

## **KINDY GYM – INFORMATION AND REGISTRATION 2026**

### **Term Dates & Times**

Classes:        *Tuesday*  
Kindy Gym 1    10 – 10.30am  
Kindy Gym 2    10.45 -11.15am  
                      *Thursday*  
Kindy Gym 2    3.30 - 4pm

Term 1:        03/02/2026 - 31/03/2026 (9 weeks)  
Term 2:        21/04/2026 - 30/06/2026 (11 weeks)  
Term 3:        21/07/2026 - 22/09/2026 (10 weeks)  
Term 4:        13/10/2026 - 15/12/2026 (10 weeks)

### **Class Information:**

This is a recreational based class only, aimed to teach your children the basics and fundamental movements and shapes for higher level gymnastics. These classes are held weekly, during the school term at the Singleton Heights Sports Centre.

### **Registration Fees:**

The fees for this class are paid on an weekly basis, at \$10 per class plus a joining fee of \$20 payable upon enrolment. This payment will secure a spot in either the Tuesday or Thursday session, if your child wants to participate in both sessions you will have to pay double the allocated term amount.

### **Registration Process:**

#### **Step 1**

All parents/guardians must complete the Kindy Gymnastics Registration Form for each child, if this form isn't received, your child cannot attend the gymnastics session.

#### **Step 2**

Pay the registration fee (by the term) to the Singleton Heights Sports Centre before or during the first lesson.

### **Dress Code:**

All students must have:

- Tight, comfortable clothing (no loose shirts, skirts, or tassel items)
- Hair out of face
- No jewellery, except for studs or sleeper earrings

*1x SHSC branded class shirt will be supplied upon enrolment, additional items are available for purchase through our kiosk.*

### **Safety on the Mat**

- No socks/shoes
- No food/drink
- Tumble/jump on the mat only

### **Coach details**

Name: Sami Udy  
Email: [sudy@belgraiialeisure.com.au](mailto:sudy@belgraiialeisure.com.au)

### **Medical Requirements**

If your child has a record card or medical condition the coach needs to be aware to then shape and plan the lesson with these abilities in mind. We welcome all children to come and try, each exercise can be adapted to suit any need.

### **Behaviour and Structure**

All students and parents are to respect the venue and staff at Singleton Heights Sports Centre. We treat others with kindness, curtesy, and acceptance, we do not discriminate and strive for an inclusive environment.

### **Class Structure:**

- Warm-up – 10-15mins will be stretching and warming the body – if you arrive after the warm-up, we cannot accept your child into the session.
- Skills – Each week we will focus on 1-3 fundamental skills, these range from bodily control to hand-eye coordination, each just as important for child development.
- Obstacle course or game – there is always an element of fun within a class – building positivity and friendships is a priority.
- Cool Down – this is a 5-minute stretching session to cool down the muscles and to increase and maintain flexibility.

## KINDY GYM – REGISTRATION

<b>Student Information</b>	
Name:	
Date of Birth:        /        /	Gender:
Street Address:	
Suburb:	Postcode:
Medical Conditions:	
Shirt size:	Colour (please circle): Pink / Blue

<b>Parent/Guardian Information</b>
Name:
Mobile:
Email:

<b>Emergency Information</b>	
Emergency Contact:	
Relationship to Student	Mobile:

Circle Session Attending:

Kindy 1 (2-3yrs) Tues 10am

Kindy 2 (3.5 - 5yrs) Tues 10.45

Kindy 2 (3.5 - 5yrs) Thurs 3.30pm

Parent/Guardian Name: \_\_\_\_\_

Date:        /        /

Signature: \_\_\_\_\_