

## NEWSLETTER FEBRUARY 2011

TERM 1 STARTS ON TUES 1st, WED 2nd & THURS 3rd Feb  
TERM 1 FINISHES ON TUES 12th, WED 13th, & THURS 14th APRIL  
TERM 2 STARTS ON TUES 3RD, WED 4TH & THURS 5TH MAY

### WELCOME

We welcome all our families to Gym West Kindergym. We hope you and your child enjoy the many benefits of the Kindergym program.

### TERM 1 BLASTS OFF!

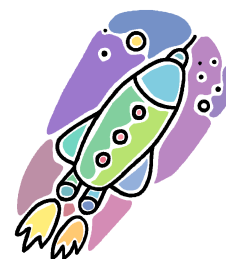
We have planned a fun term full of activities based around boats, cars, trains, buses and SPACE SHIPS!. Sessions will include movements such as balance, rotations, locomotion, springs, landings and swings. Group Times will include new songs as well as some old favourites.

Tina, Catherine and I are fresh back from a Music Workshop we attended in the holidays and we can't wait to share these new songs with you!

**Get the most out of your session.** Each session starts with Wiggerly Woo and a short warm up activity or song. Join in or come close to hear what type of movements and activities are highlighted in the Kindergym for that session.

**Activity Cards** also identify particular activities available in that session. During the free play segment explore the equipment and activities with your child, remember to **stay within an arm's length of your child for safety.**

**Group Time** offers more opportunities for movement through fun activities and songs. Some children do not like to come into the group however parents can make a point of watching and commenting on what the children in the Group area are doing. Most of all have fun and keep moving.



### HOME MADE EQUIPMENT



Kindergym uses home made equipment on a regular basis to provide variety and imagination. Please take extra care with these items as they do take time to assemble.

In weeks 3 & 4 we will be using box cars in our activities. These are fun to make from nappy boxes, turned inside out so they can be painted and decorated. Why not make one at home for you to use or donate to Kindergym. They fold flat so are easy to store. If you make one for Kindergym please feel free to personalise it with your names!!!

### BOOKINGS

Most Kindergym sessions are full and wait lists apply. In some sessions we are not able to offer a place until mid-year. We are also struggling to return the enormous volume of emails and phone calls, in some cases it may be three weeks before we can get to them. Please be patient as we work through the load. Many thanks.

**CAR PARK** We advise all families to take extra care in the car park due to the locking of some gates by the High School. Please ask for separate note for more details.

### HOT WEATHER

The Hot Weather policy for Kindergym is:

- If the temperature is forecast to be **40 degrees** or higher on the evening **before** your session then Kindergym sessions for the next day will be cancelled.

This is due to all Kindergym sessions are **set-up every night prior to daily** Kindergym sessions Please note that sessions may be modified during hot weather.

Please keep cool, bring water for yourself and your child. Stop activities if necessary.



## SOME IMPORTANT REMINDERS FOR OUR FAMILIES AT KINDERGYM

**SUPERVISION:** Please stay with your child and supervise their activities at all times.

**FOOD:** Food or drinks other than water are not permitted inside the gymnasium. This is a Club Rule for safety and hygiene. We have many problems with food spills on the chairs. Please do not give food to children until you are outside of the facility. Food is a choking hazard as well as causing contamination and cleaning issues.

**MOBILE PHONES:** Please switch mobile phones to silent during your session.  
Children should not be left unattended on the floor if a parent is on the phone, this is for safety.

**BARE FEET:** Bare feet are best for grip and safety at Kindergym. Bare feet also allow for a sensory response to textures.

**NAPPIES:** Please use nappy change facility in foyer as once again spills do occur. Please take all nappies home with you and not place them in facility bins.

**ILLNESS:** Please do not attend if you or your child are not well. Catch up sessions are available. Please talk to us if needed.

**PARKING:** Please park safely in the car parks provided. Please do not park on the grass or drive over the kerb as this is causing damage. Additional parking is available in Harvey Street but please do not block driveways and be aware of no-parking zones.

**EMERGENCY PROCEDURES:** Please make yourself familiar with the Emergency Procedures and Evacuation Plan located inside the gymnasium next to the Notice Board. Kindergym will have Emergency Drills throughout the year.

**THANK YOU**

### **KINDERGYM FOR 3 & 4 YEAR OLDS**

Gym West runs a Kindergym Program especially for 3 & 4 year olds called **Kindergym Junior**.

At Kindergym Junior children continue to attend with their parent/carer who assists the child with all the activities.

Kindergym leaders provide direction on developing specific skills including springs and landings, balance, concepts, swings, hangs and locomotion.

Each term the children have the opportunity to progress through a range of skills and developments.

Sessions include musical warm-ups, gymnastic shapes for core body strength, a gymnastic circuit, free time to explore the equipment, games and songs.

Kindergym Junior is lots of fun!

Session Days and times are listed opposite.



### **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

plus

12.30 - 1.25pm: 3 & 4 years **KINDERGYM JUNIOR**

1.30 - 2.25 pm: 3 & 4 years **KINDERGYM JUNIOR**

**THURSDAY**

9AM - 9.55am: 0 - 4 years

10am - 10.55am: 0 - 4 years

11.30am - 12.25pm: 3 & 4 years **KINDERGYM JUNIOR**

**IF YOU MISS A SESSION YOU CAN DO A CATCH UP SESSION ON ANOTHER DAY.**

**PLEASE ASK FOR FURTHER INFORMATION**



### **HELP WITH SET UP.**

Each week a small team helps to set up the Kindergym on Mon, Tues and Wed nights from about 8.30pm. Thank you to the following families for their help: James King, Julia Klar, Kerry Munz, David Arscott, Anthony Brice, Jim McKinnon-Matthews, Tina Hutchins, Raelene & Gerry Osborn.

We need one more helper per night. This is ideal for families that live close to the gym, enjoy helping and can manage some lifting and carrying. Discount on your term fees are available. Please ask for more information ☺

### **CLUB CONTACT**

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