

# NEWSLETTER - END OF TERM 2

THANKS TO EVERYONE WHO SUPPORTED OUR BOOK TABLE, PICTURE PLATES FUNDRAISER AND BEANIE CHALLENGE. ALL MONEYS ARE BEING PUT TOWARDS A "BOULDER" WHICH WILL BE USED BY MANY CLASSES FOR SKILL DEVELOPMENT.

## HOLIDAY ACTIVITIES

Wednesday 9<sup>TH</sup> July - 9.30-12.30pm – Holiday Activity Session – games and activities  
 1.30-3pm - Free G Workshop – develop speed, agility, coordination, strength, skills  
 Friday 11<sup>th</sup> July - 9.30-12.30pm – Holiday Activity Session – games and activities  
 Tuesday 15<sup>th</sup> July - 9.30-12.30pm – Holiday Activity Session – games and activities  
 1.30-3pm - Trampoline and Tumbling Workshop  
 Wednesday 16<sup>th</sup> July - 9.30-12.30pm – Holiday Activity Session – games and activities  
 Thursday 17<sup>th</sup> July - 9.30-12.30pm – Holiday Activity Session – games and activities

## FOCUS SESSIONS

During term 3 we will be running some extra sessions on specific skills or with specific focus. Some will be run in the upstairs hall. Non members may attend but must book via the website. There is a minimum number and if there are not enough booked in, we will have to cancel. People will be notified if this is the case.

Cost - \$18 per session payable on arrival (cash or card)

Week 2 –

Monday 28<sup>th</sup> July – 6-6.55pm – Trampoline skills

Wednesday 30<sup>th</sup> July - 4 - 4.55pm – Cartwheels (learning to do a cartwheel)

5 - 5.55pm – Hand Held Apparatus – Hoop and Rope skill development (includes skipping)

Week 3 –

Wednesday 6<sup>th</sup> July – 4-4.55pm – Cartwheels (developing a cartwheel – should already be able to do a cartwheel)

5-5.55pm - Hand Held Apparatus – Ball skills development

\*\*\*there will be more – watch for information on more sessions early term 3

## FUNDRAISING TERM 3

We are currently in the planning stage for activities for term 3. All moneys are currently going towards a "Boulder" to help with tumbling skills. This will be used by many classes.

Picture plates should be available in week 3 of term 3.

**Our UPSTAIRS HALL is**  
available for hire.

Contact

[Hallbooking@sbagc.com.au](mailto:Hallbooking@sbagc.com.au)

or see our website.

## CLUB COMPETITION TERM 3 –

Sunday 17<sup>th</sup> August 2025

**EMAILS** –Please check your emails regularly to make sure that they are not going to junk.

**FREE G / NINJA** – is a class that develops speed, agility, strength, confidence and a range of skills. Standard gymnastics skills may be taught but technical requirements are minimal. If you are interested in doing a trial, contact [enrollment@sbagc.com.au](mailto:enrollment@sbagc.com.au)

## SMOOTH MOVERS

On Thursday mornings from 8.30 – 9.25am an amazing group of over 55's meet together for an exercise session with a difference. In this session they develop strength, balance, coordination, flexibility, confidence, mobility using a range of equipment in our gym. There are also activities to enhance cognition, memory and concentration. The class caters for people of all different abilities. Activities can be adapted for anyone.

If you know someone who could benefit from a class such as this, please encourage them to contact us to get further details.