



# Springin' on to Sr. Gym

## Kindergym & Sr. Kindergym



Kindergym is a fun, non-competitive programme. It is an activity for children (three to eight years) to engage in, which will offer them maximum all-round growth potential.

It will introduce children to gymnastics with its accompanying equipment. The gym at G.S. Aquatics Springers is a cozy, warm, fully carpeted room with specially designed, child-size apparatus. During the initial classes, the equipment is stationed in its lowest, most accessible positions. As the pupils' skill levels improve, the heights are gradually increased.

Pupils experience a variety of exercises. These include jumps and squats, climbing and swinging, mini-trampoline work, plus movements with exotic names such as Butterfly, Walrus, Bee and Seal. They will work out on ladders and mats, balance beams and trampolines, as well as hoops, rings, a parachute, and parallel bars. They will love each one more than the last!

Children will practice social interaction in Kindergym. Not only will they learn to relate to each other, they will also learn how to respond to the coach and relate to their peers.

Part of appropriate social interaction is discipline – learning how to wait in line, moving from one piece of equipment to the next, sharing items, putting things away, etc. In other words, children learn that the needs of others sometimes precede their own and this is certainly a *good* thing.

Kindergym is time well-invested. One medical report after another has indicated that North American children do not engage in sufficient physical activity. This sedentary lifestyle is often carried into adulthood with the accompanying health problems many adults face today. Kindergym is the opportunity to break this cycle.

Not only do active kids improve their physical stamina, they improve their intellectual health as well. Studies have repeatedly shown that children who were formerly inactive, improve academically once they have engaged in a steady level of structured physical activity. The physical exertion also provides children with a much-needed outlet for childhood energy, thereby minimizing restless fidgeting while simultaneously improving concentration levels.

Naturally, children engaged in physical activity develop greater body awareness and subsequent confidence in their physical prowess (climbing, running, throwing, etc.) but, more importantly, confidence in one area leads to greater confidence in other areas. Especially important for children of this age is the self-assurance to try new things. This class provides that self-assurance.

The students unwind emotionally as well as physically in class. Children of this age may not understand the causes of tension, but they feel it nonetheless. They hear it in the strained voices of their teachers and caregivers, they detect it when they are held and they too suffer from it. In Kindergym there is no tension – only harmonic melodies, enjoyable activities and friends.





Kindergym is like anything else in life, the more experience one has, the more adept one becomes. Children will enjoy discovering this and parents will enjoy witnessing their children's growth. Children become more fully rounded individuals in a class like this. They learn different athletic skills, discover physical strengths, develop social abilities (both with their peers in class, and adults after class). Learning all these things make children more confident and happier, with heightened self esteem as they and their successes are continuously reinforced.



The pupils are not the only ones to benefit from Kindergym. Parents will love the interaction provided at G.S. Aquatics Springers classes. Talk to the coaches for advice on exercises which can be performed at home. These Kindergym routines will provide the busy, sometimes overburdened parents of the nineties with the opportunity to focus 110% of their allocated energies on the most important people in their lives – their children.

A word about a major component of G.S. Aquatics Springers – the coaches. Not only are they trained and certified by the Ontario Gymnastics Federation, they also undergo additional G.S. Aquatics training. Springers' coaches possess that indefinable something that transforms a coach from an instructor to a motivator. In computer parlance – they are child-friendly!



Kindergym is recognized by the Ontario Gymnastics Federation and all pupils are automatically registered with OGF upon enrolment with G.S. Aquatics Springers. More than 300 skills are taught to these coaches, along with the progression rate at which skills are introduced to the children. Graduates of Senior Kindergym who wish to pursue higher skill levels are referred on to other programmes, which have been carefully screened and hand-selected by G.S. Aquatics Springers.

Children enrolled in Kindergym learn a variety of rolls and kicks, mounts and dismounts, squats and landings. They perform these exercises on equipment that is adjusted to accommodate their size. In Senior Kindergym, the pupils learn more complicated moves on the same equipment – once again, adjusted to suit their size, strength and co-ordination levels.

Above all – Kindergym and Senior Kindergym are fun! Fun for the pupils and for you the parents, as you observe the comprehensive development of your children. Feel free to call us at 416/222-3745 with any questions you may have. Inquire about our Tryout classes and you can see first-hand what our parents are raving about. We're sure that a great time will be had by all!



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