

NEWSLETTER – NOVEMBER, 2023

THANKYOU to everyone who supported our Cartwheel Challenge. We hope that you had fun.

TRIAL CLASSES : In weeks 6,7,and 8 we are offering trials in various classes. An email sent to all current members with details. There is also limited detail on Facebook and there are signs at the gym.

REGISTRATIONS FOR 2024 - enrolment forms and timetable for 2024 will be available on our website from the 1st December, 2023.

FEES FOR 2024 : due to increasing costs of running our club our fees will increase 75 cents per one hour class in 2024. Thank you for your understanding.

DECEMBER HOLIDAY ACTIVITIES

On Monday 18th, Tuesday 19th and Wednesday 20th we are running activity sessions all day. This is for parents who are working and parents who need to keep their young ones busy.

OPTIONS : all day – 9 till 4pm - \$50

Morning OR afternoon session - \$30 per session
More details will be available soon. Watch for an email OR signs at the gym.

CHRISTMAS PICK A BOX or LUCKY DIP

Gifts are still being accepted for our Pick-a-Box / Lucky Dip Christmas fundraiser. Closes Friday 1st December. Any gifts not used will be kept for a raffle in 2024.

CHANGES for 2024 : The timetable for 2024 will be different to that of 2023. Som class times have changed.

In Kindergym there will be some new options including Babygym.

In Trampoline and Tumbling we will be reintroducing Beginner and Intermediate Levels.

In Free G we will be introducing Junior and Senior.

Our General Gymnastics classes will have name changes and some changes to content. More detail will be available towards the end of term when the 2024 timetable and registration information is released.

HEAT POLICY REMINDER :

when the temperature is advertised to be 36 degrees or higher in Springwood, all classes after 12 noon will be cancelled.

If the temperature is expected to be 38 degrees or higher, all morning classes will also be cancelled due to the unsafe conditions in the gym. An email will be sent after 8pm the evening before the HOT day.

UNIFORM REMINDERS : no skorts or skirts. Hair MUST BE tied up. Jewellery and watches must be removed. This is for participant and coach safety.