

GymKidz Age Groups

INFANTS (Crawling to Walking)

Babies at this age are ready to be stimulated through music and movement in the reassuring close comfort of a safe and familiar environment. Early developmental exercises are introduced for strengthening of lower, middle and upper body necessary for sitting, standing and walking. Baby massage is introduced to improve baby's blood circulation. Activities to encourage early language development in babies are also introduced. Then it's off to the gym for other locomotive, balance, postural, strength and coordination developmental activities.

TODDLERS (Walking to Two Years old)

Being able to walk now opens up a whole new world to the toddler. Now he is ready to explore and discover everything he sees, touches and even taste. He is beginning to learn from his mistakes when he makes choices and decisions as he tackles the various exciting equipment in the gym laid out in a circuit allowing him to explore at his own time but yet in an orderly manner.

Music again plays an important part with early language development activities encouraging the toddler to make his first language attempts in communicating with another person.

TINY TOTS (Two to Three Years old)

Structured play is now introduced to the young child to promote Self-Discipline. The young child now learn to work in small groups called trains as they tackle the various tasks set out for them at the Axial, Loco-motor and Co-ordination gym stations. Getting into trains allow the child to listen and respond to instructions and learning to take turns whilst activities at the gym stations develop the child's motor skills.



GYM TOTS (Three to Four Years old)

Independence is now the key word in this programme. Encouraging the child to recall and make decisions as they tackle tasks set out for them at the various gym stations under the close supervision of GymKidz staff train the child in memory recall, analytical thinking and deciding between right or wrong.

GYMKIDZ JUNIOR (Four to Five Years old)

The Juniors are now ready to work and function as a team as they tackle the different activities such as team games, team exercises and the more challenging tasks set out by GymKidz staff.

This not only enhances their Self-Confidence, Self-Awareness, Self-Discipline and Self-Esteem, it also helps them to learn to be part of a team.

Team activities help the child to understand that a team can achieve more than an individual, learning to accept that everyone have their strengths and weaknesses, and learning to support and care for those who are weaker than him.

GYMKIDZ SENIOR (Five to Seven Years old)

The Seniors are more than ready to function as a team under a child team leader to tackle individual and team activities set out for them.

Assuming the role of Team Leader helps to develop leadership qualities in the children whilst team relays help them to cope with failure and the determination to try again. This helps to develop a "Can Do" attitude in the child.

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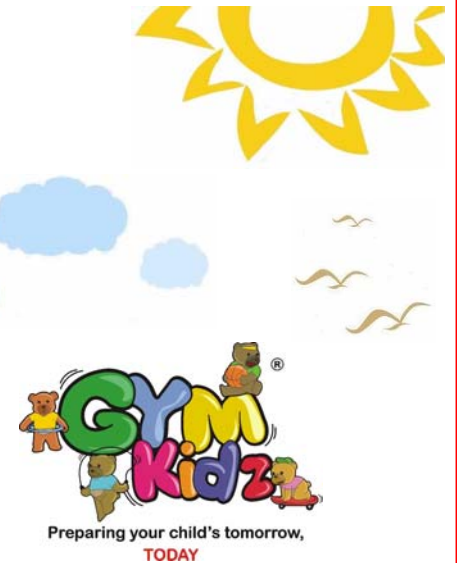
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A QUALITY PHYSICAL DEVELOPMENT PROGRAMME FOR PRE-SCHOOL CHILDREN



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GYMKIDZ PHYSICAL DEVELOPMENT PROGRAMME

INTRODUCTION

Studies have shown that the first years of a child's life are very critical in the development of the young child. The correct stimulation at the right stage of development goes a long way towards the positive enhancement of the young child's personality and attitude.



The GymKidz Physical Development Programme offers a quality yet fun programme that cater to the specific needs and aspirations of pre-school children.

The GymKidz Physical Development Programme was developed by dedicated specialists working full-time with thousands of pre-school children in Asia since 1986 to support the pre-school establishment towards meeting the physical development of the young preschooler.

The GymKidz Physical Development Programme provides the environment and experience for the child to enhance their Axial, Balance, Coordination, Loco-motor, Manipulative, Postural and Strength motor skills through fun and challenging activities on purpose-built child-appropriate equipment.



PROGRAMME BENEFITS

BENEFITS TO CHILDREN

- Play with hockey sticks, large balls, small balls, air batons, beanbags and more introduce the child to early sports
- Wedges, barrels and blocks allow the child to experience early gymnastics, executing rolls and dismounts with grace and confidence.
- The wooden equipment help the child to overcome the fear of heights, develop spatial awareness and good balance with tunnels helping the child to overcome the fear of enclosed spaces.



- From play on the purpose-built equipment, the child develops Self-Awareness – learning what their body can do, yet fully aware of the limitations as to what their body can do safely.
- Regular changes in equipment layout allow the child to learn to adapt to changes, learning that change is inevitable and being able to overcome new challenges is important.
- Develop the "I Can!" attitude in the child, a positive attitude that makes the child overcome and succeed over future challenges in life.
- As the child completes his task with positive encouragement, he feels a sense of accomplishment or success of having completed the task. With each success comes a willingness to try again and again.
- Success upon success builds Self-Confidence, Self-Esteem, Self-Discipline and Self-Worth in the child, positive personality traits that will prepare the child well for his future.

BENEFITS TO THE SCHOOL

- The school is a better choice over other competitors as it offers a comprehensive curriculum catering to the Physical, Intellectual, Emotional and Social needs of the young child
- Children need not travel to another location as the programme is brought to the school, therefore dispensing with travelling and its accompanying risks.
- Quality and fun purposeful play for young children that cater to the specific needs of children from 6 months to 7 years old.
- More than 60 different types of purposefully designed equipment numbering more than 200 pieces used during the different sessions to help in the young child's Postural, Balance, Manipulative, Strength, Loco motor, Coordination and Axial development
- Play equipment are brought to and from the school so as not to take up limited school space

- Specially trained GymKidz staff to conduct the programmes at your school premises
- Flexible programme formats requiring less than 50 square metres of open space
- No upfront investment cost for equipment
- Very affordable session fees



GYMKIDZ PROGRAMME FEATURES

PLAY EQUIPMENT

More than 250 pieces of bright and colourful play equipment specially designed for the different age groups invite the children to come and play on them.

Laid out in gym stations according to tasks planned in lesson plans, the child will have the opportunity to develop their other areas of physical development such as axial, balance, co-ordination, loco-motor, manipulative, postural and balance.

MUSIC AND MOVEMENT

Action songs at the beginning of the each session help to warm up the child for the physical session ahead and songs at the end help to cool the child down. Rhymes are also introduced to the child during the sessions.

The songs and rhymes serve to teach the child about parts of their bodies, colours, numbers and a general awareness of things around them. Additionally, they will also help in early development of speech and language as the child will be exposed to different sound patterns made by different creatures and instruments.

MERIT STICKERS

Colourful merit stickers are given out to every child at the end of each session as a reward for the effort being put in by the child during the session. These stickers carry messages of positive reinforcement and encouragement which serve to enhance the child's Self-Worth and Self-Esteem.