

NBGA Kindygyim Progression Guide

Term 4 2025 → Term 1 2026

As we head toward the new year, here's a quick snapshot of how your child will progress through our Kindygyim Australia pathway at Northern Beaches Gymnastics Academy. Our coaches will help guide each transition to make sure every gymnast lands in the class that best supports their development and confidence.

Kindy Cubs (0–18 months)

Babies build their early movement foundations, sensory awareness, bonding and tummy-time strength.

Progression:

Children will move into **Peek-A-Boo** or **Kindygyim**, depending on age and coach recommendation.

Peek-A-Boo (Walking –2.5 years)

A parent-assisted class focused on confidence, balance, coordination and fun early-gymnastics play.

Progression:

Children transition into **Kindygyim** at **2.5 years old**.

Kindygyim (2.5–3.5 years)

Our core parent-participation program, building gross motor skills, basic gym shapes, themed circuits and social play.

Progression:

Children move into **Kindy Rec** between **3 and 3.5 years old**, guided by your program coach based on confidence, skill readiness and independence.

Kindy Rec (3–5 years)

A structured, *independent* class developing early gymnastics skills, listening skills, coordination, strength and school-readiness through fun circuits.

Progression:

Children progress to **Kindy Fit** if they are in preschool and will be **starting primary school in 2027**.

Kindy Fit (4–5 years)

Our advanced preschool class for children ready for more complex skills, confidence-building and strong independence.

Progression:

Kindy Fit gymnasts will move into the **Beginner Recreational Program (Fitnastics)** in 2026.

These classes run **after school** on weekdays or **Saturday mornings**.

Free Trial Fortnight – Happening Now!

This week and next week, **Kindy Fit** students are invited to enjoy a **Free Trial Fortnight**, giving your child the chance to experience the class they'll transition into for 2026.

It's a relaxed and supportive way to tick off one "new thing" before the new year begins, especially with many of our little gymnasts also preparing for their big start at primary school.

Our coaches will guide you toward the correct trial class and support your child through the transition.