

Information Booklet



Burnside KinderGym

256 Magill Road, Beulah Park

Entrance and parking are at the rear via Howard St and the tennis court lane way. Parking is also available on Howard Street or Brand Street.

P: 0413 100 622

E: burnsidekindergym@hotmail.com

W: www.burnsidekindergym.com.au

Bookings are essential

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|--------------------------|-----------------|-----------|------------|------------|------------------|
| <u>Timetable:</u> | Monday | 9P | 10P | 11K | 1JG |
| | Tuesday | 9B | 10K | 11P | |
| | Wednesday | 9K | 10K | 11P | 12K 1.45B 3.30JG |
| | Thursday | 9K | 10K | 11K | 12P |
| | Friday | 9K | 10K | 11P | 1JG |

B - BabyGym 6 months to competent walking

K - Competent walkers to 3 years

P - PreGym 3 to 5 years

JG - Advanced PreGym

About Burnside KinderGym:

Burnside KinderGym is a non-profit incorporated body which has been operating since 1982. We are run by a volunteer management committee, a KinderGym leader and an administration Officer. All our KinderGym sessions are conducted by a highly trained and very experienced coach. Burnside KinderGym has policies and procedures in place to ensure our KinderGym is a safe and welcoming experience. These documents are available on request from the administration officer.

One of the main philosophies of KinderGym, is that "Positive movement experience can influence a child's outlook on physical activity for life". This is reflected in the KinderGym's aim which is to structure the environment and not the child and allow for free exploration of equipment as the children wish to explore it. The ideal ratio of caregiver to child is 1:1, although, we realistically accept 1:2 ratio. In the case of three children, another adult is required to assist the main caregiver.

Always remember that choices can be offered and there are no strict rules as to a child being in a particular session. If it is appropriate, a three-year-old may remain in KinderGym rather than going to PreGym, or a younger sibling may be part of a PreGym session. The important factor is that the child feels happy and safe in a particular session.

Sessions we offer:

BabyGym: BabyGym is suitable for 6 months to competent walking. BabyGym provides the opportunity to explore and develop your baby's physical and cognitive skills in a fun environment at your own rate. This is a wonderful session to meet other parents and children in a welcoming environment.

KinderGym: KinderGym is for children who are confident walkers up to 3 years of age. These sessions offer a wealth of opportunity to develop awareness of their body and where it is as it moves. This session offers play opportunities to explore and develop their physical potential through age-appropriate activities.

PreGym: Our PreGym sessions are an extension to the KinderGym program and will enable children to develop and improve their physical and co-ordination skills in a slightly more structured environment. This session is suitable for children aged 3-5 years.

Junior Gym: Junior Gym at Burnside is a structured program suitable for children aged 4-5 years. This program is aimed at children who are ready to be slightly more challenged. The sessions are planned to encourage children in safe risk taking and decision making, as well as introducing teamwork and following instructions. Aimed at the kindy year prior to reception, this is a great pre cursor to starting school and improving physical literacy.

In all sessions the child is supervised by the parent or caregiver.

Our programs include:

- Gross motor movement-based activities - balancing, sliding, climbing, and jumping - which assist your child in development of coordination, confidence, creativity, and self-esteem.
- A safe environment providing a wide range of stimulating and challenging equipment.
- A chance for you and your child to play and learn together.
- an opportunity to participate in individual, partner, and group activities with and without small hand equipment - balls, bean bags, hoops, scarves, streamers.
- Music, games, songs, and dances suited to your child's developmental stage.
- Fundamental movement skills to help set the foundation for lifelong, active & healthy participation in physical activity.

Important information for adults:

- **Parents and Caregiver's are reminded that they must supervise their child at all times.**
- Warm up and group time are a part of the KinderGym program. Please encourage your child to join in. If they prefer not to, don't despair, but please take them away from the group so they do not disturb the others. Eventually they will participate. The cool down tells them that the session is over, and the "good-bye song" is used to conclude the session activities.
- It is important to check your name off with Andrea at the front desk each week, not only to note your attendance, but also to record how many sessions to make up if you miss any. Also, in case of an emergency a correct roll call can be made.
- If you have any problems, suggestions or ideas do not hesitate to speak to a Leader or Andrea at the front desk, or a committee member. We appreciate and encourage feedback.
- Adults, please remove your shoes to protect our equipment and little people.
- Mobile phones should not be used while you're supervising your child at KinderGym.
- Enjoy yourself! Remember, if you join in and have fun your child will too.

And for your children:

- Bare feet are best when playing at KinderGym. No socks, shoes or tights are allowed at KinderGym.
- No running at KinderGym.
- Wear clothing that is comfortable and allows movement. Dresses are restricting and can be dangerous when climbing.
- Help them learn to take turns.
- Due to allergies the KinderGym is a food free zone.
- Water to drink is allowed, but not whilst on the equipment.

Staff: Your leader is Sonia who takes the sessions and Andrea who is our Administration Officer and the friendly face at the desk as you walk in. All staff hold current First Aid Certificates and Working with Children Checks.

Why Parental Involvement? KinderGym believes in nurturing the child/adult relationship. While at KinderGym a positive relationship is fostered between the child and adult developing and improving the child's confidence, self-esteem, physical, social, and emotional skills. Child and adult can enjoy the worthwhile pursuits of play together. The adult provides support and encouragement to the child to practise and improve physical skills.

Management Committee: Burnside KinderGym could not survive without its Management Committee. This volunteer group oversees the general activities of the KinderGym, acts as an employing body and looks at day-to-day issues as well as future developments. Without this group Burnside KinderGym would not exist. We would appreciate your time and energy on the committee and are always eager to welcome newcomers. If you would like to contribute in any way, please feel free to talk to your Leader, Committee member or Andrea at the front desk.

Fundraising: Burnside KinderGym receives no form of external funding and survives through the payment of fees and fundraising activities. We try to keep fundraising activities exciting and would appreciate your help with these through donations or if you have a small business you would like to promote.

Missed sessions & Public Holidays: these can be made up at any time in the same term. It is not our policy to transfer missed sessions from one term to another. Please let us know if you will be missing your session and advise us as to what session you would like to catch it up.

Parking: Parking is not permitted next door or in the laneway at the rear of the hall. Please be aware that there are young children constantly coming and going who may have little road sense. Please do not park in the space provided at the end of the carpark, as this space is to allow people to reverse into as they leave.

Illness: Please remember that illnesses are infectious and easily spread amongst children and their caregivers. **Do not come to KinderGym if you or your child are unwell.** Sessions can be made up at another time when you are well. Please book a catch-up session with Andrea.

Mobile phone use: Please remember that you are responsible for your child's safety at all times. Taking photos of your child is OK but being distracted by your phone is not.

Emergency Evacuation Procedure: The emergency exits, and procedure are on the pin up board. In case of an emergency, you would be alerted by 3 loud blasts from a whistle blown by Andrea, or your Leader. You will then be directed to the safest exit. If you exit via the back of the hall, please gather at the rear of the carpark. If you exit via the Magill Road doors, please gather in the car park to the right, a roll call will then take place.

Welcome to Burnside KinderGym - we hope you enjoy your time with us!