



Blackwood KinderGym

1 NORTHCOTE ROAD, EDEN HILLS - PH: 8278 8833





Welcome!

Welcome to Blackwood Gymsports! Blackwood Gymsports commenced in 1903 as the Blackwood & Belair Boys Club. It has evolved over the years to become Blackwood Gymsports. Blackwood Gymsports operates out of the Blackwood Community Recreation Centre in Eden Hills.

At Blackwood Gymsports we strive to provide a nurturing environment that is conducive to the development and enjoyment of athletes young and old. At our core we value supporting our wider community to promote fundamental development of children of all ages.

Our culture of participation, enjoyment and hard work has helped develop a club that we are extremely proud of. We know you will enjoy and take pride in being part of Blackwood Gymsports.

System of Governance

Blackwood Gymsports is a program operated by the Blackwood Community Recreation Association Inc. (BCRAI). BCRAI is run by a volunteer Board of Management. BCRAI Board of Management consists of a President, Vice-President, Secretary, Treasurer, Blackwood Lions Club Representative, Blackwood Rotary Club Representative, and general committee members.

Blackwood Gymsports - Gymnastics Program and Trampolining Program are administered by the Gymsports Coordinator in Consultation with Lead Coaches and BCRC Management.

Policies and Additional Information

These documents can be found on our website under policies.

Please read the appropriate document for the sport you are involved in as it includes more detailed information about:-

- Privacy Policy
- Member Protection Policy
- Codes of Behaviour
- Emergency Procedures
- Hot Weather Policy





About KinderGym

KinderGym is a program for children aged 6 months to 5 years aimed at helping them develop holistically through play! At KinderGym we focus not only on helping a child develop their physical skills but also their social and emotional skills to best prepare them for their future adventures!

KinderGym provides opportunities for children, regardless of physical ability or impairment, to explore and develop their physical skills at their own rate in a safe and supportive atmosphere. With termly themes, movement to music and group activities, there is never a dull moment at KinderGym!

Classes

We offer a variety of classes to suit each age group. All of our classes are structured in a way that caters to the unique needs of each age group.

Our BabyGym classes (ages 6 to 24 months) are designed with pre and early walkers in mind. Featuring an abundance of sensory and discovery based activities to help your child begin their KinderGym journey.

Our KinderGym classes (ages 1 to 3 years) include a larger set up to promote development of gross and fine motor skills. Children work through a term theme, focusing on a specific developmental movement pattern each fortnight.

KinderGym Plus classes (ages 3 to 5 years) expands on our KinderGym classes by including a guided activity aimed at further developing not only physical skills but social and emotional skills as well.

BabyGym

Wed
9:30am
10:45am

KinderGym

Tues & Thurs
9:15am
10:30am

KinderGym Plus

Tues & Thurs
9:15am
10:30am





KinderGym Guidelines

PLEASE READ & if someone other than you is taking your child to class, ensure that person is fully aware of the below:

- If you, your child, or anyone in your family/household is unwell AT ALL, or showing symptoms of any illness, including colds, flu, & COVID19, please DO NOT ATTEND. If you are showing signs of sickness, you will be asked to leave out of respect for the centre, leaders, and other participants.
- Siblings who are home from school/kindy/care due to sickness are NOT permitted to enter the KinderGym room.
- Maintain good hygiene – Hand sanitiser is available on entering and leaving the room – children AND adults please.
- NO nappies are to be put in any bins within the centre. Please take used nappies with you or place them in the bin within the disabled toilets only.
- Ensure your child is booked in BEFORE you arrive –enrol over phone for casual bookings or book a term to 'set & forget'!
- Once a class is full, NO casual spots are available. Casuals, please call the Rec Centre on 8278 8833 on MORNING OF YOUR CLASS to check availability & hold your spot.
- For term enrolled children, make-up classes are available; however any missed classes must be made up during the same term. Please enquire and book in with reception to hold your preferred make-up spot.
- Stay with your child - an adult to remain within arm's reach their child at all times. We treasure your bodies & our equipment, please use safely. KinderGym equipment to be used by children 5 years & under.
- Adults please look after your own safety as well as your child's – be cautious as our gymnastics floor is not like regular carpet! Full of squishy wibbly wobbly goodness!
- Bare feet for children whilst in class – toes can grip but socks can slip! Please remove shoes & socks in the locker area. Exception being the "double-mini" trampoline – any child (and supporting adult if required) on the double-mini trampoline must wear socks, only whilst playing on this trampoline. Limited shared socks are available, so grown-ups - please bring CLEAN kiddie socks in your pockets!
- Appropriate clothing for children. Shorts, trackies, leggings (footless) & your KinderGym t-shirt is the go, or any non-restrictive clothing! We need limbs unrestricted by floaty dresses or tight jeans, and hands concentrating on climbing & playing. Exercising warms the body so ensure in class your child is not overdressed.(Skirts don't work unless high thigh hem with leggings or shorts under, hair clipped out of eyes, long hair tied back, & leave your beautiful jewellery at home).
- All belongings, INCLUDING PHONES & DEVICES, bags, children's shoes & socks etc, to go into provided lockers at start of class. (note -Instructors do have devices on the floor, only for work purposes).
- Phone Away Time to Play! KinderGym is a child focused program, please give your child one hour of your undivided attention. No photography in class without permission. (An instructor may take photos for our social pages & will ask your permission first. Feel free to say no if that's your preference, & also feel free to ask to be included & have your child's photo taken!)
- Only water allowed in GymSports Hall (no food or other drinks to be opened or consumed). Feel free to use our tables in the foyer after class, for BYO or bought snacking. Please ensure you bring a water bottle for your child – there is a fountain in the foyer available for refilling drink bottles.
- All children/babies who are not in slings/carriers/carried, must be registered. No prams are allowed in the GymSports Hall (we do have a pram "parking bay" for empty prams).
- In the event that the CFS declare a Catastrophic Fire Danger Day for the Mount Lofty Fire Ban District; ALL activities will be cancelled and Blackwood Recreation Centre and Blackwood KinderGym will be CLOSED.
- Before class, children are encouraged to post their sticker books in the red postbox!
- Kids do stickers! KinderGym has sticker books partly because peeling and "sticking" stickers is such a tricky but important fine motor skill. Please allow your child to have this developmental learning opportunity, & grown-ups refrain from 'doing', but 'assist' as required instead. There is no right or wrong way for a child to place their stickers!

