AUSTRALIA DAY PUBLIC HOLIDAY CLASSES
Classes will take place on Sunday 26th January 2020, however there will be no classes on Monday 27th January 2020. Please bear in mind that the operating hours across both days will be 8:00am – 1:00pm and anything scheduled outside these hours will not be operating.

NEW YEAR, NEW EQUIPMENT
We are excited to announce that the Gymnastics Hall will soon be sporting brand new equipment, including State of the Art Bars from AMCO – the supplier of the 2018 Gold Coast Commonwealth Games – as well as replacing the foam pit.

These changes and upgrades have been undertaken as a planned and staged approach to refreshing the amenities within the centre, as a part of our on-going commitment and investment into our Members’ experience.

With our Gymnastics Program due to return Monday 20th January 2020, your child will soon have the opportunity to make use of the new equipment.

2019 GYMNASTICS END OF YEAR DISPLAY
Congratulations and thanks are extended to all the wonderful Gymnasts and spectators who attended and participated in the first (and now to be annual) End of Year Celebration.

The event would not have been successful without the involvement and support of our Gymnastics community.

Pictures from the event can be viewed online via our Facebook and Instagram pages.
2020 TEAM GYM TO ADD ANOTHER COMPETITIVE TEAM
This year the TeamGym program will return bigger and better than ever, as we expand our program to three competitive teams.

If your little gymnast loves to tumble and dance; and would love the opportunity to compete in local competitions, please email Coach Zoe for more details and to enrol. All skill levels are welcome to apply.

GYMNASTIC CLASS REMINDERS
During the warmer seasons and weather, it’s important to remind your child to wear appropriate active clothing, that long hair is tied back, and that water is always brought to class.

All jewellery and watches (including FitBits) must be removed before entering the gym.

NEW ASSESSMENT PROGRAM ON THE HORIZON
Keep your eyes peeled for more information on a brand-new assessment program that provides parents with greater interactivity with their child’s classes and progression.

Our new system will allow you to easily track your child’s progress and level history, while also receiving clear communication for when it’s time for your child to graduate to the next level.

The new program will allow our Supervisors to provide you more information on each skill, as we move into a four-tiered system:

1) Introduced
2) Progressing
3) Refining
4) Competent

This will mean each Gymnast will start the new year with a fresh assessment.

More information will come to light during week one of the programs!

Interested in learning more? Click through to the Gymnastics (Children and Adults) at Macquarie University Sport.

Give us a follow, share our content @mqgymnastics