

What to expect at your 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 pigeon holes. Valuables should be left in the car or kept with you.
- Hands must be sanitised before going onto the gym floor.
- Once the music starts playing it means it's time for class to start, you can now go onto the gym floor!
- The first 10 minutes are for free-play and exploring the areas of the gym that look interesting.
- Don't forget to say hi to your coaches! They can't wait to see you. Other grownups and Kinderymmers love to interact with their classmates!
- Once free play time is finished, the 'Walking Song' will play, Kinderymmers and their grownups will move to the centre of the gym floor and find a coloured dot to sit on.
- 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 Kinderymmers is feeling shy or unsure about joining in, they can simply watch and observe in this time.
- After the warm up is finished, Kinderymmers will make a 'train' with a coach, and they will be taken to their first circuit. This could be in one group, or two groups, depending on class numbers.
- 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 Kinderymmers 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 Kinderymmers be successful in their activities.
- Activities can be simplified, or made more complex dependent on each Kinderymmers's abilities - 'we all grow at different rates and that's okay'.
- When the first circuit is finished, the 'Walking Song' will play, signifying that it's time to find your dot again.
- Time for a drink! Don't forget to bring your drink bottle filled up! If it's empty you are welcome to use our kitchen (adjacent to the foyer) to fill it up.
- 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, and it's time to find your dot for the last time.
- The coaches will run a cool down with an age-appropriate gentle stretching activity included. Each Kinderymmers 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.*
- Kinderymmers will sit in a 'Straddle Sit' and say our 'Goodbye Rhyme'.
- 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!