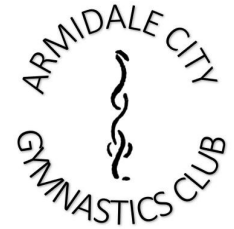


Programs For Pre-Schoolers



There are a number of sessions available for Kindergym at present.

- **Monday Morning:**
 - o 10:00am – 10:45am
 - o 11:00am – 11:45am

- **Friday Morning:**
 - o 9:00am – 9:45am
 - o 10:00am – 10:45am
 - o 11:00am – 11:45am

Mandi Moore is our Kindergym coach.

Log onto our Club Facebook page on <https://www.facebook.com/groups/34569761241/> for details as to when this year's sessions begin and when you will be able to register online.

You can also log onto our Kindergym Facebook page at <https://www.facebook.com/people/Armidale-City-Gymnastics-Kindergym/100042073676362/>

STEP 1:

You must register with the Association which will cost you \$55. If you were previously registered with another club this year you do not have to pay this again. This registration covers their accident insurance and some Gym NSW benefits. This can be done at this link: [Registration - Armidale City Gymnastics Club](#) (armidalegymnastics.com.au)

STEP 2:

Once you have registered, the registration must be reconciled in the system and once completed it will allow you to book into whichever programs you wish. This can be done at this link: [Programs - Armidale City Gymnastics Club](#) (armidalegymnastics.com.au)

Session will cost you \$11.00 for the session which lasts for ¾ hour

- **It's best to wear a leotard, Bike pants or shorts and a tight-fitting t-shirt.**
- **If they have long hair, it must be tied back.**
- **No jewellery, especially neck chains, rings or dangly earrings.**
- **A water bottle is a must as Covid is still around and our water fountain is turned off.**

KINDERGYM GUIDELINES

👉 Kindergym is a parent or carer program which means parents need to be actively involved in supervision the of their child.

📷 There are to be no photos or videos taken during the class. This is a child safety policy of Armidale City Gymnastics Club.

★ Please refrain from chatting to other people while the coach is talking. This is especially important during stretches and while explaining the circuit.