

# Kindergym

## Schedule

DAYS AND TIMES	9.15 to 10.10am	10.15 to 11.10am	11.15 to 12.10pm
<b>Monday</b>	Mixed Age Groups for Each Class 18 Months – 5 yrs old		
<b>Tuesday</b>	18months to 3 years	3 to 4 yrs	4 to 5 yrs NO PARENT REQUIRED
<b>Wednesday</b>	18months to 3 years	3 to 4 yrs	4 to 5 yrs NO PARENT REQUIRED
<b>Thursday</b>	18months to 3 years	3 to 4 yrs	4 to 5 yrs NO PARENT REQUIRED
<b>Friday</b>	Mixed Age Groups for Each Class 18 Months – 5 yrs old		

**NO BOOKINGS NECESSARY**

### Costs

#### Annual Membership

NSW Gymnastics \$25.00

(Annual affiliation payable upon purchase of 10 Visit Pass)

COST	Casual Fee	10 Visit Pass (12 months exp)
<b>Non-RSL Member</b>	<b>\$18.00</b>	<b>\$140.00</b>
<b>RSL Member</b>	<b>\$16.00</b>	<b>\$120.00</b>
<b>CHF Member</b>	<b>\$14.00</b>	<b>\$100.00</b>

Children wear comfortable clothing and bare feet  
Kindergym DOES NOT run in School Holidays

### Coordinator

Theresa Simonsen

Contact: Gymsports Administration

9846 1270

[www.chfac.com.au/gymnastics](http://www.chfac.com.au/gymnastics)

[www.facebook.com/CHRSLgymnastics](http://www.facebook.com/CHRSLgymnastics)

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

**KINDERGYM** is designed to develop the whole child socially, emotionally, cognitively and physically, in a safe and structured multi-sensory environment.



I'm a Castle Hill RSL  
Kindergym Kid



## Learning begins with Play...

### The Kindergym Class

A typical structured Kindergym class will be 55 minutes in duration, commencing with 10 minutes of Free Play. The leader will bring the group together for Group Time, which consists of a warm up and stretch. All of these are disguised in fun and games and often include movement to music. The leader then conducts Group Time, an opportunity for children and carers to work together to develop skills and concepts, such as body awareness, gymnastics shapes, hand/eye co-ordination etc. Circuit Time involves guided discovery on a range of equipment that is stimulating, exciting and challenging. Finally, the group comes back together for a Cool Down activity or game.



### Kindergym Structure

- 10 mins – Free Time in the Gymnastics Centre (access to foam pit, ropes, trampoline and bars)
- 15 mins – Group Time (activities and games performed to music)
- 20 mins – Circuit Time (Carers take their child around the gym to each of the different activities and apparatus set up)
- 10 mins – Parachute Time (Cool down activity + Goodbye Song and Stamps)

**A Free T-Shirt is provided for new members when you purchase a 10 Visit Pass.**

Castle Hill Gymnastics

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