

NEWSLETTER – SEPTEMBER 2024

THANKYOU SO MUCH TO EVERYONE WHO SUPPORTED OUR PICTURE PLATE FUNDRAISING ACTIVITY – Completed plates will be returned early Term 4.

REGISTRATIONS FOR TERM 4 are currently open to ONLY those wishing to remain in their current class. If you wish to change days or classes please email enrollment@sbagc.com.au and allow at least 3 working days (Monday to Friday) for a response. Please make sure that you read your emails carefully for more detail.

CLUB COMPETITION – Sunday 22nd September 2024. Are you coming?? Make sure that your entries are in before the closing date.

FUNDRAISING – WEEK 8 AND 9 – plants will be available for sale - \$2 each

WEEK 10 - CARTWHEEL CHALLENGE -
How many cartwheels can you do in 1 minute? If you cannot do cartwheels, bunny hops are permitted. This will occur during class.
\$2 each participant.

Bring your coin and register on the day. All registered participants will go into a draw for some great prizes which will be listed the week prior.

BOYS CLASSES : DID YOU KNOW?

We run boy specific gymnastics classes on Monday and Thursday. Boys are also welcome to attend any of our Bronze, Silver, Gold and Diamonds classes as they are all mixed.

Many boys also attend and enjoy either our Free G classes and or Trampoline and Tumbling classes. If you have any questions, please do not hesitate to contact our staff.

SCHOOL HOLIDAY ACTIVITIES – Sessions running for school aged children, see email for details.

SAFETY!!!! OUR CARPARK IS NOT A KISS AND DROP ZONE – you need to park and walk your child in to sign in. Our young participants are precious and we need to keep them safe.

TIMETABLE FOR 2025 – is available in early December. If you have any suggestions for 2025, please email info@sbagc.com.au.

Please be aware that there are lots of factors which must be considered when preparing the timetable, however, all suggestions will be read and considered.

DOES YOUR CHILD SEEM STUCK ON A LEVEL – if your child seems stuck on a level please send an email through to enrollment@sbagc.com.au and our head coach will get back to you about what you can do to help your child progress.

Some suggestions :

- (1) Practise at home – always better if you have the company of a friend, sibling or parent
- (2) Do a second class. Even if it is a different style of class eg Trampoline and Tumbling or Free G – it will help your child develop confidence and strength OR you can do the same level class on a different day
- (3) Watch out for some advertised special focus sessions to help those who may need extra help