

NEWSLETTER – AUGUST 2026

WELCOME EVERYBODY! WE HOPE YOU HAVE A GREAT TERM!

WINTER UNIFORM – during the colder months, please wear black trackpants or leggings with your club T shirt. A long sleeved shirt or jumper may be worn underneath the T shirt.

Participants continue to participate in bare feet as socks are unsafe in the gym due to multiple slippery surfaces.

LAST CHANCE FOR JUMPERS!!! – Limited stocks left. \$40 each – cash or card

There is one on display in the foyer. If you wish to purchase, ask at the front table on arrival.

SMOOTH MOVERS

Are you over 50 years old and looking for a way of developing your strength, balance, confidence and flexibility in a relaxed and adaptable environment. Classes are Thursday 8.30am till 9.25am.

We are looking for new members so that we can keep the class going into the future. If you know anyone over 50 who is looking for some fitness, balance and strength training (and more..) please tell them about the class.

If you would like more detail please email – enrollment@sbagc.com.au

FREE PLAY

Do you have children 0-5 years?

On Monday from 10-10.45am we run a Free Play session for children 5 and under who are not at school. Equipment is set up in the gym to enhance a child's physical development. These sessions are unstructured and there is NO group session as in Kindergym sessions. Children must be accompanied and supervised by an adult. If you would like more information or are interested in doing a trial, please contact enrollment@sbagc.com.au.

REMINDER – NO PHOTOGRAPHY IS PERMITTED IN THE GYM due to child safe regulations and policy.

WEEK 4 – WINTER GLOVE CHALLENGE – bring a pair of gloves and join in the activities. Registration and \$2 will make you eligible to receive rewards. Note were handed out during week 2.

70TH ANNIVERSARY CELEBRATION / 30 years in current building

24th October 2026.

Our committee are planning a special event on this date. Please put it in your diary.

If you would like to assist in any way, please contact our president at president@sbagc.com.au

COMPETITION 13th September 2026

This is a relaxed competition. We have sections for everyone except Free G. An email will be sent out in a few weeks.

ROOF FUNDRAISING –

We continue to endeavour to raise funds for a new roof. We recently missed out on a grant.

RETURN AND EARN – all moneys raised go specifically to the roof fund. See the noticeboard in the foyer at the gym.

FEEDBACK REGARDING YOUR CHILD'S PROGRESS – If you would like any information about how your child is progressing please send an email and it will be forwarded to the head coach to organise feedback as soon as possible.

SAFETY REMINDERS -

- (1) Children must be signed in by an adult
- (2) Children are to be collected from the north side door by an adult.
- (3) Children will not be allowed to go into the carpark without an adult
- (4) The front doors are kept locked as we have children who try to run away. The locked doors also helps us monitor who is coming into the building. NB children refers to anyone under 18 years as classified by the Office of the Children's Guardian.