



Burnside Kindergym

BURNSIDE KINDERGYM INC

INFORMATION BOOKLET

www.BurnsideKindergym.org.au

BOOKINGS ESSENTIAL

LOCATED AT:

Beulah Park Community Centre, 256 Magill Road, Beulah Park.
Entrance and parking at rear via Howard St. (tennis court lane way).

Telephone: 83640722

SESSIONS:

| | | | | | |
|-----------------|----------------|------------------|-----------------|---------------|--------------|
| Monday | 9.00P | 10.00K | 11.00 K | | |
| Tuesday | 9.00B | 10.00K | 11.00P | 12.00P | 2.30K |
| Wednesday | 9.00K | 10.00K | 11.00P | 12.00P | 1.45B |
| | | | | | 2.45K |
| Thursday | 9.00K | 10.00K | 11.00K | 12.00P | 1.45K |
| | | | | | 2.45K |
| Friday | 9.00K | 10.00K | 11.00P | 12.00P | |
| Saturday | 9.00BKP | 10.00 BKP | 11.00BKP | | |

B - Baby Gym 6 months to competent walking

K - Competent walkers to 3 years

P – Pregym 3 up to 5.

TERMS 2012 (Public School Terms)

| | |
|--------|--|
| Term 1 | Mon 30 th t Jan - Thurs 5 th April |
| Term 2 | Mon 2 ^{3rd} April - Sat 30 June |
| Term 3 | Mon 16 th July - Sat 22 September |
| Term 4 | Mon 8 th Oct - Sat 14 December |

ABOUT BURNSIDE KINDERGYM

Burnside Kindergym is a non profit incorporated body which has been operating since the early 1980s'. We are run by a volunteer committee, three leaders and an administration

Officer. All of our Kindergym sessions utilise the National Gymsport Programs and are conducted by a Level One Leader Accredited with Gymnastics Australia. Burnside Kindergym is an affiliated member of Gymnastics SA and Gymnastics Australia and accepts and complies with Gymnastics SA and Gymnastics Australia's constitution, regulations and policies. Burnside Kindergym Inc 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.

The philosophy of Kindergym 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. 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.

PROGRAMS OFFERED

Baby Kindergym: This program is set up for babies 6 months to confidently walking and concentrates on developing muscle groups and encouraging CAREGIVERS to join in and have fun with their babies.

General Kindergym: This program is offered to competent walkers to 3 years. The content consists of a warm up, free play, guided discovery and a group time to finish off the session.

Pregym: This program is based on the 3 up to 5 year age group, still involving the Kindergym philosophy of structuring the environment and not the child, but pregym involves more structured activities. The session runs for 60 minutes and while containing the four basic components of a Kindergym session, there is a greater emphasis on listening activities, following instructions and a more extensive use of equipment to further physical skills.

In all sessions the child is **supervised** by the parent or caregiver. **Guidance and encouragement** during group activities and on the equipment is necessary.

OUR PROGRAMS INCLUDE

- . movement based activities - balancing, sliding, climbing, 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 needs.

RULES 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 structure. Please encourage your child to join in but if they prefer not to, don't despair, but 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.
- . Please wear the name tags that are provided and return them to the basket at the end of the session.
- . 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 encourage feedback.**
- . Please remove your shoes to protect our equipment and little people.
- . **Enjoy yourself. Remember, if you join in the children will too.**

RULES FOR LITTLE PEOPLE

- . Bare feet are best when balancing or climbing. No socks, shoes or tights are allowed whilst on the equipment.
- . No running at Kindergym
- . Wear clothing that is comfortable and allows movement. Dresses for little girls are restricting and dangerous.
- . One person on the trampoline at all times
- . Share and play fair
- . Food is not allowed in the Kindergym due to allergies, please allow for this prior to coming
- . Drinks are allowed but not whilst on the equipment

FEES: CASH OR CHEQUE OR FUNDS TRANSFER (on home computer)
BSB: 105-141 Account Number: 532068440
NO CREDIT CARD FACILITIES AVAILABLE

| | | |
|-----------------------------|------------------------------|-----------------|
| Baby Gym, Kindergym, Pregym | \$75.00/ child plus GST | \$82.50 |
| | \$130.00 2 children plus GST | \$143.00 |
| Concession | \$60.00/child plus GST | \$66.00 |
| | \$100.00 2 children plus GST | \$110.00 |

Concession is available upon presentation of a pension/concession card/ student card. The above fees are for one session per week in a public school term. A child may attend two sessions per week by paying the fee for two children, upon availability.

Refunds are available upon receiving notification of cancellation on provision you have attended 2 or less sessions and only a portion of the term fee will be refunded.

Second children that are 12 months old or walking independently must become financial members.

If you are to bring siblings to Kindergym please be aware that they are not registered or insured therefore must sit whilst the Kindergym session is on.

Please note that your fees cover registration and insurance through the Kindergym Association

LEADERS: Your leaders are Trisha who takes Monday through to Thursday, Sonia who also takes Monday as well as Friday sessions and Lizzie who takes Saturday mornings. They hold current First Aid Certificates and are trained and accredited Leaders through the Kindergym Association. Andrea is our Administration Officer and the friendly face at the desk as you walk in.

MISSED SESSIONS AND PUBLIC HOLIDAYS 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 make it up. Because of limited numbers we can only allow 3 make ups per session.

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.**

COUGHS AND COLDS: Please remember that diseases are infectious and easily spread amongst children. It would be appreciated if parents **do not bring sick children to Kindergym, members or siblings**. Sessions can be made up at another time when the child is more likely to enjoy themselves. Make a booking with Andrea.

MANAGEMENT COMMITTEE: Burnside Kindergym cannot survive without its Management Committee. This 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 could not exist. We would appreciate your time and energy on the committee and are always eager to welcome newcomers. It does not take up a great deal of time and is also a marvellous way to meet other people. If you would like to contribute in any way, please feel free to talk to any 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 need to not only maintain our building, but purchase equipment which is often very expensive. We try to keep fundraising activities to a minimum but would appreciate your help with these. Our Kindergym relies on your support and assistance.

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 Simply Fabric Carpark, a roll call will then take place.

Welcome to the Burnside Kindergym!
We hope you enjoy your time with us!