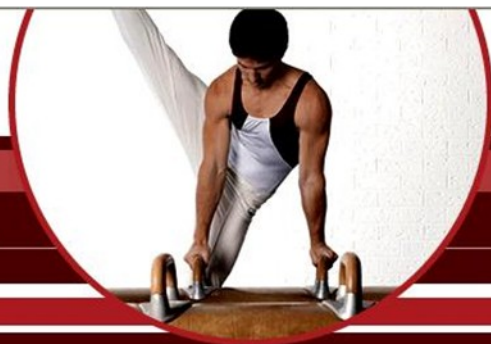




where every star has a chance to shine.



Incorporated in New South Wales Unit 1, 8 Aquatic Drive, Frenchs Forest NSW 2086, PO Box 537 Frenchs Forest March 2012– 24 Middleton Road, Cromer NSW 1640 Tel: 02 9453 5481 Fax: 02 9453 5093 info@mwgymclub.com www.mwgymclub.com ABN 54 548 026 174

**January 2012
Round-off Newsletter
Term 1**

Important Dates:

**Rebook for Term 1 2012
NOW**

Term Dates 2012

Term 1– 10 Weeks
Mon 30/01/12—Thurs
05/04/12

Term 2 - 10 Weeks
Mon 23/04/12—Sat 30/06/12

Term 3 - 10 Weeks
Mon 16/07/12—Sat 22/09/12

Term 4 - 11 Weeks
Mon 08/10/12—Sat
22/12/12

Holiday Fun Tuesday 10th
April—Friday 20th April

**Coming Soon..
(March)**

Open Day
Presentation Night
Bring a Buddy Week
KinderGym / Juniorgym
Carnival

Thank you to all those that helped at our recent promo stand at Dee Why Grand. It was a great success!



Manly Warringah Gymnastics Club

Bunning's BBQ

Belrose Supa Centa Store

Saturday 18th February 2012

8am – 4pm apx

Volunteers Needed (Squad parents are rostered!)

Donations of Sausages, Bread,

Drinks & Supplies Needed

Contact Vanessa

Ph: 02 9453 5481

vcook@mwgymclub.com

Welcome to 2012!

We have an action packed year ahead and can't wait to get it all started... Read on to find out what is in store for all our new and current members.

All classes will start Term 1 at our current Frenchs Forest venue and are aiming for relocation to 24 Middleton Road, Cromer in March 2012. We will confirm the change of venue and date asap. The building work is coming along very well. Why not go and have a look!



The donations have started to flow in! We have raised over **\$10,440** as a result of the requests. Thanks to everyone for your support of the Equipment Fit Out Donation Request. The fundraiser was launched at the Display Day to raise \$150,000 for our new gym.

A quick reminder that we have challenged every member of the club to raise \$250 by February 15th 2012 to help pay for the fit out of the new gym...the more donations collected, the more equipment we can order! Please forward all donations to Wylma and Lisi at the front desk asap.

If you have any questions or would like to discuss making a donation please contact Simon Fraser (0434 077 492) or Michelle McDonald (0414 787 866.)



**Congratulations to
Natalie Harvey
and
Dominique Johnson.**

Natalie has been voted as the Womens Gymnastics NSW National Development Program Level 1 – 3

Northern -Region Competition Coordinator.



Dominique has been voted as the Womens' Gymnastics NSW State Stream Coordinator.



A note from our Administration Office!

Membership Forms have been emailed, please complete, (& correct) sign and return to Reception on your first visit to the gym.

BOOKING

Booking For Term 1: Gymnasts must be booked into the following classes before the DAY of the CLASS: Kindergym, Juniorgym, Recreational, Senior Recreational, Advanced Recreational, Pre- Levels and Tricking. Your place is not held unless a deposit or term fee is paid. If you are not returning to a Squad class, please let us know asap.

Payment of Accounts

For all Recreational Classes (non Competitive gymnasts) (Term Accounts)

Term 1 begins Monday 30 January 2012. Gymnasts will be billed for a 10 week term, payable by 11 February, 2012. All accounts not paid by 11 February will run the risk of gymnasts not being admitted to the gym class. Our preferred method of payment is Direct Deposit, our Bank details are on all Invoices, please use the Invoice Number as the Reference

For all Competitive gymnasts that train 6 hours a week or more (Monthly Accounts)

All Squad Accounts were emailed in January for Term 1, 2012. The Monthly Invoice is due by 15 February. Our preferred Method of Payment is via Direct Deposit.

Gymnastic Bag Order

Please place your orders at Reception before 15 February.

Second Hand items

We have a supply of Second Hand Items for Sale. Please check with Reception.

Lost property

We have so much lost property. Please name all items of clothing and footwear that are brought to the Gym so we can try and find the owners!

Uniform Orders

Womens

We currently have WG Training and Competition Leotards, as well as Tracksuits in Stock.

Mens









Tracksuits are in stock. Orders for Leotards need to be handed to Reception We have some Longs & Shorts in stock Please place your orders as soon as possible.



Car Pooling—With new classes, changes of days / times etc and the relocation to our new venue, we anticipate transport to be a little bit of a problem! Fear not! We are only too happy to help.

Please contact Vanessa (vcook@mwgymclub.com or 9453 5481) and she will endeavor to find another gymnast on same day / time that is coming from your area. Due to data protection, we cannot give out details, but we can contact appropriate people on your behalf.

Many thanks to our Sponsors..

	Liquid Elements Ian Hardy T: 0418 250 880		Sydney Digital & Print Services PO Box 1435 Mona Vale T: 02 9999 1233
	Manly Warringah Electrical Services 0418 472 835		Hardy Builders 0418 250 880
	Stephen Hobbs Technology Services 0418 213 969		DY RSL 932 Pittwater Road Dee Why T: 02 9454 4000
	PRV Security 1300 303 661		Jed Plumb 0412 692 465



Gymnastics for Kids with Additional Needs



Manly Warringah Gymnastics Club is excited to offer their first gymnastics program for kids with a disability! If your son or daughter is interested in trying this amazing sport; then please join us in a program catered towards additional needs.

The classes will involve a variety of fun and challenging activities which develop a wide range of physical attributes including strength, flexibility, balance and co-ordination. Each gymnast is supported to progress at their own pace and within their level of ability.

This program will be instructed by professional gymnastics coaches at Manly Warringah Gymnastics Club who are trained and supported by experienced disability recreation therapists.



Please contact Jess Tarr, Recreation Therapist for further information and registration. 9975-8438, jtarr@cerebralpalsy.org.au. Classes are: Wednesday and Thursday 11.30am- 12.30pm (under 6 year olds) Monday, Wednesday and Friday afternoons 3-4pm (7-10 year olds.) dependent upon numbers.

Kindergym in OUTER-SPACE
 Sydney Olympic Park Sports Centre
 Training Gym, Homebush
 Sunday, 25th March 2012

Non members welcome.
 Ask your Kindergym Coach for details.
 or contact
 Gymnastics NSW 9763 5011
 COST : Members \$15.00
 Non members \$18.00

HOLIDAY FUN Bookings are essential Phone 9453-5481

Have fun these school holidays at our fully equipped gymnastics facility. We have all Olympic gymnastics apparatus including full sized sprung floor, bars, beams, tumble trampoline and the ever popular foam filled landing pits. Our program caters for school aged children with or without gymnastics experience. Under the guidance of our professional coaches, we provide a variety of exciting games and events to keep the day interesting and fun.

When: Tuesday 10 April - Friday 20 April *please check our website for details and new venue

***Children 5yrs and up**

Times: 9.00am - 3.00pm - Cost: \$47.00 a day
Long Day: 8.30am - 4.00pm - Cost: \$63.00 a day

No bookings will be made without payment.
 Long days must be requested at time of booking

kids DVDs

Spare DVD Donations!

If you have any spare children's (G rated) movies, we can use them in our Holiday Fun Programs for the children to watch during break times. Please donate to the office.

BIRTHDAY PARTY @ MWGC

TIMES:
 Saturday 1pm - 3pm and 3pm - 5pm
 Sunday 11am - 1pm, 1pm - 3pm and 3pm - 5pm

COST: Saturday \$21 per child (including GST)
 Sunday \$24 per child (including GST)



PROGRAM: For the first 1.5 hours our accredited coaches run a fun-filled course incorporating gymnastic skills into circuits and games. These are catered for age and ability.

MWGC Committee Meetings:

For planning purposes, our committee meetings have been scheduled for the 4th Sat of each month @ 7.30am, so the dates for 2012 are:

Open to all Members	25th August
25th Feb	26th May
24th Mar	23rd June
28th April	28th July
	22nd September
	27th October
	24th November
	22nd December



MANLY WARRINGAH GYMNASTICS CLUB 2011 DISPLAY DVD

ON SALE NOW

DISPLAY DVD \$15.00

WG Event Calendar 2012

Date	Competition	Venue	Closing Date	Approx Cost
7 & 8-Jan-12	IDP/NDP Carmel & Co Clinic	Carmel & Co		
5-Feb-12	IDP Bronze Squad Testing	Westfields		
5-Feb-12	NDP Squad 1 & 2 training	SAG 9am- 1pm		
19-Feb-12	IDP IDP 1-3 IDEAL SKILLS Testing #1	Westfields		
19-Feb-12	NDP NDP6 Invitational	NSW Academy		
26-Feb-12	IDP Bronze squad clinic #1	Carmel & Co		\$250
3 & 4-Mar-12	NDP NDP6-10 Trial #1	Westfields		
10 & 11-Mar-12	IDP IDP State Trial	Westfields		
17 & 18-Mar-12	NDP NDP6-10 Trial #2	Hunter Sports Centre, Glendale		
25-Mar-12	NDP NDP1-5 Invitational	Epping		\$40
29-31-Mar-12	IDP/NDP NDP6-10 & IDP State Championships	SOPSC - Hall of Champions		\$102
6-9-Apr-12	IDP IDP Time off			
6-16-Apr-12	NDP NDP5&6 Time off			
17-Jun-12	NDP/SS Qualifier	Epping		
23 & 24-Jun-12	NDP NDP1-3 Trial #1			
1-12-Jul-12	IDP/NDP/SS China Trip			
2-8-Jul-12	IDP IDP Squad 2 & Dev Time off			
13-15-Jul-12	NDP NDP5 Time off			
13-19-Jul-12	NDP NDP6 Time off			
13-19-Jul-12	IDP IDP Squad 1 Time off			
21 & 22-Jul-12	NDP NDP1-3 Trial #2			
28 & 29-Jul-12	SS SS State Championships	SOPSC Main Arena		
25-Aug-12	NDP NDP1-3 Regional State Championships	Gunnedah Gym Club		
8-Sep-12	NDP NDP4-5 State Trial #1	MWGC		
16-Sep-12	IDP/NDP/SS Invitational	Epping		
22-Sep-12	NDP NDP4-5 State Trial #2	MWGC		
24-30-Sep-12	IDP IDP Time off			
5-7-Oct-12	NDP NDP1-5 State Club Championships	SOPSC Main Arena		
8-14-Oct-12	NDP NDP5&6 Time off			

2012 Non Competitive Timetable

KinderGym - 18months - 5 years

Monday	Tuesday	Wednesday	Thursday	Friday
9.30 - 10.30 am	9.30 - 10.30 am	9.30 - 10.30am	9.30 - 10.30 am	9.30 - 10.30am
10.30 - 11.30am	10.30 - 11.30am	10.30 - 11.30am	10.30 - 11.30am	10.30 - 11.30am
	11.30 - 12.30pm			11.30 - 12.30pm
		12.30 - 1.30pm		

JuniorGym - 4 years - 5 years

Monday	Tuesday	Wednesday	Thursday	Friday
10.00 - 10.45am	10.00 - 10.45am	10.00 - 10.45am	10.00 - 10.45am	10.00 - 10.45am
11.00 - 11.45am	11.00 - 11.45am	11.00 - 11.45am	11.00 - 11.45am	11.00 - 11.45am
12.00 - 12.45am				
3.45 - 4.30pm	3.15 - 4.00pm	3.15 - 4.00pm	3.15 - 4.00pm	3.45 - 4.30pm

Girls Recreational - school age (5 yrs - 8.5 yrs)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm	4.00 - 5.00pm	8.00 - 9.00am

Girls Senior Recreational - From 8.5 yrs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5.00 - 7.00pm		5.00 - 7.00pm	

Girls Advanced Senior Recreational (Ex competitive girls)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5.00 - 7.00pm	

Boys Recreational - school age (5yrs - 8.5 yrs old)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.00 - 5.00pm	4.00 - 5.00pm		4.00 - 5.00pm	4.00 - 5.00pm	

Junior Tricks 9 - 12yrs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00 - 7.00pm	5.00 - 7.00pm	4.30 - 6.30 pm	5.00 - 7.00pm	4.30 - 6.30pm	

Senior Tricks - 13yrs +

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6.30 - 8.30pm		6.30 - 8.30pm	

Adult Gym - 16 yrs +

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30 - 9pm			7.30 - 9.00pm		

AdultTricks - 16 yrs +

Monday	Tuesday
	7.30 - 9.30pm

Gymability (Additional Needs Classes)

Wednesday	Thursday
11.30 - 12.15pm	11.30 - 12.15pm
3.00 - 4.00pm	

Carmel & Co Clinic



Our Womens NDP Level 5 & 6 along with our IDP competitive gymnasts had a successful recent trip to Carmel & Co gymnastics club on 7th & 8th January.

Accompanied by WG Coaches Natalie, Dom, Heather and Kiri and a few mums, the girls all enjoyed NSWs' key coaches teaching them new skills and drills. The gymnasts had a ball and came away with new inspiration.

Thank you to all the parents and helpers.