

Term Dates

Term 3

Mon 11th July – Fri 16th Sept

Term 4

Mon 3rd Oct – Sat 17th Dec

2016 Important Dates

Gymsports & Dance

Holiday Program

Tues, 27th—Thurs, 29th Sept

Club Championships

Sunday, 11 December 2016

Collection of Children

For safety reasons, please ensure that gymnasts are dropped off and picked up inside the PEC building

Office Hours

Mon / Wed / Fri

9:00am – 5:00pm

Tues and Thurs

11.00am – 7.00pm

Saturday

11:30am – 1:00pm

Invoices

Due last week of Term 3.

Dear Parents,

I hope that everyone is well and having fun!

The Rio Olympics 2016 is almost under way! All GFA athletes are invited to participate in a fun novelty **Olympics themed week**, commencing 15th August.

What to wear: Gymnasts are encouraged to dress up in the 'Olympics' theme and accessorise accordingly (keeping in mind that they will need to train so costumes should not be restrictive).

Some suggestions include; dressing in colours associated with a particular country, dressing up to represent an Olympic sport, accessorising with Olympics' symbols such as the Olympic Torch or Olympic rings, sombrero or berets.

Please check your TV guide in respect to viewing times, as it would be a great experience for the gymnasts to watch the skilled athletes in action.



The final formal GFA class assessments for 2016, will occur over two weeks, commencing 22nd August. To avoid disappointment, please try and ensure your children attend.

One final note, because it is so cold lately, please remind your gymnasts to wear their shoes and jumpers when they leave after gym.

Keep warm and enjoy the last couple of weeks of winter.

Do not hesitate to contact me should you have any queries.

Sincerely,

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.

MLC Gymnastics Club 207 Barkers Road Kew, Victoria, 3101

Phone: +61 3 9274 6410

Website: <http://gym.mlc.vic.edu.au>