

## About the club

The Gladstone Gymnastics Club is a non-profit community club that has been established for 40 years. We pride ourselves on offering a broad range of opportunities for every child in our community recreational and competitive disciplines.

Gymnastics at our club not only helps your child improve their fitness and develop their physical being, it also demands mental focus and provides a valuable outlet for personal expression.

Our club boasts some highly qualified and experienced coaches. Not only do we ensure all coaches are accredited through the National Coaching Accreditation Scheme, in addition, many also have professional qualifications necessary to guide the complete physical education of our members. A number of our staff members are professionals in their respective fields of education, physical education, dance, sport management and gymnastics coaching.



Monday	10.30am - 5.30pm
Tuesday	10.30am - 5.30pm
Wednesday	10.30am - 5.30pm
Thursday	10.30am - 5.30pm
Friday	10.30am - 5.30pm
Saturday	8:30am - 10:00am

[www.gladstonegymnastics.org.au](http://www.gladstonegymnastics.org.au)

Email: [office@gladstonegymnastics.org.au](mailto:office@gladstonegymnastics.org.au)  
Phone: 4972 0300

Address: 53 Yarroon Street, Gladstone  
(beside PCYC)

visit us on  
FACEBOOK



# KINDER GYM

Tiny Groovers: 1 year olds  
Curious Groovers: 2 year olds  
Busy Groovers: 3 – 4 year olds  
Kindy Groovers: 4 year olds



KinderGym is Gladstone Gymnastics Club's movement-based learning experience for young children and their parents or caregivers.

Children need as many opportunities as possible to optimise brain development and increase physical potential before they go to school. KinderGym provides a safe environment for children to develop physical skills in a fun and playful way, at their own rate. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity.



Our KinderGym program offers children an introduction into fundamental movement; ensuring they experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies. While developing co-ordination and self-esteem, KinderGym programs assist in your child's physical, social and cognitive development. Our KinderGym program is the first in a series of fundamental movement programs.

## Program Benefits

- Gross Motor Skills
  - Walking and running
  - Jumping
  - Hopping
  - Skipping
  - Galloping
  - Leaping
- Motor Fitness Development
  - Muscular endurance
  - Contralateral coordination
  - Cardiovascular endurance
  - Strength and flexibility
  - Balance
  - Spatial awareness
  - Agility
- Social Development
  - Working with a partner and in a group
  - Sharing
  - Taking turns
  - Listening to the teacher
  - Independent focus
  - Concentration
  - Self confidence

## Safety

For safety NO watches or jewelry (including hair clips) for all gymnasts, including parents.

Please make sure your pockets are empty so items are not lost in our pit.

## What to bring

Gymnasts should wear cool, comfortable clothes that do not restrict movement. Bare feet = the only way to go at gymnastic classes. Bring a drink bottle - water only in the gym.

## Enrolment

A \$130.00 (\$97.50 for 2<sup>nd</sup> child) once-off Annual Membership and Registration Fee which includes Gymnastics Queensland Registration, Sport Insurance, Equipment Levy and some value added benefits.

*Our terms are aligned to the Queensland Education Department. Most terms consist of 10 weeks and classes do NOT run on public holidays. Public holidays or class cancellations will be adjusted accordingly in your term fees.*

## Term Fees

\$135 Term Fee (10 week term).  
A 10% discount does apply if paid by the due date or the time of rebooking.  
ALL fees MUST be paid in full prior to each term to be able to participate in the class.

### Please note:

Your tuition fees pay for a position in a class, regardless of attendance, however as a courtesy, we may offer make-up classes when notification of your child's absence has been received due to illness or injury and if class vacancy permits.