

Gymnastics provides children with a strong foundation in movement and physical preparation required in all sports and everyday life.

High Flyers kindy gymnastics program for walking toddlers/babies -5yr olds teaches children basic skills using all gymnastic apparatus. Skills are taught progressively through circuits and other activities, and assist in improving strength, flexibility, balance and co-ordination. All in a positive, fun, safe environment!

Our kindy gym program is split into two age groups: The walking-3.5yr old program is designed with parent participation in mind. It is a chance for you and your child to work and play together in a fun and safe environment.

Whilst our kindy recreational program for 3.5-5yr olds requires no parent participation and is aimed at preparing the child for our general gymnastics and trampoline classes. Saturday this is 4yrs to 5 yrs because the groups are integrated with the recreational gymnastics times.

Classes are broken up into:

Freeplay - (walking-3.5yr olds only) which provides the child with an opportunity to freely explore their surroundings.

Warm-up -to prepare the body for physical activity.

Circuits -giving the child a chance to use all of the different equipment in the gym.

Trampoline time - allows the child to learn about aerial awareness and full body coordination.

Cool down followed by sticker charts.

CLASS DAYS AND TIMES

DAY	AGE GUIDE	TIME
Monday to Friday	walking-3.5yrs 3.5yrs-5yrs	9.30-10.30am 10.45-11.45am
Tuesday only Thursday only	Ninja Kindy 3.5yrs-5yrs 3.5yrs-5yrs	12.00-1.00pm 12.00-1.00pm
Saturday	walking-5yrs	9.00-10.00am

FEES: Term fees

1 hour class 10 week term costs \$210.00

1.5 hrs 10 week term costs \$315.00

Discounts available for more than one child.

Please see reception for details.

Insurance and Registration

Gymnastics WA \$20 per term.

New members one off joining fee: \$20 per person.

PLEASE REMEMBER TO BRING SOCKS
AS THEY ARE REQUIRED FOR THE TRAMPOLINES.



Gymnastics
Western Australia

High Flyers Club Rules

For the safety and enjoyment of all please note and adhere to the following:

- Gymnastic training area is restricted to GYMNASTS AND STAFF ONLY.
- Gymnasts must wait in the foyer area until called for their class.
- Spectators must not distract gymnasts or coaches during a class. All queries must be forwarded to reception.
- Children not participating in classes are not permitted on the equipment at any time.
- Chewing gum is not permitted in the gym.
- Food or drink is not permitted near the equipment.
- Children with long hair must have it tied away neatly from face and eyes.
- No jewellery, apart from studs, may be worn during class – for the protection of participants and equipment.
- Parents must inform coaches of any medical conditions relating to their child.
- Gymnasts must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Gymnasts must be collected by parents/guardians from inside the hall.
- Non-participating children remain the responsibility of the parent/guardian.

These rules apply to: Gymnasts, Parents, Guardians, Non-participating children, Coaches and Volunteers.

WHAT TO WEAR AND BRING TO GYMNASTICS...

- Leotards, shorts, t-shirts and tracksuits are all suitable for gymnastics.
- Jeans, school uniforms, and clothing with buttons, belts, zippers and buckles must not be worn.
- Bring a drink of water – no fizzy drinks please.



KINDY GYMNASTICS PROGRAM WALKING BABIES/TODDLERS TO 5YR OLDS

GENERAL INFORMATION



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