

Siblings on the Floor

We understand the difficulties in juggling more than one child, especially the more active ones. It is for this reason that we make allowances for this.

In circumstances where a younger sibling of walking ability must accompany the carer on the floor **WE REQUIRE THE ONCE-OFF PAYMENT OF THE ANNUAL REGISTRATION/INSURANCE FEE.** This covers both you and the club.

For equity reasons, any siblings above the age of 2 years, who are joining in the class activities, **MUST PAY FULL FEES.**

If you have any questions in regards to this policy please speak to the Club Manager.

WE KNOW THAT YOU WILL FIND THE KINDERGYM PROGRAM HERE ENJOYABLE. IT IS A GREAT STEPPING STONE FOR YOUR CHILD'S INVOLVEMENT IN PHYSICAL ACTIVITY FOR LIFE.



Office Hours:
9:30 to 5:30 pm weekdays
8:30 to 1:00 pm Saturdays
www.canberracity.org.au

Corner College and Chandler Sts
Belconnen
62511131

Kindergym At Canberra City Gymnastics Club



A Caregiver's Guide



KINDERGYM

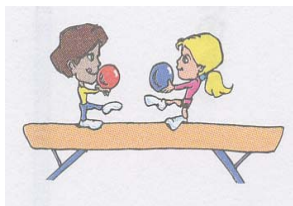
Kindergym is the recognised name and terminology used by the Australian Gymnastic Federation to identify programs designed, and provided, for children 5 years of age and under, which meet the criteria of the Kindergym Australia Guiding Principles.

DEFINITION

Kindergym is a movement program for children 5 years and under and their caregiver, designed to develop the whole child, socially, emotionally, cognitively and physically, in a safe, structured, multi-sensory environment.

THE PHILOSOPHY

- ☺ That positive movement experiences can influence a child's outlook on physical activity for life.
- ☺ That it is possible to assist in the development of the whole child, socially, emotionally, cognitively, and physically, by providing a structured, multi sensory environment, where the child may creatively explore the practice skills safely, whilst developing self-confidence and self-esteem.
- ☺ That providing a fun environment in which a child and caregiver may play together is worthwhile.



IN OUR PROGRAM

- ☺ The child will learn through observation of others and through the challenges of the environment.
- ☺ There is, where possible, one adult caregiver for each child, allowing for encouragement, support and safety of the child.
- ☺ There is a high emphasis on
 - Developing a child's self-confidence and self-esteem;
 - A safe but challenging environment;
 - Appropriate equipment set up with variety, and challenge;
 - Non-competitive, relaxed and friendly approach.
- ☺ There is a coach who is responsible for programming, liaison and safety.
- ☺ There is the provision of planned group activities.
- ☺ We take into consideration the developing competence of each child and make provisions in the one program.

WHAT YOUR CHILD WILL LEARN AND EXPERIENCE

- ☺ Your child will develop mentally, socially, emotionally, physically and intellectually.
- ☺ Ability to take instruction.
- ☺ Improved gross motor and fine motor skills.
- ☺ Trust, cooperation and communication.
- ☺ Freedom to explore.
- ☺ Discipline – sharing/taking turns.
- ☺ Size, colour, dimension.
- ☺ Spatial awareness.



WHAT THE CAREGIVER CAN OFFER

- ☺ Encouragement of the child's individuality.
- ☺ Patience with the child.
- ☺ Interaction and communication with the child.
- ☺ Self-enjoyment of the environment and watching the child achieve and have fun.

WHAT THE CAREGIVER SHOULDN'T OFFER

- ☺ Comparisons with other children.
- ☺ Showing disapproval of the child's efforts, even if the skill is not completed to your satisfaction.

IMPORTANT ROLES AND RESPONSIBILITIES OF THE CAREGIVER

- ☺ Role model, supervisor.
- ☺ Stimulator, encourager, motivator.
- ☺ Positive reinforcer.
- ☺ Provider of guidelines/safety aspects.
- ☺ Interpreter/communicator – important link between coach and child.
- ☺ Disciplinarian.

APPROACHING THE COACHES

Communication between caregivers and coaches is important. If you need to discuss anything with your child's coach, please approach your child's coach during the free play session at the beginning of class.

