

# NEWSLETTER - TERM 3, 2025

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

## HOLIDAY ACTIVITIES

Thanks to everyone who supported our Holiday Activity sessions. Thanks to Scarlett, Rielly, James and Elodie for coaching these sessions. If anyone has suggestions as to what activities they would like to see during the October holidays, please let us know.

## CAN YOU DO A CARTWHEEL?

We are running a special session to help children and adults learn and develop their cartwheels.

**Week 3** – Wednesday 6<sup>th</sup> August – 4-4.55pm – Cartwheels

## HOW IS YOUR HAND/EYE COORDINATION?

**Week 3** – Wednesday 6<sup>th</sup> August – 5-5.55pm – Develop hand/eye coordination using balls and bean bags.

### **NOTE:**

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

Both sessions are open to members and non-members. Everyone must book via the website. Bookings close Monday 4<sup>th</sup> August – 5pm. If there are not enough registrations, the session will be cancelled.

WATCH FOR MORE SPECIAL SESSIONS DURING TERM!!

## FUNDRAISING/SPECIAL ACTIVITIES TERM 3

**WEEKS 4 AND 5 – SUPER SALE TABLE** – donations welcome. If you have items please hand them to the person at the front table. There will be toys, books, clothes, plants and other miscellaneous items. Aim – to raise the remaining \$300 to purchase the boulder.

**WEEK 5 – Saturday 23<sup>rd</sup> August – 5-9pm – PARENT'S NIGHT OUT**

**Parents** - Would you like a night out?

**Cost** - \$ 30 per participant. Ages 5-13. (pizza and snacks included)

**Volunteers needed.** If you are 14 years and over and would like to volunteer your assistance, please email [info@sbagc.com.au](mailto:info@sbagc.com.au) or speak to Tracey at the gym. Volunteers over 18 years will require a Working with Children check.

**WEEK 10 – BRING A FRIEND** – friends can come and participate in classes for \$12 each. More details later in term.

## CLUB COMPETITION TERM 3

Sunday 17<sup>th</sup> August 2025 – emails have been sent. This is our last GG competition for the year and there will be some special awards given. Don't forget to register and pay your entry fees before the closing date.

## WINTER UNIFORM – gymnasts

can wear black leggings or trackpants for their classes. We prefer tight fitting cuffs to minimise tripping. If not tight please make sure that trackpants are not too long. Coaches need to be able to see gymnasts' feet.

We also have **JUMPERS FOR SALE (\$40)**. Ask at the front table.

PLEASE REMEMBER TO DRIVE SAFELY IN OUR DRIVEWAY AT ALL TIMES. THERE IS PARKING AT THE REAR OF THE GYM HALL IF NEEDED.