



TERM ONE KINDERGYM CALENDAR 2019

KINDER AND PRE-SCHOOL GYMNASTICS

CLASSES ARE HELD ON TUESDAY, WEDNESDAY, THURSDAY AND FRIDAY MORNINGS

Waddle & Toddle (18mths - 2.5yrs) 9.15am-10.00am (Wednesday & Friday only)

Swans & Cygnets (2.5yrs - 4yrs) 10.00am – 11.00am

Strong Swans (3.5yrs - 5yrs) 11.00am -12.00pm

Valentines Week – Week 2

Show your family and friends how much you love them with a range of activities to get everyone involved!

Commotion in the Ocean – Week 4

What is your favourite underwater animal? In Week 4 you'll get to enjoy everything you would see within the ocean.

Circus Week – Week 6

Let's run away to the circus and try all brand new tricks. Walk the tight rope, show us your acrobatic skills, maybe you'll jump through the ring of fire!

Space Week – Week 8

Reach for the stars and discover that hangs around in our solar system.

Mini Olympics – Week 10

Bring out your competitive side with Swan Districts Mini Olympics, you might just win a mini award for your hard work!

THEME	DATE/WEEK
Welcome Back	1 5 th – 8 th February
Valentines Week	2 12 th – 15 th February
	3 19 th – 22 nd February
Commotion in the Ocean	4 26 th February – 1 st March
	5 5 th – 8 th March
Circus Week	6 12 th – 15 th March
	7 19 th – 22 nd March
Space Week	8 26 th – 29 th March
	9 2 nd – 5 th April
Mini Olympics	10 9 th – 12 th April

Drop off / pick up procedure

Please mark your child's attendance with our front desk administrator then make your way either upstairs or stay on the blue matting (prams)

The coach for the day will come and collect you when it is time for your class.

Complaints or Compliments

If you have any complaints or compliments please complete Complaints or Compliments Form available from the front desk. Please return your completed form to the Front Desk Administrator prior to departing the centre.

First Aid and Medical Information

Swan Districts Gymnastic has a fully trained first aid person to attend to any first aid situations if required. A detailed incident report form will be completed and must be signed by the parent or guardian.

In Case of an Emergency

Swan Districts Gymnastics will be conducting quarterly emergency evacuation drills with our coaches. Please assist us in our endeavor to supply a safe environment and follow the evacuation process as set out in our emergency procedure displayed on the front notice board in the event of an emergency. We

ask all Parents/ Guardians/ Participants to complete the Medical Information on the Member Information Form to ensure the participant is medically fit to participate in the Gymnastic Program Staff should be aware to ensure safe participation in the program. All forms can be obtained from the Front Desk Administrator.

Photography and Video

As with most events of this sort, we do understand that some parents would like to take photographs of their child during the performance as a record of their child's achievements, however photos or videos which include any child other than your

own can not be published or distributed without the express written permission of Swan Districts Gymnastics. All photographs or videos must adhere to the Swan Districts Gymnastics Photography Policy available at your venue.

Gym Rules GYMNASTS

- NO playing on the equipment before or after class
- NO running unless instructed by a staff member
- Appropriate clothing and bare feet, hair tied up and no jewelry
- Participants are to bring their own water bottle to be placed in designated area
- Children are not to leave the gymnastic area without staff authority
- Abide by the Participant Code of Behavior (refer to POLICIES MANUAL)
- Have fun and keep smiling!

PARENTS

- Parent participation required for Waddle & Toddle / Swans & Cygnets
- Strong Swans class only - Please sit up on the mezzanine floor to watch your gymnast's class (exception people with disabilities, unable to walk up stairs or people with prams or strollers).
- No food to be brought onto the gymnastic area.
- Please ensure all valuables are kept close to you - we don't want your things to go wandering.
- Abide by the Parents / Spectator Code of Behavior (refer to POLICIES MANUAL).
- In the interest of member protection, NO photographs or videoing will be allowed unless you have prior permission from the head office or head coach.

What else do we offer at Swan Districts Gymnastics?

RECREATIONAL GYMNASTICS

Monday to Friday

5-7yrs 4.00pm-5.00pm and 7+yrs 5.00pm-6.00pm.

Saturday's

5-7yrs 9.00am-10.00am and 7+yrs 10.00am-11.00am

SWAN DEVELOPMENT PROGRAM

For athletes who want a little more out of their gymnastics, developing skills at a higher level, and technique and execution of the skills are focused on. Club development is still under the general gymnastics program, the focus is still on fun, fitness, flexibility, strength etc.

GIRLS – Monday to Friday, 4:30pm-6:30pm
Saturday, 10.00am-12.00pm

BOYS – Tuesday to Friday, 4.00pm-6.00pm
Saturday, 10.00am-12.00pm

TEAM GYM

ADULT FITNESS & TUMBLE CLASSES

FREE G PARKOUR CLASSES FOR TEENAGERS

See Website for details

OTHER PROGRAMS HERE AT SWAN DISTRICTS GYMNASTICS

- **STARS PROGRAM** - DEVELOPMENT PROGRAM FOR TALENT IDENTIFIED PRESCHOOL CHILDREN
- **STATE LEVEL PROGRAM** - INVITATION ONLY
- **NATIONAL AND ELITE LEVEL PROGRAM** - INVITATION ONLY
- **HOLIDAY PROGRAMS**
- **BIRTHDAY PARTIES**

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