

What to expect at your Saturday Kindergym Class



- Upon arrival Kinderymmers need to take their shoes and socks off, their grownups also need to remove their shoes.
 - Place your belongings and drink bottles into one of the pigeonholes. Valuables should be left in the car or kept with you.
 - Hands of both grownup and child must be sanitised before going onto the gym floor.
 - Once it's time for class to start, your coaches will let you know. You can now go onto the gym floor!
 - Kinderymmers and their grownups will move to the gym floor (light blue carpet) for the warmup.
 - The coaches will welcome the class, talk about the theme for the upcoming fortnight, run the warm-up and take the class through our 'Gym Shapes'.
 - 'Gym Shapes' are the fundamental, basic shapes used in all gymnastics. If a Kinderymmmer is feeling shy or unsure about joining in, they can simply watch and observe in this time.
 - After the warmup is finished, you will be directed to the coach/es you will be participating with. Kinderymmers will make a 'train' with their coach, and they will be taken to their first circuit.
 - The circuit will be demonstrated and a coach will also explain all the activities. Both Kinderymmers and their grownups need to watch and listen carefully so you can remember what to do!
 - It's time to try the activities on the circuit! The role of the grownup during this time is to help the Kinderymmmer remember the activities around the circuit and help them with things that they find tricky.
 - Coaches will provide guidance and spotting of skills when/ where needed. Coaches will also show grownups on how to best assist the Kinderymmmer be successful in their activities.
 - Activities can be simplified, or made more complex dependent on each Kinderymmmer's abilities - 'we all grow at different rates and that's okay'.
 - When the first circuit is finished, the 'Walking Song' will play.
 - Kinderymmers will make another train with a coach, and they will be taken to their second circuit.
 - Once the second circuit has finished, the 'Walking Song' will play.
 - The coaches will run a cool down with an age-appropriate gentle stretching activity included. Each Kinderymmmer will be called up to get their stamp! Make sure you have a think about where you want your stamp to go!
- *If your child does not wish to receive a stamp on their skin, there are sheets of paper for the child's stamp to be placed on.**
- Class is finished! See any of the staff if you have any questions or need anything!

The theme of our classes changes each fortnight. The structure is always the same!