

WHAT TO EXPECT ON YOUR FIRST DAY OF GYMNASTICS....

INDEPENDENT LEARNING: 4-5 YEAR OLDS

WHAT TO WEAR/BRING:

- Comfortable clothing, suitable for running, jumping and turning upside down.
- Socks with grip on the bottom.
- Water bottle that your child will take into class.

WHEN YOU FIRST ARRIVE:

- Enter the main entrance at Oakleigh Recreation Centre, [2A Park Road, Oakleigh](#).
- Go past the Monash customer service desk, turn right towards the Waverley Gymnastics sign.
- Our friendly member experience team will welcome you, answer any questions, and help you get started.
- You will receive a welcome pack, including a complimentary WGC shorts and T-shirt set, which your child can change into if you prefer, or they can wear to their next class.
- Shoes and other belongings can be placed in the changerooms. This is a good time to check if your child needs to use the bathroom!
- Please wait with your child at the gym entrance for your class to start.
- Once a coach has invited your child into the class, you are welcome to make your way upstairs to the parent viewing area. There, you will have a wonderful view of all the activities your child will undertake.

WHAT HAPPENS IN CLASS:

- We warm-up as one on the white dots, then each coach will lead their class to commence our activities.
- Your child will remain with their coach for the remainder of the session.
- Our program is structured and provides for sequential learning of skills. We aim to build strong foundations on which to master harder skills when ready!
- Six circuits are covered over a fortnight involving floor, beam, bars and Ninja frame, trampoline, tumble track and foam pit. Age-appropriate games and group activities are included to boost school readiness.
- Lesson plans change each fortnight, so every session looks different and exciting.
- Your child's coach will demonstrate and explain the activities, and then instruct each child as they move around the activities.
- We spend 15 min on one circuit of activities before moving onto the next, and each circuit is broken into smaller sections to support each child's skill level and progress.
- In gymnastics, we use 'spotting' when coaching, which is where we physically assist your child to learn skills. Click [here](#) for more information about spotting in gymnastics.
- Classes conclude with a cool-down activity and big smiles!
- At the end of the class, your coach will accompany children back to the foyer to greet you. Coaches are available for 5 minutes at the end of class if you wish to chat about your child's progress.

