



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 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 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.

Each week Kinder Gym classes will follow a FUN theme. All classes are 55mins long and follow a set routine.

- Hello and Exploratory Play
- Warm up Song
- Equipment Circuit
- Group Time
- Equipment Circuit
- Cool Down Activity
- Good Bye and stamps

At Icon Gymsports we offer 3 different kinder gym classes:

KINDERGYM 18months - 5 years old

This class is a parent participation program where parents take an active role in the class and their child's learning. Adult participation is essential.

JUMPING JOEYS 3-4 years old

This class is for 3 year olds who are ready to extend their gymnastics skills in a structured lesson. Adult Participation is essential in this class.

KINDY PUPPIES 4-5 year olds

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. Parents and carers are required to stay for the duration of the session and can view the class from the sidelines.



Rules and Guidelines

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

General Kinder Gym Rules

- Gymnasts and siblings are not allowed on the equipment before or after class.
- Wear comfortable clothing. DO NOT wear jewellery, jeans, buckles and zippers as it can damage the equipment and hurt the gymnast and others.
- Bare feet is best (toes can grip and socks will slip!)
- Food and drinks are not to be taken onto the gym floor at any time.
- Wait until the coach calls your class to start before coming onto the gym floor.

Kinder Gym Rules:

- Encourage your child to join in during group time, take turns and listen to instructions.
- Look before you leap! 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.
- All children must to be accompanied by an adult during the class. If an adult needs to leave the floor, their child must leave with them.

Jumping Joeys Rules:

- Wait until the coach calls your class to start before coming onto the gym floor.
- Parents and caregivers are responsible for the supervision and safety of their own child – please stay with your child at all times.

Kindy Puppies Rules:

- Wait until the coach calls your class to start before coming onto the gym floor.
- Although parents do not have to participate in this class, parents and carers are required to stay for the duration of the session and view the class from the sidelines.
- Please accompany your child to the toilet.