Dear Parents,

Welcome back to Term 3.

This term we are trialling a new approach to the class groupings. In order to facilitate the progression and learning of the gym skills by the gymnasts, groups will be aligned according to their skill level as opposed to purely their age. If your daughter's questions this change please elaborate about the change with her, as the coaches explanation may not be fully appreciated and understood.

Just a quick report on the Giant Circuit Event which took place on the 19th June. By all indications it was a great success. Gymnasts and coaches alike enjoyed themselves.

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

Ros Sagnelli
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

MLC Dance offers jazz, hip hop, tap, contemporary dance classes for all levels. If your daughter is interested, please call the Gym Club on 9274 6410.

EpiPen and Asthma Puffers

If your daughter requires her EpiPen and/or Asthma Puffer please follow the process outlined below:

1. Place the EpiPen and/or Asthma Puffer in a sealed pouch or snap lock bag which is clearly marked with your daughter’s name.

2. At the beginning of your daughter’s class, please give the EpiPen and/or Asthma Puffer to the coach who is welcoming the children to class.

3. The coach will place the bagged EpiPen and/or Asthma 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.

4. Please remember if you are not leaving the EpiPen and/or Asthma Puffer in the Gym, to collect it at the end of your daughter’s class.

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