GYM WEST
Henley and Grange Youth Clubs Inc.

Gymnastics Australia
Club10

Kindergym
AUSTRALIA
"Our future at play"

DECEMBER 2010

Merry Christmas

Gym West Kindergym wishes all our families a very Merry Christmas and a safe and Happy New Year.

Thank you for your support and enthusiasm for our Kindergym Program, we hope that you enjoyed your time with us this year.

Gym West is a not for profit community sports club and many helpers and volunteers contributed to bringing our Kindergym program together each week. We thank **Shaun and Tina Hutchins, Julia Klar, Justin Payne, Jim McKinnon-Matthews, David Arscott, Anthony Brice, Ken & Bev, James King, Kerry Wenz, Nathan Wutke and Raelene & Gerry Osborn** for their fantastic efforts this year in setting up the Kindergym each week. ☺

A big thank you to the Kindergym team; Tina, Denise, Catherine and Belinda for all their amazing support and a cheery hello to Jo in Karatha!

NURSERY RHYME THEME

We hope that you have enjoyed our Nursery Rhyme theme this term. Tina did a wonderful job of programming and a big thank you to Tina's mum for her help too!!

Nursery rhymes are an all time favourite and provide opportunities for families to share the popular words and actions together.

The 3 & 4 year olds have progressed all year with their gym shapes, safety landings, special rolls, locomotion and conditioning.

We thank our families for joining in and sharing all these skills and activities with their children and providing them with positive movement experiences.

CHRISTMAS CELEBRATIONS

Kindergym finishes for Term 4, 2010 in Week 9, Tuesday 7th, Wednesday 8th and Thursday 9th of December.

The sessions will feature Christmas activities to celebrate the season. If it is hot we will still be open with a modified session to say farewell & give out our gifts.

At the end of the sessions we will provide a fruit box drink for all the children. (Due to some food issues we will not be providing biscuits this year.)

The Kindergym has a small gift for each child.

We hope you enjoy these unique reminders of Kindergym with your child.

CHRISTMAS SHOPPING

Remember to use your Gymnastics SA Membership card when you are shopping this Christmas for savings at Windmill and Rebel Sport.

Visit our 10th Birthday supporters for further gift ideas; www.rowofducks.com.au; kirsty amato, www.facebook.com/fommumwithlove., www.cooksinyourkitchen.com.au; Mikei Massage; Vella Pasta.

TERM 1 2011

Please let us know if you will be returning next year so that we can hold a space for you in your preferred session.

Talk to us if your child turns three so that we can look at the 3 & 4year old group for next year.

Kindergym returns on:

Tuesday 1st, Wednesday 2nd and Thursday 3rd of February, 2011.

Refer to our Hot Weather Policy on our web site or ask at your next session for more details.

If the temperature is forecast to be 40 degrees then Kindergym will be cancelled.

KINDERGYM
SESSION DAYS AND TIMES
2011

TUESDAY and WEDNESDAY

9am – 9.55am: 0 – 4 years
10am – 10.55am: 0 – 4 years
11am – 11.55am: 0 – 4 years
12.30 –1.25pm: 3 & 4 years
plus
1.30—2.25 3 & 4 years

THURSDAY

9AM – 9.55am: 0 – 4 years
10am – 10.55am: 0 – 4 years
11.30am – 12.25pm: 3 & 4 years

IF YOU MISS A SESSION YOU CAN DO A CATCH UP SESSION ON ANOTHER DAY WITHIN THE TERM
PLEASE ASK FOR FURTHER INFORMATION

Things to do in the holidays

Paint outside with a small bucket of water and a chubby brush, eg wall, path etc.

Play outside with a ball, beach balls are great!

Play with bubbles.

Attach a soft ball in an old stocking to the veranda or clothesline. Use a soft bat or practise catch and throw.

Trace around your hand or your child's hand many times on a large piece of paper. Children might like to stamp the hand, just like at Kindergym.

Trace around your child's body on a very large sheet of paper. Have lots of fun drawing on clothes, face etc.

Build sand castles at the beach.

Paste a picture using junk mail.

Make a chalk target on an outside wall, toss a ball or bean bag

Make an indoor cubby with boxes, blankets etc

Build towers with left over boxes, knock it down

Visit the library

Have a picnic in the garden/ inside on a rug.

Make a kite, watch it fly.

Play together and have fun

CLUB CONTACT

Kindergym Coordinator: Raelene Osborn: Ph: 8353 4770
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THE OFFICE AND EMAIL CONTACTS ARE CLOSED DURING THE HOLIDAYS
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