	Bring your favourite soft toy friend
Week 2	Teddy Bear	Bring your favourite soft toy friend
Week 3	Halloween	
Week 4	Gym Time	
Week 5	Jungle	
Week 6	Jungle	
Week 7	Beach Ball	Bring a Beach Towel
Week 8	Beach Ball	Bring a Beach Towel
Week 9	Christmas	
Week 10	Christmas	Term 1 2012 commences Monday 30 th January
SPECIAL NOTES	Kids Day Carnival Tues, 27 th Sept 10am to 3:30pm	

DAY	AGE GROUP	TIME	COACHING STAFF	Parent Participation
Monday	Mixed Age Class	9:15 - 10:15am	Bernadette, Deborah & Katie	Yes
	Mixed Age Class	10:15 - 11:15am		Yes
	Mixed Age Class	11:15 - 12:15pm		Yes
Tuesday	18months to 3yrs	9:15 - 10:15am	Bernadette, Deborah & Chris	Yes
	3 to 4 years	10:15 - 11:15am		Yes
	4 to 5 years	11:15 - 12:15pm		No parent required
Wednesday	18months to 3yrs	9:15 - 10:15am	Dianne, Bernadette, Chris & Deborah	Yes
	3 to 4 years	10:15 - 11:15am		Yes
	4 to 5 years	11:15 - 12:15pm		No parent required
Thursday	18months to 3yrs	9:15 - 10:15am	Dianne, Louise, Chris and Katie	Yes
	3 to 4 years	10:15 - 11:15am		Yes
	4 to 5 years	11:15 - 12:15pm		No parent required
Friday	Mixed Age Class	9:15 - 10:15am	Dianne, Katie, Chris & Jessie	Yes
	Mixed Age Class	10:15 - 11:15am		Yes
	Mixed Age Class	11:15 - 12:15pm		Yes

UN-ASSISTED CLASS PARENTS PLEASE NOTE:

PLEASE MAKE SURE THAT YOU ARRIVE 5 MINUTES BEFORE CLASS TIMES SO WE ARE ABLE TO BEGIN THE CLASS ON TIME.

IT CAN BECOME CROWDED AT THE FRONT GATE SO PLEASE ENCOURAGE A SINGLE LINE OF CHILDREN SO THAT THE

LAST CLASS CAN MAKE THEIR WAY THROUGH IN A MORE TIMELY WAY, WE WANT ALL CHILDREN TO HAVE THE TIME TO PARTICIPATE IN THE WHOLE CLASS SO DO PLEASE TRY TO BE ON TIME.

Please remember that parents are to sit behind the gate not in the gym, unless personally requested by the coaches.

Mondays and Fridays are parent assisted for all classes, with each class being mixed age groups, these classes are ideal for those who have siblings which parents wish to attend the same class.

TALENT ID CLASSES

This term we are continuing a Talent Identification program for 4 - 5 yr olds. Kinder Rec Classes will be held on Tuesdays, Thursdays and Fridays with classes being 12:15 to 1:15pm. These classes will be coached programs with no parent assistance. Children can only participate as a result of an identified assessment by our Program Coordinators. The class is designed to offer a progressive opportunity for children who show natural ability and maturity for gymnastics and a trial period of 1 month will apply to determine if your child enjoys this type of program. A letter will be given to those relevant to the program individually. Children with 10 Visit Passes will only be accepted into this Program as this demonstrates commitment to the programs. Children will be invited into the next program suitable to their skill and commitment when starting school in the following year. Your child's coach will be happy to speak to you regarding the next progression suitable to your child.

under the age of 18 months are not required to pay for a token to enter class and are welcome to participate, but will be the responsibility of the parent/carer for the duration of the class.

All our kindy kids must have bare feet during class because of the various apparatus surfaces they will encounter. Please store your items in the pigeonholes provided so as not to create a hazard in the walkway. Parents and carers are welcome to keep their footwear on although high or sharp heels should be removed to protect the sprung floor. Your child's jewellery, such as necklaces, bracelets and hair clips etc must be removed before class to avoid injury and loss.

If you have a child who has recently suffered an infectious condition, like chicken pox, please ensure they are past the contagious stage before returning to our programs. We have other families to consider.

We understand that little one's need to snack and drink occasionally but we would ask you to ensure that they do not bring food or drinks beyond the gate in the Gymnastic area. There is a bubbler machine next to the ladies room where they can get a drink during class.

Please park buggies and prams thoughtfully in order to keep a clear walkway. There tends to be a lot of running about in the gym and occasionally an over-enthusiastic child (and coach) heading for the bubbler or our audio-equipment have been known to trip headlong over a buggy and a surprised baby!

OUR DAILY ROUTINE

If you are coming for the first time, or on a casual visit, you will need to purchase a kindy gym token from the gymnastics reception, please remember to show either your C2K or your RSL card to reception, they will supply you with a token which the coaches will collect from you at Welcome Time at the start of your class.

If you have enrolled on a ten-visit pass and have already been given a membership card, you will need to have this hole punched at the Gymnastic Reception but you will still be given a Kindy gym token to hand to the coaches at Welcome Time. This gives us an opportunity to monitor numbers of members and casual visitors more effectively.

Each week, it would be very helpful if you would provide your child with a name label and we will leave a supply of these for your use on arrival. It is very important to us, and your child, to get to know their names as soon as possible. We do our very best to remember but this ensures that we do it that bit quicker!

Please do let us know at the beginning of a class if your child has a birthday that falls on or close to your regular class date so that we can offer our own celebration.

With certain themes, we may give out edible goodies such as biscuits, lollies, chocolates etc. We will announce this and give you the opportunity to inform us of any allergies or potential problems that we need to be aware of. We are very mindful of this but we would not wish to make your child feel 'different' in any way. We will try to have on hand an allergy friendly alternative or a non-edible 'giveaway'.

WHAT WE TEACH YOUR CHILD

If it is your first time to Kindy gym and not sure how things are done, we run a structured program for each session beginning with approximately ten minutes of 'freeplay' in the pit and trampoline area.

We then call everyone to form a circle on the centre mat where we have a welcome song, a warm-up session to music and some group time activities designed to develop gross and fine motor functions, basic gymnastic moves, body shaping and social interaction. Please do not worry if your child is upset or nervous about participating in group time, especially if they are new. It is very normal and takes one or two visits before they are comfortable. Try to encourage them to sit quietly with you on the sidelines and watch. There is no pressure and very often they are absorbing a great deal by observing others. We do try to encourage participation as soon as they are willing in order to help develop their listening and concentration skills at an early stage so that they can fully enjoy and benefit from Group Time activities.

One of the coaches will then spend a moment or two demonstrating the specific activities on the apparatus circuit that will utilise a range of Dominant Movement Patterns. At this point we do urge Mums and Dads to encourage their child to sit watch and listen during the demonstration. We do understand it is not always possible and the

