



## KINDERGYM NEWSLETTER

TERM 1, 2011

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Topics: Welcome, About Kindergym, Coaches of 2011, Term Plan, What to bring, Birthday Parties

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**WELCOME** back to all our Kindergym participants and their families and a warm welcome to our new members! We hope you all had a fantastic and refreshing break. The club is thrilled to present to you a very exciting program for 2011 that will challenge and educate each of its members. The staff are excited to be back into it and are looking forward to sharing in an exciting year with you.

**ABOUT KINDERGYM:** Kindergym at Gladstone Gymnastics is a progressive program for under 5yr olds. The program is made up of 3 different age group classes that progressively add more challenging goals and teach little once fundamental movement patterns in a safe environment. Our coaches are big on safety and children who attend our classes will come away with a great understanding of how to be the “boss of their bodies”, learn how to fall safely, and be aware of themselves in their environment. The program is built on teaching Fundamental Movements. These include; Spring, Swing, Landings, Rotation, Locomotion, and Static’s. Each of these patterns play an important part in the development of a child’s physical, cognitive, and social growth and children will learn fine and gross motor skills at an early age that will boost their development very quickly at the most important stage of their growth.

**COACHES:** Gladstone Gymnastics are thrilled to announce the wonderful staff that will be coaching Kindergym this year; Jessica Ward is an education student, ex-gymnast, and long serving coach at Gladstone Gymnastics Club and a wonderful asset to the Kindergym program this year. Jess will be joined this year by Brittany Trogi. Brittany joins us from Canada where she has acquired a huge amount of knowledge, experience, and qualifications in coaching gymnastics classes for young people. Also helping out this year will be Letitia Delioglanis. Letitia is an ex-gymnast and is completing a school-based trainee-ship with the club where she will come out with a fitness industry level qualification for her time coaching with us. In mid-term 1 we will have a new coach join our staff from New Zealand also. Ross Madden comes with experience in many disciplines and will be helping out in a variety of classes at the club.

### TERM PLAN – TERM 1, 2011

**Week 1: Landings and Rotation** - Learn to be safe in the gym and pit and how to fall from different surfaces safely. Focus will also be on how to roll forward and sideways without injury and effectively

**Week 2: Statics and Supports** - Supports are the most important shape a gymnast learns. This lesson will focus on the shapes needed for handstands, cartwheels and many more exciting skills while also working on strength and posture

**Week 3: Swing** - Grip for a little one can take a lot of practice and strength. In this class children will have the opportunity to climb, hang and swing on different apparatus and strengthen their grip as they do so

**Week 4: Locomotion** - Locomotion is a term used for different ways on traveling across the floor and apparatus. This will challenge the children motor skills and co-ordination

**Week 5: Spring** - Can your child jump yet? Can he/she jump off two feet? Once children are competent at jumping they can begin working on making different shapes with their body in the air. This requires spacial awareness and leg strength

**Week 6: Rotation** - Rotation is a very important aspect of the sport of gymnastics but also a skill that children should learn when they are young and in a 'fall-safe' environment. Exposing children to rotating backward and forward at an early age will mean they are ready to be challenged in new skills much earlier than most

**Week 7: Swing and Supports** - Gymnastics is a sport that can be defined by 'shapes in motion'. In this lesson, children will be reminded of important shapes and then challenged to hold them as they swing and put them into movements

**Week 8: Locomotion and Spring** - Locomotion takes many forms from walking to cartwheeling. In this class we will explore locomotion that involves jumping and landing actions

**Week 9: Rotation and Swing** - Children are born with post-natal reflexes that keep them safe as they develop and learn to carry themselves. However, if these reflexes are left un-challenged, children can grow with fear of some movements (Such as going backward or rolling forward over a bar). In this class, these reflexes will be challenged and children will learn to overcome reflex (Such as the arching of their back and throwing their head back) as they learn safe ways of movement.

**Week 10: Statics** - As we come to the end of the term the children will be challenged to make new shapes with their body (Star shape, Tuck shape, Pike shape, Straddle, Dish, Arch, etc). By practicing these shapes the children will get stronger and be more able in their gymnastics skills.

**Week 11: EASTER** – Dress in your Easter gear and be ready to hop into an exciting Easter themed lesson

**MAKE-UP CLASSES:** This year, the club will NOT be offering make-up classes for people who miss their class. For days where classes fall on public holidays through the term, the term fees will be adjusted to the correct amount of lessons that term. Make-up lessons will only be offered where the club has to cancel a class for an unforeseen reason.

**WHAT TO BRING:** Please check your pockets and clothing when you arrive at Kindergym so that you don't lose anything in our foam pit. As parents are required to participate in our Kindergym classes also, we ask that both parents and children had no jewellery that may get caught or lost, no phones or sunglasses that may fall in the pit, and no sharp hair accessories that could cause rips or punctures. Children should simply wear comfortable clothing and bring a drink bottle along.

**BIRTHDAY PARTIES:** Gladstone Gymnastics also offers Birthday Parties. For a small price you will get full use of our fantastic facility and coaches to direct the activities on the day. Parties are run on Saturday afternoons or any time on a Sunday. You will need to book in advance as weekends are filling up quick. Please see Dana in the office for more information and to book your child's next party.