

NEWSLETTER - MAY 2023

WELCOME BACK TO TERM 2! HAVE FUN!

A BIG THANKYOU - to everyone who reads our emails and follows the instructions given. You make things much easier for our coaches and committee. You also save our part time administration staff valuable time and also thereby reduce our club's costs on administration.

SECOND HAND T SHIRTS

We have a limited number of second hand T shirts available for sale for \$5 each. There is a list at the front table if you are interested.

We also accept donations of second hand T shirts and other uniform items to sell. Please leave at front sign in table. Thanks.

CAR PARK SAFETY

Last week, one of the cars in the car park was damaged when gravel was placed in and around the doors and rims. Whoever did this may have thought it was fun, however, it caused great distress to the owner of the car.

There have also been a number of similar occurrences of damage and also other occurrences of unsupervised children in the car park. The car park is a part of our property and we are responsible for making sure that it is a safe place. Children are not allowed to play in the car park. Children are only allowed in the car park whilst walking to and from their vehicle and this must be with adult supervision.

As a result of the need to ensure safety and prevent more damage to vehicles, we are considering increasing fees to pay for security cameras so that we can monitor activity in the car park and building surrounds.

Thankyou for your cooperation and support.

MOTHER'S DAY RAFFLE

Please collect your pack of raffle tickets to sell. Tickets are due back by 6pm on Friday 12th May 2023.

Thanks for your support.

WG COMPETITIONS

Please refer to emails sent out to all WG participants.

SALE TABLE

There will be plants on the *outdoor* table for the first 2 weeks of May.
\$2 each

After this there will be some items of clothing available for sale.

The *indoor* table will contain a collection of books and other items that have been donated for sale.

SHOWBAGS - FUNDRAISING

We have a few Showbags for sale at \$8 each. Please see the noticeboard in the foyer for information.

SMOOTH MOVERS

Smooth Movers is a fun exercise programme for adults 50 years and over OR younger participants who would like a more gentle programme. The class is also suitable to those wanting to improve post illness or injury but a medical clearance letter may be required.

Smooth Movers is part of Gymnastics Australia's "Fitter for Life" programme. The class incorporates warm up, stretching, strength and coordination activities. Individualised goals can be set and assistance given to achieve these goals.

The class runs every Thursday morning between 8.30am and 9.30am. Classes do not run during the school holidays.

Cost - new members are permitted one free trial.

Ongoing costs - \$7 per session OR \$60 for a set of 10 visits.

Contact enrollment@sbagc.com.au for further information

Tell your friends and family to come along and have a try!!! Join our fun group of adults.

Pamphlets : Please ask for a pamphlet at the front table if you are interested.