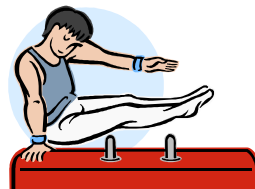
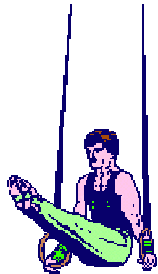


NEWSLETTER  
MAY 2008

TERM 2 STARTS ON TUES 29TH, WED 30TH APRIL & THURS 1ST MAY  
TERM 2 FINISHES ON TUES 1ST, WED 2ND & THURS 3RD JULY

### ABOUT YOUR KINDERGYM

- Gym West is a not for profit gymnastic club and is part of the Henley & Grange Youth Clubs Inc.
- We are managed by a **volunteer parent Committee**.
- Gym West is not part of the Henley High School but we do share the facility under a joint user agreement, therefore we are not funded by the High School in any way.
- We enjoy a good relationship with the High School and surrounding Primary Schools.
- GymWest runs many programs each week. These include **Kindergym** for 0—4 year olds, **Kindergym Junior** for 3 & 4 year olds, **General Gym** for 4½ and over, **Advanced General Gym** for skill improvement, **Girls Competition Gymnastics (WAG)** and **Boys Competition Gymnastics(MAG)**.



For further information on our programs please ask any coach or contact the Club on 8353 4770.

### HELP IS NEEDED

- Gym West is managed by a volunteer parent Management Committee. We need new parents to help on the committee for 2008. This is not a big task. The committee meets for 2 hours once per month. Currently there are **no** representatives from **Kindergym**.
- Issues facing the Club for 2008 include preparations for the olympic effect; reviewing our financial position and improving our technology.
- Please see Raelene or Jo now and help support your local Club.

### HOW DOES KINDERGYM COME TOGETHER EACH WEEK?

- Each night prior to a Kindergym session parent volunteers and a Kindergym leader set-up the equipment.
- This takes place after the last gymnastic session usually around 8.30pm.
- Floor changes also take place throughout the day to accommodate the different age groups.

### HOW CAN YOU HELP?

- Speak to Raelene or Jo about helping at night. It doesn't have to be every week, nor does it need to be heavy lifting, we also clean and disinfect the equipment.
- Please look after the equipment and activities during the session and leave things in a suitable condition for the next child.
- Please leave promptly after your session if leaders are rearranging the floor.

## WINTER AT KINDERGYM

- Dress **warmly** for the winter months. The gym is not heated, however the children tend to warm up rather quickly as they participate in the activities.
- **Kindergym is great in the winter.** Enjoy movement activities out of the wind and rain! Share the activities and songs with your child.
- **Bare feet** are best for grip and sensory experiences. Nobody catches a cold through their feet.
- *"Coughs and sneezles spread diseases!"* Please do not come to Kindergym if your child is unwell. **Catch up sessions** are available. Please ask coaches for information.
- Siblings that are unwell should not attend a Kindergym session.



## SESSION DAYS AND TIMES

2008

### TUESDAY and WEDNESDAY

9am - 9.55am: 0 - 4 years

10am - 10.55am: 0 - 4 years

11am - 11.55am: 0 - 4 years

12.30pm - 1.25pm: 3 & 4 years

*WEDNESDAY 1.30pm - 2.25pm 3 & 4 years (If numbers allow)*

### THURSDAY



9AM - 9.55am: 0 - 4 years

10am - 10.55am: 0 - 4 years

11.30am - 12.25pm: 3 & 4 years

## TERM 2 NURSERY RHYMES & MUSICAL INSTRUMENTS



WEEK	RHYMES	ACTIVITIES
1 & 2 Locomotion Climbing	<ul style="list-style-type: none"> <li>• JACK AND JILL</li> <li>• HICKORY DICKORY DOCK</li> <li>• PUFFING BILLY</li> <li>• WEE WILLY WINKY</li> </ul>	<ul style="list-style-type: none"> <li>• Stairs</li> <li>• Up &amp; down</li> <li>• Tracking</li> <li>• Bells</li> <li>• Castanets</li> <li>• Climbing</li> </ul>
3 & 4 Rotations 	<ul style="list-style-type: none"> <li>• TEDDY BEAR TEDDY BEAR</li> <li>• MULBERRY BUSH</li> <li>• SEE SAW</li> <li>• MARY MARY</li> </ul>	<ul style="list-style-type: none"> <li>• Parachute</li> <li>• Rolling</li> <li>• Autumn leaves</li> <li>• Gardens</li> <li>• Flowers</li> <li>• Rocking</li> <li>• Tunnel</li> </ul>
5 & 6 Spring and Landings	<ul style="list-style-type: none"> <li>• HEY DIDDLE DIDDLE</li> <li>• MR FROG</li> <li>• JACK BE NIMBLE.</li> </ul>	<ul style="list-style-type: none"> <li>• 5 Little Monkeys</li> <li>• Der Galumph</li> <li>• Jumping</li> <li>• Lily pads</li> <li>• Trampoline</li> <li>• Bridge</li> </ul>
7 & 8 Locomotion, Swing & Hang	<ul style="list-style-type: none"> <li>• INCY WINCY SPIDER</li> <li>• HERE IS THE BEE HIVE</li> <li>• LITTLE MISS MUFFET</li> </ul>	<ul style="list-style-type: none"> <li>• Spiders' web</li> <li>• Ribbon Sticks</li> <li>• Trapeze</li> <li>• Tunnel swing</li> <li>• Rings</li> </ul>
9 & 10 Balance 	<ul style="list-style-type: none"> <li>• HUMPTY DUMPTY</li> <li>• I'M A LITTLE TEA POT</li> <li>• POLLY PUT THE KETTLE ON</li> </ul>	<ul style="list-style-type: none"> <li>• Egg and spoon race.</li> <li>• Egg Shakers</li> <li>• Balance circuit.</li> <li>• Instruments</li> <li>• Hoops and beam</li> <li>• Building</li> </ul>

## CLUB CONTACT

Kindergym Coordinator: Raelene Osborn: Ph: 8353 4770

ABN: 72 949 562 549

Kindergym Coaches: Raelene Osborn; Jo Wiseman; Jacque Smith; Jess We and Shauna Clifton -Smith

Email: gymwest@internode.net.au

Address: Rear of Henley High School, Harvey Street, Henley Beach

Postal: PO Box 599, Henley Beach, 5022

