



Preschool Gymnastics Information

This is a structured class taken by a qualified coach with a maximum of 10 children per session. Based on the PlayGym philosophy, our preschool sessions are a fun-focused structured class for 3 and 4 year olds, introducing and developing fundamental movement skills used in all sports, using traditional and adapted equipment, games, circuits, music and imagery. A parent or caregiver is needed to be present at all times through the class and they are expected to assist their child and join in the fun of the class.

The Fundamental Movement Patterns (FMP) that are taught is as follows

- Swing
- Locomotion
- Landing
- Static
- Spring
- Rotation
- Manipulative Skills

During the class the coach will focus on 2 FMP's each week. These FMP's will be slowly developed through the term.

Bookings

Bookings are essential for these classes. To register or be put on a waitlist please phone Lynda on 04 237 3556 or email lmcandrew@pcc.govt.nz Preschool gymnastics costs \$85.00 per child, and runs for 8 weeks. This fee is payable before the first session starts.

Class Times (maximum of 10 per session)

Wednesday 1.00 – 1.45pm

Wednesday 2.00 - 2.45pm (not currently running due to low numbers)

All classes are held in the NZ Community Trust Stadium unless otherwise advised.

For further information or to make a booking, please contact our friendly team on 04 237 1521 or Lynda/Jess direct on 04 237 3811 or lmcandrew@pcc.govt.nz

Booking Form

Participants Name _____

Date of Birth _____ Home Phone _____

Parent/Caregiver Name _____

Address _____

Class Day/Time _____ Email _____

Mobile _____ Work Phone _____

Medical Conditions _____

Signature _____

Notes

- Please notify the Gymnastics Head Coach if your child has any medical conditions or disabilities to allow us to provide the correct coaching assistance and support.
- Please notify the Gymnastics Head Coach if your child has had previous gymnastics experience to ensure we place your child in the correct class.

We understand that by enrolling in the programme we abide by any rules and policies of Te Rauparaha Arena (parent body Porirua City Council) and Porirua GymSports (and parent body of GymSports NZ).

For further information or to make a booking, please contact our friendly team on 04 237 1521 or Lynda/Jess direct on 04 237 3811 or lmcandrew@pcc.govt.nz
Please only fill in these details if you are posting

Please charge my

VISA

Mastercard

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Name on Card _____

CSC Number _____

Cardholder Signature _____

FOR OFFICE USE ONLY

Date _____ Amount Paid _____ Staff Initial _____ Receipt No. _____

Method of Payment (please circle) Credit Card/Eftpos/Cash/Cheque

Entered in CLASS Y/N _____ Date Entered _____