



## Canberra City Gymnastics Club Inc.

Active Australia Provider

CLUB 10 member

Wests Affiliate

[www.canberracity.org.au/](http://www.canberracity.org.au/)



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Office Hours:

Mon-Fri: 9:30am to 5:30pm

Saturday: 8am to 1pm

Cnr College & Chandler Sts  
Belconnen ACT 2617 Australia

PLAN 'BB' 14/4/07

Dear Gymnasts and Parents,

### **SQUADS 3, 4, 5 HOLIDAY TRAINING TIMETABLE 16-29th APRIL 2007**

**\*A.C.T. Competition #2 for Levels 4-10 is on Sunday 22nd April at Southern Canberra Club. 8.45am for 9.00am start for L 4 + 5, and 11.45am for 12 noon start, L 6-10.\***

**Squad 5** will train with Connor, from 4.30-8.00 pm on Monday, Wednesday, and Friday, during **both** weeks (including Anzac Day, Wed 25/4) (Tue, Thur, Sat, Sun Off)

**Squad 4** will train with Luda & Brian as follows:

Week 1 - 0900-1300 on Mon, Tue, Thur, Fri, Sat, Sun (Comp) 0845 @ SCGC (Wed Off)

Week 2 - 0900-1300 on Tue, Wed (Anzac Day), Thur, Fri (Mon, Sat, Sun OFF)

**Squad 3** will train with Luda & Brian, as follows:

Week 1 - 0900-1300 on Mon, Tue, Thur, Fri, Sat, Sun (Comp) 1145 @ SCGC (Wed Off)

Week 2 - 0900-1300 on Tue, Wed (Anzac Day), Thur, Fri, Sat (TBA), ( Mon, Sun Off)

All squads resume normal training schedules from Monday 30/4/07

**Remember, A.C.T. Level 4-10 Championships are on at the end of the first week back at school, May 5th and 6th, at C.C.G.C., so this is an important period of training for you! Please try to attend as many training sessions as possible, to support your team-mates, and to give yourself the best chance possible in those Championships.**

Parents, please let coaches know about any planned time off, or if you need assistance in getting children to, or from, the gym. on any day during the School Holidays.

Luda, Connor & Brian

14 April 2007