

Reminders

*For safety reasons, parents are to remain outside the gym at all times. It is a risk to the safety of gymnasts and also impedes access to the gym.

*Please do not stand on the stairs or landing leading to the Gymnastics office. This is a high traffic area and the congestion creates a serious Occupational Health and Safety risk for parents, children and staff.

* OFFICE HOURS:

Our office is open
9:00am – 5:00pm
Mon – Wed and Fri
11.00am – 7.00pm on
Tues and Thurs
and 10:00am – 12:00pm on
Sat during the school term

Collection of children

Gymnasts should be dropped off and picked up from inside the Physical Education Centre (PEC) building.

Term 2 Fees

Invoices are due on 24th March 2016.

Dear Parents

Goodness, we are almost at the end of Term 1! Easter is around the corner.



As Term 1 winds down, please be aware that athletes will be coming home with their report cards and an A4 sheet on which to record their progress.

During the holidays, we are running our Gymsports and Dance holiday program. If your daughter is interested, please enrol promptly at Try booking: <http://www.trybooking.com/Embed.aspx?eid=184673> as the spots are filling up quickly.

As a reminder, please keep Sunday, 19th June available, as this is the first of our two GFA competitions and gymnasts generally love to partake.

Invoices have gone out, so please check your 'Spam box' if you have not received it.

I hope you have a wonderful Easter break and we look forward to seeing you back in the gym next term.

Ros Sagnelli

Important Dates

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| End of Term 1 | Thurs, 24 March 2016 |
| Gymsports & Dance Holiday Program | Tues, 5 —Thurs, 7 April 2016 |
| Begin of Term 2 | Mon, 11 April 2016 |
| Giant Circuit Event | Sun, 19 June 2016 |

* 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.

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

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 bring it for every class.