



Diary Dates

End Term 1
Thu March 24th

Term 2 Fees Due
March 24th

Term 2 – 11 Weeks

Term 2 Starts
Wed April 13th

End Term 2
Thu June 23rd

Welcome

Hi Everyone,

Welcome to the first edition of KG LINK for 2016! We would like to formerly extend a very warm welcome all our new Kindergym families, and hope that your time with us is a happy, fun and rewarding experience! Welcome back too to all our previous families, it's really lovely to see so many happy familiar faces in the gym!

We have made a great start to Term one with the children settling into their classes well. It's hard to believe we are already into week 6 and that there are only 2 more weeks to go in this very short term. While we began the term with very mild temperatures, the heat (like our music) has definitely been turned up with a few hot and sticky days in the gym. A quick reminder to bring a water bottle for your child so that they stay hydrated throughout the class.

So Far this Term...

We have shaken our bodies, done a fancy dance, pulled a funny face, played the body part & colour game, learnt a tuck sit, a long sit, a motorbike landing, a front support, a back support, soldier jumps, star jumps, an egg roll, a log roll, a long hang, a tuck hang, a straddle hang, a bunny hop, a spiderman handstand, swung on the rings, the bar, the rope, gone surfing, gone fishing, rowed a boat, swam in the sea, drove a car, rode on a train, flew like an aeroplane, done helicopter jumps, rode a bicycle in the air and above all had heaps and heaps of FUN!!!
Not bad for the first 5 weeks of gym!

Kindergym Coaches for 2016



Ola – Kindergym Co-ordinator

I have been coaching gymnastics for over 14 years, 11 of those years at MLC. I have taught a variety of ages but my favourite age group to teach are the pre-schoolers. I grew up watching Play School and always wanted to be a presenter. Being a Kindergym Coach is the next best thing!



Issy - I started coaching with MLC Gymnastics after retiring as a gymnast, and received my 5 years of service from MLC at the end of last year. I've worked mainly in the Recreational program throughout my time at MLC, and have spent about a year and half

working in the Kindergym program. I'm currently studying a Bachelor of Communication - Public Relations at Deakin and am doing my 2nd year of study.



Bridget - I have been working at MLC for 5 years now and I am currently coaching Kindergym, Rec, and Gymstar. As well as coaching I am also studying criminology and psychology at Deakin University and still competing in dance.

A special thanks to Katie and Brigitte G for filling in for Issy during her time overseas!

Hi From Tassie...

A very big hello to you all,

Here is a little news from Tassie.

We have settled into a two bedroom terrace house in North Hobart. It's a great location, an easy walk to the main precinct, Salamanca Markets and the Docks.

I'm finding Hobart a great place to be, beautiful beaches and bushlands all within a short drive. My favourite is Mt Wellington, only a 30min drive to the summit. One moment there are great views on a warm sunny day and, then a few days later beautiful snow!!

For myself I have joined a gym to try and keep up the fitness I used to get doing the Wiggly Woo, (which was more fun by the way). I have also joined a bush care group associated with a small mountain reserve 5 min drive from home. Plenty of animals hopping in the bush there, wallabies, potoroos, pademelons and bandicoots. Not to mention the Tasmanian devils, I have yet to see one of those.

On weekends there is always a festival or little market on. We have ventured to Mt Field NP with its beautiful waterfalls and Maria Island NP, full of convict history.

I love it here in Tassie, but I do miss the fun of Kindergym.

Think of you often,
happy jumping.

Julie

Communication

Please feel free to have a quick chat with your child's coach after class. Whether it is just to see how your child is going, have a question, or a concern, we are here to help. Alternatively, you can send Ola an email at tostivo@mlc.vic.edu.au

A Reminder to Parents and Carers

Just a few reminders to parents and carers about the safety rules in the gym in order to keep it a happy and safe place:

- The Tumbletrack (long trampoline) is one way only. Please instruct your child to follow the direction of the arrows and to allow adequate space between themselves and the person in front.
- Only one at a time on the 2 trampolines.
- Please do not allow your child to go on the high beams and bars (with the exception of the high bar above the pit).
- Jumping Joeys (2/3 yr olds) need to be supervised at all times.
- Siblings not enrolled in the class are free to join in at free play and warm up but must not be on the equipment once circuit time has started.
- Talking on mobile phones in the gym is not permitted. If you need to take a call, please do so in the corridor outside the gym.
- Please reinforce our two main rules in the gym – BE SAFE and HAVE FUN!

As we draw closer to the end of term, please be aware you are automatically re-enrolled for next term. If your child is *not* returning (we hope that you are!), please ensure you inform us by email to avoid any charges. Term 2 invoices will be emailed shortly.



Enjoy the rest of the term!

The Kindergym Team
Ola, Issy & Bridget ☺