



KINDERGYM

2019
Class Times

@AERODYNAMIX GYMNASTICS

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am start time	Step 1	Step 2	Step 2	Step 1
10:30 am start time	Step 2	Step 1	Step 3	Step 3
11:30 am start time		Step 3		

Fees are charged per term based on the number of weeks remaining from your start date + a \$65 annual registration and insurance fee

Step 1



A 45 minute child focused session in a space that is **stimulating** and promotes **active play**. Give your child **special time** to spend with an important adult and allow them to explore their physical abilities. Children are natural learners and our space will give them a chance to **burn energy**, receive positive reinforcement from someone special to them and begin to develop the important sense that being active is fun! Step one classes are charged (per term) at \$12 per class and provide free exploration time and a short group activity to finish. Fun for active children aged 1-5.

Step 2

A 45 minute instructor led session in which parents or care givers play a key role in assisting children to learn to **follow instructions, take turns, and develop fundamental gymnastic skills**. Instructors will demonstrate **safe** methods to learn new skills and will guide children through a variety of purposeful activities designed to improve **strength, balance and coordination**. Step two classes are charged (by term) at \$18 per week. *Need to care for a younger sibling? Try a step 1 class to meet everyone's needs!*



Step 3

A 1 hour instructor led **independent** class for children who no longer need one on one adult support. Working in set groups on small activity circuits, instructors will develop an important teaching relationship with your child, helping them to become a great learner. We aim to provide positive lessons with **manageable challenge** to build **confidence and self awareness** in readiness for the important transition to school. Step three classes are charged (by term) at \$19.80 per week. Perfect for children attending 4 year old Kinder.

