

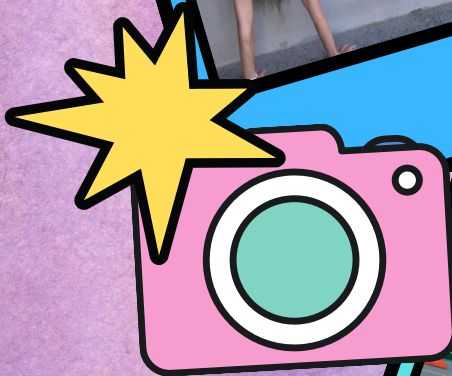
1st of October 2021

CALOUNDRA YMCA GYMNASTIC MONTHLY NEWSLETTER

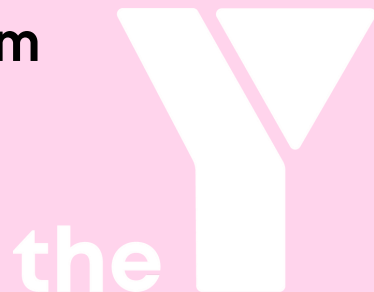


Welcome to Term 4!!!

We are excited to be heading into term 4 after having a relaxing break. Term 4 will commence on the 5th of October. The 4th of October is a public holiday. The term will finish on the 11th of December!



Kinder Gym Update:



Kinder Gym teaches foundation to all movement and motor patterns that we use in life. Classes focus on motor skill development such as fine & gross motor skills, hand-eye coordination, body awareness, balance, strength, flexibility plus cognitive aspects like listen & follow instructions and respect. Come & join us for TERM 4 at YMCA Caloundra where we have interactive themes to make the classes enjoyable & fun!

Reminders :

kinder Gym themes:
Every fortnight there is a different theme
dress up to!
Week 1 & 2 - Under the sea
Week 3 & 4 Halloween
Week 5 & 6 Circus
Week 7 & 8 Outer Space
Week 9 & 10 Christmas

YMCA Caloundra
5438 0944

125 Arthur st, Caloundra

ymcafitness.com/gymnastics



Competitive teams:

Congratulations to everyone who competed at Regionals and State Championships! We are all very proud of our WAG and MAG Teams.

We would also like to introduce Karleigh who will be coaching some of our WAG teams!

Steps Update:

After a long and resilient year, we are celebrating our Steps athletes by holding our first YMCA Summer Carnival. This is an opportunity for all Steps members from Prep to Step 8 to showcase how hard they have been working this year. In Term 4 we are also welcoming new coaches, introducing small changes to the Steps program and beginning Gymnast of the Week and Month acknowledgements.

Stay tuned for more Steps news as we jump into Term 4!



Other news:

Save the date!
We will be hosting our Summer Carnival on 28th of November. Stay tuned for more information!

You're Invited!

Ninjas Update:

We have a new Ninja/Free G coach! Please welcome Neil! I am excited to be part of a growing program here in YMCA welcoming young athletes to learn more about Free G. I am a Sports & Exercise Scientist who enjoys teaching and coaching programs, Sports like Brazilian Jiu-Jitsu and Gym activities that keep me fit. Ninja will now be a part of my many passions in the health and sporting industry. This term we have 6 Free-G classes throughout the week and will be looking forward to gaining strength and coordination on the bouldering wall, with loads of new exciting content for the final term of the year!

Group Fitness:

We have lots of exciting things happening. We would like to welcome our newest group fitness instructor, Tracey, to the team! Tracey will be taking Yoga and Stretch & Flow classes and helping out the admin team.

We have group fitness for ages, abilities and fitness levels. Come try one of our classes today! All classes are \$10 with a select few being \$5 as the Sunshine Coast Council help fund these classes.

Our Spring timetable starts on the 5th of October! Find our new timetable on our socials!

