

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.

Heat Policy

During the hot weather, it is at parents' and / or athletes'

discretion whether to attend gym classes. MLC Gym does not cancel gym lessons.

Coaches do ensure the gymnasts take extra water breaks!

Term 1 Fees

Invoices for gymnasts whose enrolment forms were returned before 4th January were emailed their invoices on the 19th January. Please check spam and junk folders and then contact the Gym Office if you have not received it.



Dear Parents

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

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 throughout the year, however formal skill assessments are conducted twice a year in Terms 1 and 3. All gymnasts will receive a report on both occasions.

The GFA program does not have a prescribed uniform, however there are leotards available to purchase from the Gym Office. External leotard suppliers are onsite 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. The 2017 dates are the 16th September and 10th December. Please note these dates in your calendar.

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>

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

Important Dates

TERM DATES

Term 1 Tues, 31st January - Sat, 1st April

Term 2 Tues, 18th April - Sat, 1st July

PUBLIC HOLIDAYS – No Classes

Labour Day Mon, 13th March

Good Friday Fri, 14th April

Easter Monday Mon, 17th April

Anzac Day Tues, 25 thApril

HOLIDAY PROGRAM DATES

Tuesday 11th – Thursday 13th April

Tues 11th - Thursday 13th July

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 deal and can attend either every week or when suits you. Participants of this class undergo a fitness warm up using a combination of free weights, own body weight, rowing machines and bikes and then utilise equipment in the gym. 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 and ballet dance classes (beginner to advanced). To book, please call the Gym Club office on 9274 6410 or alternatively email: blyths@mlc.vic.edu.au

MLC Prep –2 students

MLC Prep to year 2 students are collected from Junior School at the end of school day and accompanied across to the Physical Education Centre by two coach supervisors and are also 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:

Please 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.

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

* Please ensure that all siblings are supervised by an adult at all times whilst in the PEC.