



DELTA GYMNASTICS CARNIVAL



You are invited...

To attend the Delta Summer Carnival 2010!

- WHO:** All Early Movers and Groovers
- WHERE:** **Delta Gymnastics St Hilda's Sports complex, Whitby Street, Southport.**
- WHEN:** Sunday 7th November 2010
- TIME:** 8.30am – 9.30am

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 and activities. We will then split into groups and rotate around to each of the circuits set up around the gym. All Circuits will be explained by a Delta coach. After all activities are completed the group gathers together and a very special gold medal will be handed out to each Delta Early Mover, it's a very exciting moment!

**Please note all gymnasts must be accompanied by one adult around the gymnastics circuits.
All other children and spectators MUST not be on the gymnastics floor and will be able to watch from the seating provided.**

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 Floor, Bars, Beam and Court.

Who can come and watch?

Everyone! Mums, Dads, Aunts, Uncles, Grandparents 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!**