



Geelong YMCA Newsletter

We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**

Inside this issue:

Important notices	1
Event calendar	2
OH&S	2
Competitive Gymnastics	3
Launch pad	4
Pako Festival	4
YMCA Programs	5
More services at the Y	6

Newtown Reception

Easter Holidays

Opening Hours:

Good Friday 29th: CLOSED
Easter Sat & Sun: CLOSED
Easter Mon 1st: CLOSED
Tues 2nd: CLOSED (open
only to vacation care)
Wed 3rd - Fri 5th: 10 - 3pm
Mon 8th - Fri 12th: 10 - 3pm

Vacation Care:

Bookings will be closed for
the Easter holiday program
after the 15th of March.

Welcome back!

The Geelong YMCA would like to welcome you back for 2013.

Re-enrolment period

Tuesday March 12th until Saturday March 23rd

Re-enrolment period has begun! Bookings will be taken for a 2 week duration for current students only.

After March 23rd enrolments will be open to the public for new bookings. Due to high demand we recommend you contact reception to book into a class immediately on receipt of your re-enrolment form to secure your booking. Unfortunately we are unable to guarantee spots in any of our classes.

Please see reception for further details and to book in.

**We have centralised our enrolments to Newtown Stadium!
All bookings for Newtown and North Geelong stadiums
need to be made through Newtown reception.
Please contact Newtown on 5223 2714.**

Holiday Training Bookings

Holiday training for our competitive gymnastics program will be running throughout the Easter break. It is essential that your child has been booked in for each session. Payment is required at the time of booking.

Please hand in your holiday training note to Newtown reception or contact on 5223 2714 prior to Thursday 28th March, quoting your child's name, level and which sessions you wish to attend.

March/April 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
11 Labour Day	12	Re-enrolment week 1					17
18	19	Re-enrolment week 2				23	24
25	26	enrolments open for new bookings			29 Good Friday	30-31 Easter Weekend: CLOSED	
1 April Easter: CLOSED	2 CLOSED to general public	Newtown reception - reduced opening hours					7
8	9	Newtown reception - reduced opening hours					14

Newtown Reception Easter Holidays Opening Hours:

Good Friday 29th: CLOSED
 Easter Sat & Sun: CLOSED
 Easter Mon 1st: CLOSED
 Tues 2nd: CLOSED (open only to vacation care)
 Wed 3rd - Fri 5th: 10 - 3pm
 Mon 8th - Fri 12th: 10 - 3pm

Term 2 begins Monday 15th April

Staff News

We said a sad goodbye to some long standing staff members at the end of last year. We wish Samie Rodis-Clarke and Tanaya Mellross all the best for the future and thank them for all their hard work at the YMCA over the years.

We have some happy news and congratulate Genevieve O'Dwyer on her recent engagement and Emilie McPhee nee Colla on her recent marriage.

Lastly we are happy to announce that Christine Coleman & partner Heath welcomed a new addition to their family: Hayden Samuel Chrimes born on the 23rd of November, 2012. Congratulations and we wish Christine and her family all the best.

Entertainment Books

Entertainments Books are coming soon to the Geelong YMCA. Keep your eyes peeled for these fantastic voucher books as notices will be sent home in the coming weeks. Please keep us in mind when purchasing Entertainment books as the proceeds will be going towards Fundraising for the Geelong YMCA.

OHS - Extreme Heat Policy

To determine what action is required for programs and events in hot weather, Geelong YMCA completes an Extreme Heat assessment that has been developed by the YMCA Australia Risk Management Team in conjunction with Australian Sports Commission guidelines.

Extreme Heat - Programs & Events Cancellation Assessment

A series of questions ranging from Wet Bulb Globe Temperature, Duration of activity, Intensity of activity etc. Once the most relevant answer is selected a score for each question is tallied for a total score.

Recommended Guidelines for Programs & Sport Events

There are several recommendations which can range from modified training & extra drink breaks to complete cancellation of activities should the temperature reach 36° inside the venue.

We will notify you as soon as possible if the YMCA cancels classes in which case a credit will be added to your account if a class is missed.



Gymnast Profile:



Name: Emma Lundin
Age: 14
Level: National 7
Training Hours p/w: 16 hrs

How did you get into Gymnastics?

A Swedish friend in Holland

Favourite Apparatus?

Floor because I like tumbling

Biggest achievement?

Going to finals last year with a bad knee

Biggest challenge?

Injuries, especially my knee

What would you say to younger gymnasts to encourage them to stay motivated?

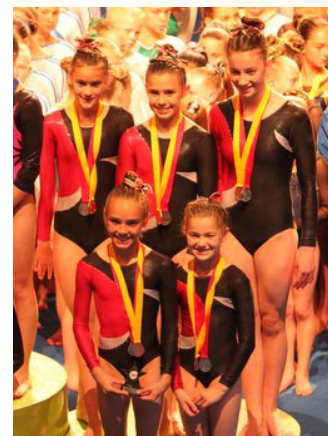
Gymnastics is a great sport, it has its challenges, ups and downs but in the end its all worth it!

Who is your Gymnastics Idol?

Lauren Mitchell

National Clubs 2012 Results

In November, 2012 Geelong YMCA Gymnastics Club competed against clubs from all around Australia in the 2012 Womens National Clubs Championships. This event, usually held in Canberra, came to the Geelong Arena for its first year enabling our gymnasts to gain lots of support from team mates. We are proud to have entered teams and individuals in multiple levels, National 4, 5, 6 and 8. Special mention goes to our National 5 team and their coach Brenda Kent who made it onto the podium with some exceptional results: 2nd Vault, 3rd Bars and 3rd Overall. This is a huge achievement for our gymnastics club.



National 5A team:
 Top row: Pheobe Scott, Sachi Degiacomi, Grace Bond
 Front row: Elly Bayes and Bridget Hyland
Coach: Brenda Kent

Gymnastics Victoria Award Of Excellence: Elly Bayes

Congratulations to Elly Bayes who was nominated for an Award of Excellence: National Stream Gymnast of the Year from Gymnastics Victoria for her very successful competition season in 2012. This is a fantastic achievement and we wish Elly good luck for her up and coming National 6 2013 competition season.

WG National 6-10 & MG Competition Season

We would also like to wish our MG boys good luck as they head into their first competition starting on 23rd of March at BTYC, Donvale.

We would like to wish our National 6-9 girls good luck with their approaching competition season. Kicking off on the 14th of April at Cheltenham Youth Club. The girls have been training very hard preparing for the early competition season. We look forward to hearing news about their results.

LAUNCHPAD BLASTS OFF AT THE GEELONG YMCA

LaunchPad is the new exciting national initiative aimed to boost participation in gymnastics/ fundamental movement for children aged between 0 and 12 years. LaunchPad embodies the belief that fundamental movement is the keystone to developing skills necessary to be successful in any chosen sport.

LaunchPad focuses on the benefits for children participating in fun, active, group activities and how being active can improve their self-esteem, confidence and their academic and physical potential. Parents, teachers and coaches work together to share ideas, knowledge and expertise to ensure that the participants have maximum fun, learning experiences, support and challenges at the gymnasium, at kinder/ school or at home.

The Geelong YMCA is now an accredited LaunchPad provider for the the Geelong region and its surrounding areas. The principles of Launchpad are incorporated into our recreational programs, including edgym and the school programs.

To find out more about LaunchPad and how it can benefit you and your family/ school, come along to:

The LaunchPad Official Opening

- **Date: Sunday 5th May 2013**
- **Time: 10am - 10:45am**
- **Venue: Newtown Stadium (25 Riversdale rd Newtown)**



This event will be followed by a sausage sizzle and a free Come and Try Day for the different programs from 11am. **Bookings are essential.**

For more information and bookings, please ring Newtown Stadium reception on 5223 2714 or North Geelong reception on 5277 9364.

PAKO FESTIVAL 2013

Geelong YMCA participated in the Pako Festa which was held on Saturday 23rd February. This is a great community event with thousands of people attending every year. The gymnasts, parents and coaches that attended the event all had a fantastic time despite the hot day. It was a privilege to be able to participate in such a fantastic event, bringing more awareness to the wonderful programs that the Geelong YMCA provide for Geelong and the surrounding areas.

A big thank you to all the coaches, gymnasts and parents who made this event one to remember. We hope that you will all come along and join in the fun next year.



JUDO

Over the Christmas Break, the Geelong YMCA Judo Club's own Jake Bensted spent 12 weeks training at a high performance centre in the UK, to prepare himself for the upcoming competition season. In his first competition back in Australia, at the ACT International open, Jake overcame a large division of 26 competitors, to win the U/73 kg Senior Mens division.

Jake will now travel to Japan for a 3 week training camp, before competing in the Oceania Championships in early April, where a win would place him in a prime position to qualify a spot for the 2014 Commonwealth Games.

Results from ACT International open:

- Reagan Peart - 5th U/73 kg Junior mens
- Jake Bensted - 1st U/73 kg Junior mens
- 1st U/73 kg Senior mens
- Stefan Javni - 4th U/27 kg Senior boys
- Jessica Dafer - 5th U/52 kg Senior women



SOCIAL BASKETBALL

The YMCA runs a social basketball competition for Primary aged children on Wednesday afternoons at Newtown Stadium. The competition is a mixed gender comp and is divided into 2 age groups: ages 6-9 and 10-12 inclusive. The games start at 4.15pm with the last game finishing around 6.30pm. Experienced YMCA staff are on hand to referee and teach the children the basics of the game. Safety is of paramount importance, with our staff ensuring that games are properly officiated and that rough play is discouraged.

No previous experience is needed. You are welcome to put in a complete team or a team will be found for individuals who want to play. Individual player scores are not kept to encourage the "team" and "sportsmanship" side of the game. If you want to be involved in a great game, that is well run and in a safe environment, please contact the YMCA on 5223 2714 or visit our website for further details.

AUSSIE SLAMMERS

The YMCA runs a basketball skills development program on Saturday mornings for children aged 6-9 and 10-12. Trained and experienced staff will teach each child the basic skills of basketball including dribbling, passing, catching, shooting and rebounding. The classes are made to be "fun" and are designed for children who may not have played the game before or who want to improve their current skills. The classes are run each term at Newtown Stadium. To learn more about this great game, have fun and get fit please call Newtown Stadium for further details.

Class times:

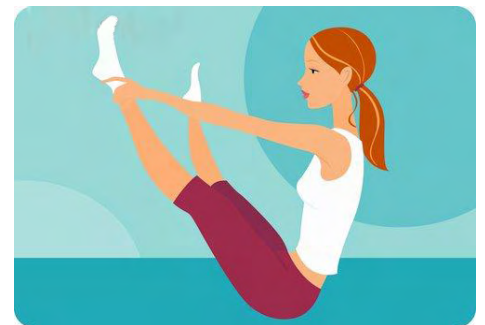
- 6 - 9 Yr olds: 10:00 - 11:00am
- 10-12 Yr olds: 11:00 - 12:00pm

NEWTOWN PHYSIO PILATES

- Experienced & qualified instructors
- All fitness levels
- Small class size
- Class terms coincide with school terms
- Casual classes available
- Come & have some fun
- Please call 5221 0555 or 0400 002 562 for more information



Day	Time	Class	Instructor
Monday	5:30-6:30pm	Beg/Inter	Jen
	6:30-7:30pm	All levels	Nicole
Tuesday	No Classes		
Wednesday	No Classes		
Thursday	5:30-6:30pm	Inter/Adv	Nicole
	6:30-7:30pm	Beg/Inter	Nicole
Friday	No Classes		
Saturday	8:30-9:30am	All levels	Nicole



Teaching the traditional Japanese art of effective self- defence!

- Respect
- Co-ordination
- Strengthening methods
- Discipline
- Endurance
- Self control
- Fitness
- Leadership skills



Young Lions Program (4 - 12 Yrs)

- **Tuesday: 4:45 - 5:30pm**

Adult Class

- **Tuesday: 6:00 - 7:00pm**

For more information or to book contact:

Head Instructor: Sempai Dean Treloar

M: 0410 920 096

E: kyokushinnewtown@gmail.com

W: www.kyokushinkarategeelong.com