



Kindergym Term 3, 2024 Welcome Pack

27 Mulley Street Holder ACT 2611 • 02 6287 4121 • office@wodenvalleymnastics.com.au • PO Box 3598 Weston ACT 2611

www.wodenvalleymnastics.net



Women's Artistic Gymnastics



Men's Artistic Gymnastics



Gymnastics for All



Trampoline Gymnastics



Acrobatic Gymnastics

Welcome to Woden Valley Gymnastics Club!



We are the ACT's most inclusive Gymnastics Club offering the widest variety of Gymsports! From 9 months - 80+ years, we have a Gymsport Program for absolutely everyone! We aim to provide participation opportunities in the sport of Gymnastics regardless of a person's age, abilities or disabilities, sex or gender identity, or cultural background.

Woden Valley Gymnastics Club provides a safe and secure environment that creates a positive attitude to learning for everyone. We aim to provide all participants with equal opportunities and enable people to challenge and improve themselves so that they can gain the skills and confidence to excel in all parts of their life. The mission of the Woden Valley Gymnastics Club is to offer quality gymnastics programs for people of all ages and abilities in the Canberra region by providing:

- **Coaches from all Programs and Levels who are suitably qualified and experienced.**
- **A facility for learning and skill development that is both challenging and safe.**
- **An environment that builds self-confidence, self-esteem, self-discipline and personal character using positive encouragement.**
- **Programs to develop balance, agility, spatial awareness, physical fitness, flexibility, strength, body coordination, concentration and mental alertness developed under the governance of Gymnastics Australia and Gymnastics ACT.**
- **Support for all of our gymnasts to achieve the highest possible level of skill in line with their ability and desire to achieve.**



2024 Term Dates

Term 1: Mon 29th January - Sat 13th April

****Please note, Term 1 is 11 weeks long****

Term 2: Mon 29th April - Sat 6th July

Term 3: Mon 22nd July - Sat 28th September

Term 4: Mon 14th October - Sat 21st December

****Please note, Term 4 is 9 weeks long****

What to bring to class:

Comfortable, sport appropriate clothing (shorts, t-shirt, leggings, jumper, track pants, bike shorts, leotard, etc) with any long hair tied up.

Always bring a clearly labelled drink bottle



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Fee & Billing Information:



- All enrolments are a commitment for an upcoming Term, billed on a monthly basis.
- Makeup classes are used in addition to your weekly scheduled classes (ie, attend 2 classes in a week to makeup for a class that was previously missed).
- All charges and payments of fees are viewed and processed in your iClass Pro app via the 'My Account' section.
- Our fees are charged on a monthly basis, which in total adds up to a 10 week term.
- Accounts in arrears by more than one month are in breach of our Terms of Service and a child's place in a class may go into review.
- If you are running late on a payment, all we ask is upfront communication via email.
- When reviewing charges please be aware of our rates:
 - 50 mins a week is \$26.60 a class;
 - 1 hour a week is \$29.90 a class;
- Class rates are inclusive of a personal injury insurance fee with Gymnastics Australia and an Equipment Levy.
- When reviewing monthly charges please consider how many classes will occur within the month by counting how many times a particular class day of the week falls within the month.
- If you have multiple children in the club you will pay full price for the first child, 10% off for second child and 20% off for each subsequent child. Please be aware the greater discount is applied to the least expensive fees of the siblings.
- We generate monthly charges on the first of the month, we will send you a customer statement to your email.
- If you do not receive an email from us on the first please check your spam folders.
- You can either log into your iClass Pro app and process fees owing;
- Or we take payment from the details on file if the amount remains outstanding on the fifth.
- We strongly recommend paying via a bank account (80c flat fee) as a credit card attracts a processing fee of 2% of total fees which adds up quickly.
- Processing fees are from Payrix the company that encrypts and protects everyone's payment information, not Woden Valley Gymnastics Club, or iClass Pro.
- If you have any questions about your account, please send your questions via email (or use our website contact form) to keep all enquiries about accounts in writing for all parties to review as needed.

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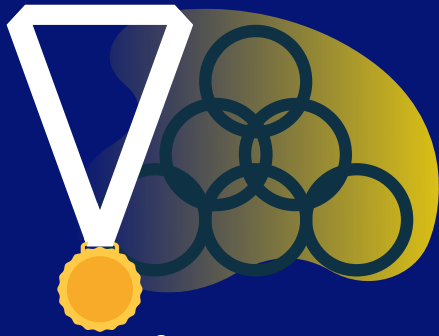


Woden Valley
Gymnastics



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Term 3 Kindergym Themes



Olympics Week 1 & 2

Going to School



Week 3 & 4

Week 5 & 6

Jobs People Do



Week 7 & 8



Outer Space

Circus



Week 9 & 10

**Meet our
coaches!**

**This is
the shirt
they
wear.**





How to get in touch with our administration:

Our administration is primarily run online.

Please email office@wodenvalleymnastics.com.au or use the contact form on the bottom of our website for the fastest response time.

If you would like to speak with us, please call [02 6287 4121](tel:0262874121) and leave a message, or email us and request a call back.

Makeup Class Procedure:

- Please try to give us 2 hours (or more) notice of your absence via your iClass Pro app and automatically receive a makeup token. If you aren't able to give 2 hours notice please email us after the missed class to receive your makeup token.
- You will be emailed your makeup token after the class that was missed has ended.
- You are allocated one makeup token every calendar month which lasts for 30 days from the date of issue.
- Makeup classes are booked and absences are logged via your iClass Pro App.
- Makeup classes must be booked in the same class/ level.
- Makeup classes can be booked a maximum 7 days in advance.
- Customers must have an active enrolment within the month to be eligible to use their token.
- Please report your absence via your iClass Pro App as ahead of time as possible so others can access the space for their own makeup class. Go to account, child name and click on 'future absences'.
- This is a self-serve service.
- Please reach out via email if you have any questions or need any help.



What to expect at your Kindergym Class



- Upon arrival Kindergymmers 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.
 - Once it's time for class to start, the music will start playing. You can now go onto the gym floor!
 - The first 10 minutes of the class is for free play and exploring the areas of the gym that look interesting.
 - The coaches will welcome the class, talk about the theme for the 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 Kindergymmer is feeling shy or unsure about joining in, they can observe in this time.
 - After the warmup is finished, you will be directed to the coaches you will be participating with. Kindergymmers 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 Kindergymmers 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 Kindergymmer 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 Kindergymmer be successful in their activities.
 - Activities can be simplified, or made more complex dependent on each Kindergymmer's abilities - 'we all grow at different rates and that's okay'.
 - When the first circuit is finished, the 'Walking Song' will play.
 - Kindergymmers 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. Each Kindergymmer 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 body, 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 if you need anything!

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



KINDERGYM: A CAREGIVER'S GUIDE

KINDERGYM OFFICE HOURS

MON – FRI: 9:30am - 4:45 pm

SAT: 7:30 am - 11:00 am

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WHAT IS KINDERGYM?

KinderGym is a **whole-child development program** for children 9 months - 5 years old which provides **opportunities for non-competitive play, challenges, and exploration** with the guidance of trained and encouraging coaches.


We teach **gymnastics skills and fundamental movement patterns** in a colourful, multi-sensory environment full of storytelling elements, interactive activities, and music.

KINDERGYM PHILOSOPHY

- **Positive movement experiences** can influence a child's outlook on physical activity for life.
- KinderGym assists in the **development of the whole child**: socially, emotionally, cognitively and physically, by providing a structured and multi-sensory environment.
- KinderGym provides an **environment where the child can explore and practice skills safely** with the help of trained coaches whilst developing self-confidence and self-esteem.
- KinderGym provides a fun environment where **child and caregiver can play together** and bond in new ways.

CLASS STRUCTURE




- All classes apart from the Unassisted KinderGym classes require that a **parent or caregiver accompany child on the floor.**
 - Children will have a chance to explore the gym with free play, perform warmups, engage in multisensory gymnastics circuits with educational themes, and get a chance to cool their bodies down after activities. Children get a special stamp at the end of class!
 - Coaches love to engage with the children and caregivers and provide assistance to both when needed.
 - Please remember to bring a drink bottle and leave your bottle and shoes in the cubbies in the club foyer.
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SIBLINGS ON THE FLOOR

In circumstances where a sibling of walking ability accompanies the carer on the floor **we insist on payment of the annual insurance fee.** This covers both you and the club. For equity reasons, siblings who are actively participating in class activities **must have class fees paid in full, or at a reduced rate if enrolled and paying for another class at WVGC.** Conditions apply. For further questions, please contact the administration team.

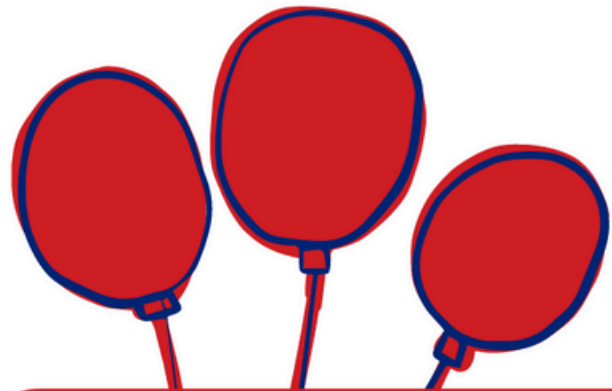


HELP YOUR CHILD GET THE MOST OUT OF KINDERGYM

- Provide encouragement and have patience with your child, accepting their individual pace of learning.
- Allow child to independently do what they can do themselves!
- Motivate your child to try something new, and respect their discomfort if they are not ready.
- Provide ample interaction and communication with a **phone-free experience** (barring emergencies).
- Praise effort and improvement with specific pointers (for example, "your legs were so much straighter this time! You're working hard at this!")
- Have an enjoyable time yourself watching your child achieve and have fun!

AVOID THESE COMMON PITFALLS

- Comparisons with other children.
- Disengagement/apathy from the caregiver.
- Showing disapproval of the child's sincere efforts, even if a skill is not completed to your satisfaction.



IMPORTANT ROLES AND RESPONSIBILITIES OF THE CAREGIVER

- Role model
- Supervisor
- Motivator
- Provider of guidelines/safety rules
- Interpreter/communicator (link between coach and child)
- Disciplinarian

SOCIAL MEDIA POLICY

Along with other programs at WVGC, KinderGym takes joy in spreading the love of gymnastics by sharing pictures and videos of gymnasts at play, learning and growing.

When you register via your iClass Pro app, you will be asked to accept or deny the photo waiver for each child. You can give or withdraw your consent at any time by talking with a staff member or emailing our administration team at office@wondevalleygymnastics.com.au.

Names of gymnasts are never revealed on social media.



FIND US HERE (click the icons)!