Dear Parents and Guardians,

Gymtastics starts in Week 3 of Term 3. This is our annual gymnastics program for the whole school. The lessons are presented by qualified instructors, who team teach with the class teachers, so that all participants receive considerable instruction and are monitored in all the activities. Students learn techniques for balance, rolling, beam work, mini tramp and the elements of movement using a range of gymnastic equipment. Safety is paramount with this program. Each class is scheduled to visit the gym for 40 minutes each Thursday for 8 weeks. The complexity of the challenges is increased from stage to stage, as well as day to day for the duration of the course.

Students will need to be dressed in PE uniforms and joggers, with track suits over for warmth for the rest of the day, for the duration of their lessons. (Girls are asked to wear shorts or bike pants please. No skirts are to be worn unless shorts or bike pants are worn underneath.) Would you please read the Code of Behaviour which is on the reverse of this note, with your child.

DATES
Commences Thursday 31st July,
Finishes Thursday 18th September

The cost for this program is $32.00 per child.

This amount is required before your child participates in the lessons. If you have difficulty with funding, please contact us as this is a program too worthwhile to allow your child (children) to miss.

The school has some financial assistance (Student Assistance Funding) available for families needing help with this cost.

Please return note and money to the Office by Tuesday 29th July, 2014

Thanking you,

S. Crouch
Principal
18/6/14

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Child’s Name: ___________________________ Class: __________

I give permission for my son/daughter to attend the Gymtastic Gymnastics Program.

I enclose $32.00 for the payment of 8 days instruction in the Gymtastic Gymnastics Program.

_________________________  ___________________________  __________
Parent/Guardian Signature  Parent/Guardian Name  Date

Please return permission slip and money to the Office by Tuesday 29th July, 2014.
SCHOOL PARTICIPANTS CODE OF BEHAVIOUR

To participate in our School Gymnastics Program you must meet the following requirements in regard to your conduct during any activity conducted by Gymtastic.

1. Wear appropriate clothing to gymnastics.
2. Do not wear jewellery when doing gymnastics.
3. If you have long hair please tied back so it will not fall into your eyes.
4. Show respect to your fellow students, coaches and teachers.
5. Do not use acts of aggression, no hitting, no pushing or bullying.
6. Listen carefully to instructions given by your gym coaches and teachers. It is for your own safety as well as other participants.
7. Take care for the equipment provided to you as part of your program.
8. Be kind to your fellow classmates when they are trying their best. Remember everyone is good at something! Nobody is good at everything!
9. Be honest with your coaches and teachers and tell us if you have an injury or illness that may affect your ability to take part in the gymnastic session.
10. Conduct yourself in a respectful manner relating to language and temper.
11. Abide by the rules set by your teachers and the Gymtastic coaches.
12. Do not use gym equipment until your coach has told you it is safe to do so. This also means DO NOT play on equipment before your class starts or after your class has finished.
13. Do not play on gymnastic equipment during your recess or lunch breaks, this will not be tolerated and you will not be allowed back into the gymnastic program for the rest of the term.

Follow the rules and we’ll all have fun!