

### Term Dates

Term 2:

Mon 11<sup>th</sup> April – Sat 25<sup>th</sup> June

Term 3:

Mon 11<sup>th</sup> July – Fri 16<sup>th</sup> Sept

Term 4:

Mon 3<sup>rd</sup> Oct – Sat 17<sup>th</sup> Dec

### Important dates

#### **Giant Circuit Event**

Sun, 19 June 2016

#### **Gymsports & Dance Holiday Program**

Tues 5<sup>th</sup>—Thurs 7<sup>th</sup> July 2016

Note: The booking for the Gymsports and Dance School Holiday Program will start on Try booking on 20th May:

[https://  
www.trybooking.com/  
Embed.aspx?eid=193343](https://www.trybooking.com/Embed.aspx?eid=193343)

### 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

Please visit our website at  
<http://gym.mlc.vic.edu.au>

Dear Parents,

I hope everyone has been enjoying Term 2. We are fast approaching the first of the two GFA events for 2016. The GFA Giant Circuit will be held on Sunday, 19th June. The Giant Circuit is a lovely way for gymnasts in the Gymnastics for All (GFA) program to experience a gymnastics competition in a fun, enjoyable and relaxed environment.

Gymnasts will participate in 10 fun activity station based circuits. Gymnasts will receive a pennant and certificate with stars indicating their achieved score bands. Your daughter **will not require any preparation** before-hand as the skill will be demonstrated on the day and gymnasts will be given a couple of minutes to practice.

Entry into the Giant Circuit Event is not compulsory and all gymnasts will continue to develop their skills, strength and flexibility during class time.

The cost is \$25. To enrol your daughter/s into this fun filled event, please go to Try booking at <https://www.trybooking.com/198345> A separate information sheet with more detail is being forwarded to you via email.

For new gymnasts and parents, assessments occur as the term progresses. Your daughter will receive a report card and certificate in the last week of term.

Invoices will be forwarded via e-mail in early June, so please make a note to check your spam folders.

Please do not hesitate to contact me should you have queries about our processes and policies or simply need to chat about your daughter's progress.

***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>