

**\* OFFICE HOURS:**

Our office is open  
9:00am – 5:00pm  
Mon, Wed and Fri  
11.00am – 7.00pm on  
Tues and Thurs  
and 11:00am – 1:00pm on  
Sat, during the school term

**Reminders**

**There are classes on Saturday, 11th March 2017**

\*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.

**Collection of children**

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

**Term 2 Fees**

Invoices will be emailed to parents during the week commencing 13 March. If you do not receive the email, please check your junk folders and then contact the Gym Office.

**MLC Pink Leotards**

The new MLC pink leotards will be available for purchase by GFA participants, from the beginning of **Term 2**.

Dear Parents,

I hope that all families have been experiencing a fun term in gymnastics.

At present, all gymnasts are learning skills and having some gym fun within their lessons. During terms 2 & 3, each gymnast will come home with completed report cards, identifying skills that they are successfully completing and those that they are still progressing on.

During the last week of term 1 (the week commencing 27th March), we will be having a **Pjamanastics week**. All GFA gymnasts are invited to attend their lesson wearing their pyjamas. Attire suitable for completing their lessons, though.

I would like to wish you a fantastic Easter break 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, 25th April

### HOLIDAY PROGRAM DATES

Tues, 4th - Thurs, 6th April

## 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!

Please ensure that gymnasts have their hair tied back and they are not wearing any jewellery, particularly Fitbits and such.

\* 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.

## **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](mailto: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.

MLC Gymnastics Club 207 Barkers Road Kew, Victoria, 3101 Phone: +61 3 9274 6410

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