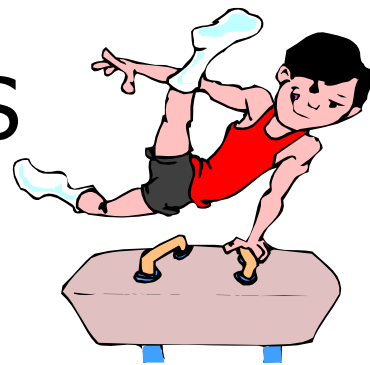


DELTA GYMNASTICS CARNIVAL



You are invited...

To attend the Delta Spring Carnival 2010!

- WHO:** All Early Gym Start Gymnasts
- WHERE:** **Delta Gymnastics St Hilda's Sports Complex, Whitby Street, Southport.**
- WHEN:** Sunday 7th November 2010
- TIME:** 9.30am – 11.00 am
- COST:** Gold Coin Donation or buy a Raffle ticket for your chance to win some great prizes!

Session 2 ~ Sunday 7th November – 9.30am – 11.00am

Monday 3.45 St Hilda's	Tuesday 3.45pm St Hilda's	Wednesday 3.45pm St Hilda's	Thursday 3.45pm St Hilda's
Friday 3.45pm St Hilda's	Saturday 9.30am Southport		

Please note: The carnival will replace all normal Saturday morning classes.

What happens at a carnival?

The day will start with a fun warm up, where we will warm up the different parts of the body using a variety of fun activities. We will then split into groups and rotate around to each of the circuits set up around the gym. The gymnasts will move around the circuits under the guidance of a Delta coach. After all circuits are completed the group gathers together and a very special gold medal will be handed out to each Early Gym Starter - it's a very exciting moment!

What skills will they perform?

The carnival is a great opportunity for our young gymnasts to showcase the motor skills they have developed and the different activities they have learnt so far throughout the year. The children will demonstrate activities on the vault; bars; beam and floor.

Who can come and watch?

Everyone! Mums, Dads, Aunts, Uncles, Grandparents, Cousins and friends! Bring along as many people as you like to help cheer on the fantastic children who try their hardest and bring a smile to the face of all! Don't forget to bring your camera to take photos of their medal presentation!

**Please note that children must attend the carnival session to receive their Medal.
We look forward to seeing you at the carnival!**