



CASTLE HILL
GYMNASTICS



Kindergym 2024

Schedule

DAYS AND TIMES	9.15 to 10.10am	10.15 to 11.10am	11.15 to 12.10pm
Monday	Mixed Age Groups for Each Class 12 Months (walking) – 5 yrs old		
Tuesday	12months to 3 years	3 to 4 yrs	4 to 5 yrs NO PARENT REQUIRED
Wednesday	12months to 3 years	3 to 4 yrs	4 to 5 yrs NO PARENT REQUIRED
Thursday	12months to 3 years	3 to 4 yrs	4 to 5 yrs NO PARENT REQUIRED
Friday	Mixed Age Groups for Each Class 12 Months (walking) – 5 yrs old		

NO BOOKINGS NECESSARY

Cost Requirements:

Annual Membership

Gymnastics NSW - \$35.00

(\$25.00 if purchasing after 1st July)

Annual affiliation payable upon purchase of 10 Visit Pass

COST	Casual Fee	10 Visit Pass (12mth expiry)
General Entry	\$19.00	\$160.00
CHF Member Entry	\$16.00	\$140.00

Children wear comfortable clothing and bare feet

Kindergym DOES NOT run in School Holidays

Coordinator

Caprice Manfre

Contact Administration for details

www.chfac.com.au/gymnastics

<https://app.iclasspro.com/portal/castlehillgymnastics>

KINDERGYM is designed for children 5 years of age and under to develop the whole child socially, emotionally, cognitively and physically, in a safe and structured multi-sensory environment.

Learning begins with Play...



The Kindergym Class

Our Kindergym classes run for 55 minutes, commencing with 10 minutes of Free Play. Our coaches bring the group together for Group Time, which consists of a warm up and stretch. All of these are fun activities that include movement to music. This is an opportunity for children and carers to work together to develop skills and concepts, such as body awareness, gymnastics shapes, hand/eye co-ordination etc. Circuit Time involves guided discovery on a range of equipment that is stimulating, exciting and challenging. Finally, the group comes back together for a cool down activity or game.



Kindergym Structure

- 10 mins – Free Time in the Gymnastics Centre (access to foam pit, ropes, trampoline and bars)
- 15 mins – Group Time (activities and games performed to music)
- 20 mins – Circuit Time (Carers take their child around the gym to each of the different activities and apparatus set up)
- 10 mins – Parachute Time (Cool down activity + Goodbye Song and Stamps)

A Free T-Shirt is provided for new members when you purchase a 10 Visit Pass!



I'm a Castle Hill RSL
Kindergym Kid

Castle Hill Gymnastics
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