



Brentwood Gymnastics Club



KidzIn2Gym

A gymnastics program designed with the little ones in mind

Brentwood's **KidzIn2Gym** classes provide endless opportunities for children to learn, play, develop and explore in an environment that is safe, stimulating and **FUN**. Research shows that children learn best by exploring and discovering their abilities through physical activity. Our qualified gymnastics coaches emphasize the excitement of learning and, with just the right amount of success and challenge, we encourage children to discover that hard work is rewarding, and learning is fun !

Our **KidzIn2Gym** program is divided into development stage-based classes. Parent participation is compulsory for our "**Wiggler**" classes and each child has their own adult to accompany them. Our "**Kindy**" classes are more independent although parents are still required to participate. It is important for children to enrol in a developmentally appropriate class to ensure they experience the right amount of challenge and success.

Here's how our **KidzIn2Gym** classes are structured:

- Free exploration and guided discovery
- Group time including brain building activities like cross-patterning, gross and fine motor skills and gymnastic shapes
- Gymnastics circuits incorporating important fundamental movement skills like climbing, crawling, jumping, rolling, swinging, balancing, throwing and catching

Our **KidzIn2Gym** classes are professionally developed to ensure that each station and activity is purposeful. Activities regularly change to provide a stimulating and exciting experience. We focus on gymnastic skills, fundamental movement skills, cross-patterning, brain development exercises and more.



**ALL CLASSES
PARENT
ASSISTED**



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Wrigglers Classes

Crawlers to Early Toddlers

45 minutes - 1 class per week

This class is perfect for the adventurous children **under 2 years old** who love spending time with their parent, grandparent or guardian. Together you will play, explore and learn new skills as our coaches show you how to guide your child through each of the activities.

Sitting still, listening and taking turns are skills that need cultivating, just like forward rolls and handstands. We do not expect children to join in each activity or complete full circuits initially. These are skills that build over time and active participation from their parent or caregiver is essential for success.

Learning through play is essential for children's development, so this class is all about exploring and having **FUN !**

Taking turns, listening and following instructions are skills that need cultivating, just like handstands and cartwheels. Our **KidzIn2Gym** program gives children the opportunity to practice these skills while learning and developing the essential childhood skills needed for the future.





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Kindy Classes

Walkers & Runners

45 minutes - 1 class per week

This class is perfect for children who are independent and mobile – **2 yo to pre-school**.

Children participate in this class with the assistance of their parent, grandparent or guardian and focus on developing gymnastic skills while working on their kinder/school-readiness skills like listening, taking turns and following instructions. Our coaches work to instil a growth mindset in children to help them become life-long learners.

Our qualified gymnastics coaches help children experience a wide range of age appropriate fundamental movements and gymnastics skills which assist their learning and development. We use a series of small circuits to help children practice their movement, gymnastics, listening and life skills.

Our “Kindy” **KidzIn2Gym** class will help children build coordination, agility, strength and speed while teaching them how to apply principles like respect, teamwork and responsibility into their daily life. As children develop at their own pace, we individualise activities when necessary to offer just the right balance of challenge and success.





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Child Psychology & KinderGym Programs

Gymnastics Victoria are proud to offer a range of programs that are suitable for kids of all ages and abilities. According to Gymnastics Victoria Chief Executive Officer Robin O'Neill, programs such as KinderGym are the perfect way for kids aged 0-5 years to become more active post lockdown.

"KinderGym relies on equipment set-ups that are safe, stimulating and provide endless movement opportunities for kids to play, explore and learn," said Mr O'Neill.

"The program offers a foundation into fundamental movement for kids while developing co-ordination, self-esteem, physical, social and cognitive development. The program promotes the child as the key focal point and involves active participation of the child's mother, father or carer who also benefit from sharing in their kid's fun and enjoyment.

For parents, joining KinderGym gives them the opportunity to socialise with other parents and be part of a local community while at the same time children are learning important problem-solving and decision-making skills.

As a father myself, I know both kids and parents spent far too much time looking at screens during lockdown. Research shows that kids who spend too much time in front of screens risk health problems such as obesity and issues with posture. For the sake of their health I encourage all kids and parents to get moving again," said Mr O'Neill.

Rob Notman, President of Brentwood Gymnastics Club, who run a KidzIn2Gym program said Victorians are well-aware of the physical and mental impacts of COVID-19 lockdowns.

"With the return of school now is the time to make sure young Victorians who have been less active during this time get moving again. If parents or carers are looking for ways to get their little ones moving – KidzIn2Gym is the perfect solution," said Mr Notman.

With a proven link between exercise and beneficial physical and mental health outcomes, gymnastics centres are important community assets where Victorians kids of all ages can exercise, receive professional instruction, mentoring and get moving.

"As the fastest-growing major participation sport in Victoria, prior to the COVID-19 pandemic Gymnastics Victoria had 127 member clubs, 62,000 members and over 400,000 participants. Gymnastics Victoria provides support to its affiliated clubs to ensure that all gymnastics participants across the state are getting the best possible gymnastics experience," said Mr O'Neill.



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Contact Details and Fees

Location: Brentwood Gymnastics Club
Brandon Park Community Centre
649 Ferntree Gully Rd
Glen Waverley
(behind the Fire Station)

Session Times:

Commencing Saturday 20th February
Wrigglers – 10:30 – 11:15
Kindy – 11:30 – 12:15

Fees: Free first session trial
Term fee of \$10 per session + one off insurance

Bookings: headcoach@brentwoodgymnasticsclub.com.au
Amber – 0466 575 120

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MOTOR SKILLS

LISTENING SKILLS

CO-ORDINATION



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