

Kids Gymnastics

Rules & Reminders

These basic rules have been put in place to ensure that everyone has a great experience with our Kids Gymnastics Program.

1. No food or drink other than water in the gym.
2. The gym equipment is for gymnastics participants only. Please do not allow your child to climb on any equipment until their class is in session.
3. Children enrolled in the Toddler or Pre-Kindy Gym program must be accompanied one on one by an adult and supervised continuously throughout the lesson.
4. Any siblings not participating in the program need to be accompanied by an adult at all times. Baby carriers are not permitted whilst participating in a class.
5. Parents/Guardians must remain within the venue at all times. You are welcome to visit our café and other facilities on site during your child's class.
6. Please refrain from taking any photos or videos throughout the class. Photos of your own child will be permitted during our certificate presentation class.
7. Children should be dressed in appropriate gym wear (t-shirt, shorts, pants, leggings or leotard), with long hair tied back and jewellery removed.
8. To avoid toilet breaks or accidents during the class, please ensure your child has been to the toilet before entering the room.
9. Have Fun!

Important Dates

Week 1	Monday 13 October	Term 4 classes begin!
Week 8	Monday 1 December	Priority enrolments open for Term 1
Week 9	Monday 8 December	Certificate week
Week 10	Monday 15 December	Last week of term. Dress up!

Health & Safety

The safety of our members, staff and all visitors are always our highest priority. As such we have implemented a range of measures to ensure we are providing a safe and healthy venue for you to visit.

Do not attend the venue if you are feeling unwell, have a temperature or cold/flu like symptoms or have tested positive for COVID-19.

It is vital that we must continue to keep up and maintain good personal hygiene to better protect ourselves and the general health of our community.

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Term Outline

Toddler / Pre-Kindy / 3 & 4 yo Kindy

	Focus	Specific skills (in order of progression)
Week 1	Stationary/Balance	Introducing gymnastic shaping to develop physical preparation and body awareness in the child.
Week 2	Landing	Familiarising landing techniques to ensure safe landing which will support children in future play and sport development
Week 3	Movement	Introducing ways the child can move from one spot to another. Movement plays and essential role on child development and the connection to the brain
Week 4	Jumping	Using the aid of specialised gymnastic apparatus to develop the leg action to spring and gain flight in the air.
Week 5	Rotating	Development of lateral axis (forward & backward rolls), medial axis (cartwheels) and vertical axis (twist & turn).
Week 6	Swinging	Movement of creating a rhythmic action of back and forward motion of the body focusing on stretching and core engagement.
Week 7	Consolidation	Combination of the above movement patterns to present on week 9, Certificate Day.
Week 8	Consolidation	Combination of the above movement patterns to present on week 9, Certificate Day.
Week 9	Certificate week	Presentation of a Certificate to the students. Parents are encouraged to participate in this session with their child, a highlight of their gymnastic journey.
Week 10	Theme Day	Listen out for the instructor's announcement for this terms theme.

Junior / Primary / Advanced Primary

	Specific skills (in order of progression)
Week 1	Static Landing positions (Vault), Fundamental shaping (Bars, Pbar, Rings), Balance development & mounts (Beam), Handstand preparation (Floor)
Week 2	Landings Landing from heights (Vault), Landing from various skills (Bars), Dismounts (Beam), Prone landings (Floor)
Week 3	Locomotion Running & hurdles (Vault), Movement along and from bar to bar (Bars & Pbar), Various ways to move along the beam (Beam), Cartwheels & Round Off development (Floor)
Week 4	Spring Foundation shapes from board and mini tramp (Vault), Jump to front support, jump from bar to bar, swing regrasp (Bars), Leaps & jumps (Beam), Bridge & walkovers / leaps & jumps (Floor)
Week 5	Rotation Dive roll development (Vault), Forward roll & pull around (Bars), Turns & cartwheels (Beam), Forward & Back & Handstand rolls (Floor)
Week 6	Swing Arm swing for hurdles (Vault), Swing, regrasps / casts (Bars, Pbar, Rings), Handstand preparation (Beam), Cartwheels & Round Off development (Floor)
Week 7	Routines Introducing a routine including a combination of designated certificate skills to be presented on week 9.
Week 8	Routines Introducing a routine including a combination of designated certificate skills to be presented on week 9.
Week 9	Certificate Week Presentation of a Certificate to the students. Parent are encouraged to participate in this session with their child, a highlight of their gymnastic journey
Week 10	Theme Day & Games Listen out for the instructor's announcement for this terms theme. Gymnastic games will be used to enhance skill development, physical and mental preparation for the following term.