

NEWSLETTER - APRIL 2023

HAVE A GREAT EASTER BREAK!
MAY IT BE A SPECIAL TIME FOR EVERYONE!

REGISTRATIONS FOR TERM 2

If you have not yet re-registered for term 2, please be aware that many classes are now full and you may have missed out on your first preference. The sooner you re-register, the more options you will have.

NOTE ; it is really important to read emails that outline the process. Many members tried to change their class day before they were eligible to do this.

HOLIDAY ACTIVITIES

Unfortunately, there will be no Holiday Activities these holidays.

POSTER COMPETITION for our creative members.

We are running a poster competition over the holidays. Bring completed posters in during weeks 1 and 2. SIZE – A4

Theme – Having fun at Gymnastics.

Can be cardboard, paper. All entries will be posted on the gym walls for viewing during term 2.

BRIDGES AND WALKOVERS

We get lots of requests from participants to do bridges in class. Bridges places a significant amount of stress on a participant's back and shoulders, even more so if the participant has limited flexibility and core strength, We do not start teaching bridges until children have adequate core strength for safety reasons.

EXCITING COMMITTEE NEWS!!!

Thankyou to everyone who volunteered for our committee.

HOW TO PROGRESS TO HARDER SKILLS –

We monitor the progress of participants closely and if a coach believes that a child appears ready to move up a level, there is a process in place. If you would like feedback on your child's progress, please email the gym and our Head Coach will get back to you as soon as possible.

TERM 2 RESUMES

Monday 24th April.

There WILL be classes on Monday 24th April even if it is a pupil free day.

There WILL NOT be classes on Tuesday 25th April due to Anzac Day public holiday.

Classes will then resume on Wednesday 26th April, 2023 for term 2.

ANZAC DAY – we are not yet sure of the details in regard to Anzac day. Every year we lay a wreath as part of the Springwood 11am service. If you are willing to be involved in this, please email our secretary Michelle at secretary@sbagc.com.au. and watch for an email with details of the Anzac Day service. At this stage we will not be marching if the march goes ahead.

MOTHER'SDAY RAFFLE – tickets will be distributed week 1 of term 2. Raffle Prize donations will still be accepted until the end of term.

FUNDRAISING UPDATE

Thankyou so much to everyone who sent through ideas. If you are willing to run some activities, please email the club and indicate which activity you would like to run and when. Someone will get back to you.