

NEWSLETTER - MARCH 2026

THANKYOU to everyone who supported our Book Swap, Plant stall and Super Dooper Challenge. We have raised over \$600 of the \$2000 needed for a Defibrillator. Thanks to everyone who has donated Easter Eggs. Please support our raffle.

REMINDER – NO PHOTOGRAPHY IS PERMITTED IN THE GYM due to child safe regulations and policy.

PARKING – we do have some parking spaces at the rear of the gym if the carpark is overflowing.

CARTWHEEL WORKSHOPS - WEEK 6 & 7 –

Thursday 12th March - 6-7pm – Beginner Cartwheel Workshop for those who cannot do a cartwheel or are very unsure. \$18 each. Please register on the website and pay when you arrive.

Thursday 19th March - 6-7pm – Beginner Cartwheel Workshop for those who cannot do a cartwheel or are very unsure. \$18 each. Please register on the website and pay when you arrive.

REGISTRATIONS FOR TERM 2 – IMPORTANT!!!!

Registrations for term 2 will open in week 6 ONLY to those who wish to stay in the same class at the same time. If you wish to change to another day and/or time, you need to email enrollment@sbgc.com.au and request to be placed on a waitlist for the day/class that is preferred.

PARTIES – this year we are only offering parties on Saturday afternoons. If you are interested there are more details on our website.

HOLIDAY ACTIVITIES :

We are not sure if we will be running any activities these holidays due to unavailability of staff. If this changes we will let everyone know.

CLUB TRACKSUIT ORDERS are currently open and close at the end of term (2nd April). Tracksuits are made to order. Please ask staff at sign in desk for an order form.

RETURN AND EARN – you can make donations to our club through return and earn. See the noticeboard at the gym.

CLUB COMPETITION – SUNDAY 29TH MARCH

Entries open Thursday 5th March - see email for instructions to enrol.

Our club competitions are a fun and relaxed opportunity to perform your skills and meet other club members.

At competitions, participants perform skills that they are working on in class. Bronze participants will perform Bronze skills, Silver will perform silver skills and Gold participants will perform Gold skills. There are also sections for Trampoline and Tumbling, Diamonds, Platinum, Mini Gym, Kindergym and Adults. At this stage we do not offer a section for Free G.

A judge will give each participant a score. These are totalled and at the end each participant receives a ribbon according to their results.

Sometimes, participants who do extremely well will be offered the opportunity to move to the next level. SQUAD participants must attend competitions as this is a competitive stream.

WHEN WILL YOUR CHILD PROGRESS TO HARDER SKILLS?

In order to progress, children must be able to perform a certain set of skills to a particular standard consistently in order to be safe to proceed to the next level. When the participant achieves this, an email will be sent advising of the option to change. Springwood Boys and Girls Club coaches take extra care in regard to safety and make your that a participant's body is ready and capable of performing a skill.

If you have queries regarding your child's progress you are welcome to email the club and we can provide feedback.