Happy New Year! Welcome back to current families and a special Welcome to our new families!

This Newsletter is e-mailed twice a term to families who have children enrolled in the Gym For All (GFA) Program. It is also available on our website at http://gym.mlc.vic.edu.au

The GFA Program consists of Recreation (1 hr.), Recreation Extend (1.5 hr), Intermediate (2 hr) and Gymstar (2x 2 / 2.5 hr.) classes. Gymnasts are always being informally assessed, however formal skill assessments are conducted twice annually, in Terms 2 and 3. All gymnasts will receive a report on both occasions.

Your daughter can wear anything she is comfortable in and gives her freedom of movement (not too loose) such as leggings, leotard, crop top, tank top etc. Please ensure her hair is tied back and she is not wearing any jewellery. During class we have regular drink breaks, so please ensure your daughter brings a labelled water bottle with her.

The GFA program does not have a prescribed uniform, however the Jade and green leotard option is available for purchase from the Gym Office. An external leotard supplier also comes in once a term (normally 1st / 2nd Saturday of term) from whom you are able to order and purchase leotards or bike shorts or crop tops.

We hold two GFA fun competition-styled events annually. So please keep the dates 19th June and 11th December free in you calendar.

I would like to wish you a fantastic Term 1 and please do not hesitate to contact me should you have any queries.

Ros Sagnelli

**Term 1 Fees**

Invoices for gymnasts whose enrolment forms were returned before 13th January were emailed on 14th January. Please check spam and junk folders and then contact the Gym Office if you have not received them.

**Term 1 begins**  Thurs, 28th January 2016

**End of Term 1**  Thurs, 25 March 2016

**Begin Term 2**  Mon, 11 April 2016

**Gymsports & Dance Holiday Program**  Tues, 5 — Thurs, 7 April 2016
**Ladies Gymnastics Class**

**Tuesday 7:30pm – 9:30pm**

On Tuesdays, from 7:30pm – 9:30pm, we offer a ‘Ladies Gymnastics Class’ which often consists of mothers and friends of mothers who have a daughter enrolled in a program at the Gymnastics Club. You can purchase a 10 class pack and can attend either every week or on a fortnightly basis. Members of this class undergo a fitness warm up using a combination of free weights, own body weight, rowing machines and bikes and then enter the gym to use the apparatus. If you are interested, please contact us at the Gym Club to get involved!

**MLC Dance Studio (PEC Level 1)**

MLC Dance offers jazz, hip hop, tap, contemporary dance class options (beginner to advanced) To book please call the Gym Club office on 9274 6410 alternatively email: frewv@mlc.vic.edu.au

**MLC Prep –2 students**

MLC Prep to year 2 students are collected from Junior School at the end of school, accompanied across to the Physical Education Centre by two coach supervisors and supervised whilst preparing for gym.

**EpiPen and Asthma Puffers**

If your daughter requires her EpiPen and/or Asthma Puffer to be near her whilst at gymnastics, please follow the process outlined below:

Put the EpiPen and/or puffer in a sealed pouch or snap lock bag which is clearly marked with your daughter’s name.

At the beginning of your daughter’s gymnastics class, please give the EpiPen and/or puffer to the coach welcoming the children to class.

The coach will place the bagged EpiPen and/or puffer in the clear container named ‘Members EpiPens and Asthma Puffers – Coaches Only’ on top of the large wooden pigeon holes, next to our First Aid box in the gym.

If you do not have a spare to leave at the gym or you prefer to take it back home with you after each class – please remember to do bring it for every class.

* Gymnasts are not permitted in the PEC more than 10 minutes before their scheduled class time due to supervision requirements.

* Siblings should be supervised by an adult at all times whilst in the PEC. Please ensure children are within sight and close proximity at all times.

No Bullying

* MLC Gymnastics Club does not tolerate bullying; verbal, physical or otherwise. Please ensure your daughter understands what constitutes bullying and that if any gymnast is found to be bullying a fellow club member, they will be asked to leave the class and parents will be contacted to collect them.