



# Delta Gymnastics Club Latest News

## Friday 25th March 2011

PO Box 477  
Clayfield 2011  
P 3262 0055  
F 3262 1198  
admin@deltagym.com.au

### EASTER HOLIDAYS

| Apr |  |      |
|-----|--|------|
| 9   | PAD Extension & up classes                   | St M |
| 22  | Good Friday<br>No classes                    |      |
| 24  | Easter Saturday<br>No Classes                |      |
| 25  | Anzac Day<br>No Classes                      |      |
| 26  | Easter Monday<br>(public holiday) No Classes |      |

Just a reminder here at Delta Gymnastics we run classes almost all year round. We break between 15th December and 15th January, and do not run classes on Public Holidays. This means your child can continue their gymnastics development over the school holidays when they need to get out of the house the most!. The Easter School holiday period is a little different this year than in the past, due to the Public and Private schools having different term dates. All of our classes will run at the usual day, time and venue over the school holiday periods, so please come along, join your friends, have fun and keep fit!



### CAR PARKING

Car Parking for the Clayfield Venue is available in the following areas:

- Undercover car park off Wagner road
- London Street—near Clayfield Harvest fruit shop (walk through the front entrance of the sports complex)
- Wagner Road—street parking
- Vine Street—side street off Wagner Road
- Bayview Terrace—other side of Wagner Road (walk across Sandgate Road at the lights)
- Drane Street—Side street off Bayview Terrace

Vine Street, Bayview Terrace and Drane Street are all within a couple of minutes walking distance to the gym.

With the new dance school opening up, car parking can sometimes be a little tricky depending on the timing of your child's class. If using the undercover car park, please be courteous to all members by not parking in no standing zones and moving through the drop off /drive through zone. Please do not park (for longer than it takes for your child to exit the car) in the drop off / drive through zone as people are waiting behind you to exit the building.

### MARCH MEMBERSHIP RENEWAL

Just a reminder that if your membership is due for renewal in March, the due date is today **Friday 25th March**. Please be sure to renew your membership by this date to ensure your child is kept on the class roll for the following months. Our primary focus is to look after the quality of tuition your child is receiving and as you can appreciate time is taken away from this focus when we have to follow up late payments. If you think your membership might be due for renewal and have not received a letter via Australia post, please contact our office as soon as possible.

#### CONTACT DETAILS

Have you moved lately?  
Have you changed email address?  
Please keep our office up to date with all of your contact details. We are moving more towards electronic communication and need to ensure all email addresses are accurate.

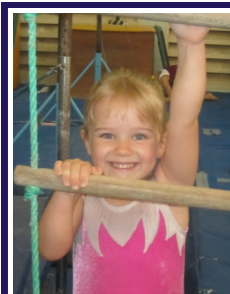
#### WATER BOTTLES

**Please ensure your child brings a named water bottle to class and takes it home at the end of class.**



### Early Movers & Groovers Promotion

We are offering a **free** Early Movers or Groovers **trial** class for 2.5yr — pre prep aged children until 21st April. If you have a friend or relative that you think might benefit from our program please pass the **attached flyer** to them.



### Delta Gymnastics Brisbane—New Uniforms

We are very proud to show off our new training leotards. These are available through Sylvia P Sportswear. Order forms are available from your gymnastics venue or via email to [admin@deltagym.com.au](mailto:admin@deltagym.com.au)



### WHAT'S HAPPENING IN THE GYM?

The children have well and truly settled into their gymnastics classes now and are demonstrating all of the safety prerequisites required to continue developing and progressing. We ensure all children are progressing at their own level and whilst children in the same class may be doing the same skills, the coach will be asking the children to work on different key points while they are performing the skills. So even though it may look like your child is doing the same thing, please be assured that the coaches are working very hard to ensure your child is kept challenged.

#### PROGRAMS

All of our classes have specific programs which are written in fortnightly blocks. This allows the coaches to introduce new skills and drills whilst continually improving and mastering other skills. Our programs are written from our very own Steps To Success Curriculum which breaks down all gymnastics skills into smaller more achievable steps. We know that by providing this level of detail to our coaches, children will feel more confident with their progressions, demonstrate greater body control and they will be learning gymnastics safely and correctly.

#### STEPS TO SUCCESS CARNIVAL CHANGES

At the end of last year we re-evaluated our Steps to Success Carnival program. We have made some slight changes to our Steps 1 through to 10. We recognised the need for a more sequential progression across the steps and identified the 5 key areas of gymnastics for the gymnasts to demonstrate and be assessed on at the carnival. We believe these small changes in the carnival program will allow the children to understand better how they progress through each step level. Stay tuned for more information regarding the structure of the carnival in upcoming latest news items.



# Start Here, Go Anywhere