PRINCIPAL’S REPORT
GROWING WITH THE COMMUNITY
Welcoming, Engaging and Achieving

Our mission is to inspire the self belief and motivation in students that will enable them to achieve and grow.

CONGRATULATIONS TO OUR 2015 JUNIOR SCHOOL COUNCIL MEMBERS
We wish to warmly congratulate our 2015 Junior School Council members:

**Grade 6**
Leah O, Isha N, Emma L, Trifon C, Charlie N and Tony C

**Grade 5**
Annelie M, Isobel Z, Kate S, Charlotte H, Olivia G and Kobi M

**Grade 4**

**Grade 3**
Maya C, Amber M, Isabella D, Kristiana V, Keeley M, Alex H, Leila M and Maddie E

We hope they enjoy this leadership opportunity and look forward to them organising a number of special events for our students as the year unfolds with the support of Ms McGregor and Ms Kennedy.

LAST DAY OF TERM
The last day of term 1 is this Friday 27th March. There will be an assembly at 9am on this day where our Easter Raffle will be drawn. The children finish school at 2.30pm; they will be dismissed from their classrooms. Please note that term 2 commences on Monday 13th April. Wishing everyone a happy and safe holiday. Looking forward to seeing you all back and refreshed after the holiday break.

PARENTS & FRIENDS
On Tuesday 10th March the Annual General Meeting of our PFA was held. The office bearers for 2015 were nominated. Leesa Needham is president, Wendy McMillan, vice president, Karen Phillips, treasurer and Carrie Fowler, minute secretary.

Our next School Council meeting is tomorrow night, commencing with the AGM at 7pm. I remind all parents that they are welcome to attend any School Council meeting.

Uniform Orders
Starting in Term 2 the Uniform Shop will be filling orders on a Monday (previously it was Tuesday) so orders will need to be in at the office by the Friday for delivery the following week.
WORK AROUND THE SCHOOL
Last week we watched in anticipation as the art tiles produced by the students under the guidance of Ms Bolger were laid on the walls of our tiered seating area. Each one is a real work of art, greatly enhancing this area.

As many parents and children will have noticed there have been wasps prevalent in our grounds over recent weeks. I have sought expert advice and no nests were located on our school site but 20 wasp traps were installed, in safe positions last week. These will be checked over the coming weeks and hopefully this, along with some cooler days ahead, will alleviate the problem.

DEVELOPING A JAPANESE GARDEN
Initial discussion has commenced in relation to the feasibility of creating a Japanese Garden in part of the open space along Truganini Road outside of our prep building. This is still very much in the planning and costing stage but if believe you have some expertise to offer I would very much love to hear from you. Please call into the office and make yourself known to me.

PARENT FINANCIAL CONTRIBUTIONS
A big thank you to all those families who have settled their school financial contributions in a timely manner. The level of support, particularly for our voluntary contributions such as Buildings & Grounds and ICT/ Computer charges, has put a smile on our business manager, Mr Hopcroft’s face. We can’t underestimate the importance of these additional funds to help provide the extra quality and quantity of resources in our classrooms and across the school.

TRAFFIC AND PEDESTRIAN SAFETY
Over recent days I have once again been approached by concerned parents in relation to parents driving safely at pick up and drop off times and also children crossing roads safely. This issue has been raised on many occasion and I personally can’t change the behaviours of others but I do strongly encourage adults and children alike to respect the road rules and when at all possible take the time to walk a little further to use supervised crossings. Concerns are escalating while we contend with the numerous construction zones near our school. Please make and encourage wise choices as we would not like to see any accidents occur that are avoidable. I encourage families with concerns to report these to the Glen Eira Council.

NEW SMOKING BAN AROUND SCHOOLS
From 13th April 2015, smoking will be banned within 4 metres of an entrance to all primary and secondary schools in Victoria and within school grounds, under an amendment to the Tobacco Act 1987.

WORDS OF WISDOM – Judge each day not by the harvest you reap but by the seeds you plant.
Linda Jones & Michael McCarthy
Self-doubt and lack of confidence hold kids back more than any other factor. You can send kids to the best school available but they won’t be happy and achieve unless they feel confident in their abilities.

Real confidence-building is the most important skill you can develop as a parent. Children with healthy self-esteem and self-confidence learn more, achieve more, have more friends and are generally happier than those with low levels of confidence.

But building a child’s confidence is complex. It is not just a matter of becoming a praise robot heaping positive comments on kids at the first sign of them doing something well. For some children praise is meaningless.

CONFIDENT kids take learning risks; they can separate themselves from failure or lack of success; and they aren’t dependent on the approval of their parents. I guess this last reason is why so many youngest kids are risk-takers as they are not as concerned as eldest kids about the approval of their parents.

But knowing this stuff is one thing. Getting inside kids’ heads and shifting their thinking is another thing entirely.

Self-esteem and confidence-building is more than developing children’s capabilities as very competent children can be filled with self-doubts. You have to do more than teach them to be optimistic as a Pollyannish feel-good view of the world won’t mean a child will take risks when they meet real challenges.

You need to tackle children’s lack of confidence on a number of different fronts – that is, what they think, how they feel and what they do.

My Head, Heart and Hand approach shows parents how to tackle confidence-building on three different levels.

- foster positive mindsets in kids and a real sense of optimism.
- help your child overcome their fears and anxieties, so they can take more risks socially and academically.
- develop a lasting sense of independence and self-sufficiency so they can really start achieving

For more information go to http://www.parentingideas.com.au

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Student Achievement Awards
Assembly Date: 13/03/2015

<table>
<thead>
<tr>
<th>Student</th>
<th>Class</th>
<th>Award</th>
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<tbody>
<tr>
<td>George H 1A</td>
<td>For showing such determination towards his learning.</td>
<td></td>
</tr>
<tr>
<td>Connor R 1C</td>
<td>For your diligence and persistence in completing your work to your best ability. You’re amazing!</td>
<td></td>
</tr>
<tr>
<td>Dominic N 2A</td>
<td>For being persistent in your place value learning. It really paid off!</td>
<td></td>
</tr>
<tr>
<td>Oisin R 2B</td>
<td>For your enthusiasm and super positive attitude to all of your learning.</td>
<td></td>
</tr>
<tr>
<td>Rocco C 3C</td>
<td>For working hard to incorporate a range of interesting sentences in his writing. Super creative. Rocco. Keep it up!</td>
<td></td>
</tr>
<tr>
<td>Isabelle N 3D</td>
<td>For your fabulous attitude to your maths learning and displaying great confidence in everything you do</td>
<td></td>
</tr>
<tr>
<td>Charlee L 4B</td>
<td>For her enthusiasm and persistence in mathematics. Brilliant independent work!</td>
<td></td>
</tr>
<tr>
<td>Lawrence A 6B</td>
<td>For a consistently outstanding attitude and effort in Japanese.</td>
<td></td>
</tr>
</tbody>
</table>
Year 2 Classroom Music Program

The year 2 students have been enjoying a Music program during Term 1! We have been learning to differentiate between beat and rhythm, read rhythms, recognise changes in pitch, play melodic patterns and be confident conductors. We have used instruments to create compositions that communicate our ideas and feelings.

Here we are in action, conducting, playing percussion games and presenting the soundscapes that we made!

“There are lots of different rhythms.” Gemma

“I like the singing game ‘cut the cake’ because it’s fun.” Charli

“I loved doing the high pitch.” Gigi

“I loved playing the drum!” Atlantis

“I learnt about pitch and you can make different sorts of music with it.” Leonora

“I liked the game Tideo and clapping the rhythm at the end.” Max

“I learnt high pitch and low pitch like this – ♬ La, ♬ La! ♬
The Great Community Art Mash Up

All of us at Carnegie Primary School were very proud to have a large group of our students recognised for their artistic mash up drawings in the Glen Huntly Village Community Art Festival in 2015. It was wonderful to see the art mash ups displayed in the shops in Glen Huntly Village. Many of our families attended the Street Party on Saturday the 14th. The Mash Up drawings from CPS have been made into books and we look forward to receiving them at a Friday Assembly in Term 2.

These talented students were shortlisted for their beautiful works of art! Congratulations;

5-7 Year Old Students  8-10 Year Old Students  11-13 Year Old Students
Kim C -2C          Jasmin K -5A          Emma L. -6B
Chloe L– 1A         Thomas C - 4A         Ben C. -6B
Faiza S -2C         Ani S -4B           Tim P -6B
Arlo G -2A          Arhan B -5C         Jules B -6A
Jacob S -2B         Chloe B -4B         Lionel L -6A
Michelle L -2A      

Our awesome tiles!

The tiles made by our students have been installed in our tiered seating area. They look amazing. We hope you enjoy looking at all of them! Thank you to everyone who contributed to this great project.

See you in the Arts Room ! Suzy Bolger.
2015 ‘Better Buddies’ has Begun!

Our Better Buddies program enables younger children to feel safe and cared for while older children feel valued and respected.

Through our Better Buddies sessions, the students in prep and grades five and six, buddy up and learn the values: caring for others, friendliness, respect, valuing difference, including others and responsibility.

We are looking forward to sharing more of our learning with you this year!
We have a proud history of creating, supporting and promoting sustainability programs at Carnegie Primary School. Each year, two students from each Year 1 to year 6 class are elected as Envirostars. These students become important sustainability leaders in our school and attend meetings where they make decisions and take actions to increase awareness of environmental issues and improve the sustainability programs at our school.  

2015 Envirostars will be announced and presented with their badges and certificates early next term.

On Thursday at lunchtimes, all CPS students are invited to come to Sustainability Club. We enjoy a range of activities including gardening, cooking with our own produce, investigating the plants and animals in our school yard and sustainable craft activities. So far this year, Sustainability Club participants have replanted the garden beds, made tabouli and created herb posies for our classroom teachers.

WANTED: Interested parents and friends to form a support group for the sustainability programs at C.P.S. If you have an interest in garden design, gardening, composting or, in any other way, helping with our sustainability program at the school, I would love to hear from you. Drop your name and phone number/email into the office for me, email me at allan.cathrin-anne.c@edumail.vic.gov.au, or come and visit me in the Prep A classroom and I can chat further with you.

Home for the holidays? I would love to hear from a family who is willing and able to water our garden beds every couple of days over the holidays.

Remember that Earth Hour occurs between 8.30pm and 9.30pm this Saturday, March 28. Join others in 162 countries across the world in turning off your lights for an hour to raise awareness of climate change and our use of energy. If that hour is a little late for your family, you might choose to have a TV-free night instead. There are plenty of ideas on the website, www.earthhour.org.au.

We wish you a very happy, safe and sustainable holiday!

Cate Allan and the Sustainability Team.

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BIRTHDAY BOOK CLUB

Thank you for these great books and many happy birthday wishes from all at Carnegie Primary School.

Lila M-J 1 C
Stephanie P 1 B
Natasha K 5

Rosa and Galileo
Funny Faces
Wild Animals
Weirdo, Even Weirder
You’re one the teachers who have been at Carnegie PS the longest. When did you start teaching here?
No comment! No really, I began at CPS in 1987. The first role I had was teaching art and library.

Have you taught most year levels? Do you have a favourite age group you like to teach?
I have taught lots of different things, art, library, all year levels even PE for a short while. I also taught French at another school for several years. I am happy teaching any year level at Carnegie as our students are interested in their learning at all levels.

What have been the biggest changes you’ve seen at the school over the years?
I have been lucky enough to see so many changes. When I arrived we worked independently as teachers. We now teach collaboratively and work so closely with one another. I am lucky to have forged many lifelong friendships amongst the staff over the years. So many portables have come and gone over the years as the population has gone up and down.

Have you ever had a totally embarrassing moment in your teaching career?
No reply!

Who was your biggest influence when you were at school and why?
My VCE Australian history teacher was incredible, because she always had time to listen to us and help us to understand concepts she was introducing. She was interested in us as people as well as learners. She was also so passionate about her subject. She passed on a lifelong interest in Australian history.

If you didn’t become a teacher, what would you like to have done as a career?
I always wanted to be a nurse, then I realised blood would be involved. I quickly changed my mind and luckily copied my mum who was also a primary teacher.

Where in the world has been your favourite place to visit?
Israel, as my first cousins and aunties and uncles live there. I feel so lucky to have met so many relatives each time I have been there.

What is something that few people know about you?
Surviving driving in a white out in Canada more than 25 years ago on Christmas Day really scared me. It was so far removed from anything I had ever experienced.

If you could have dinner with 3 famous people from history, who would they be?
Dr Seuss, Herge (creator of Tintin) and Andy Griffiths.

If you were left to live on a desert island—what 3 things would you choose to take with you?
A never ending book to read, a communication device to communicate with my family who I’d left behind and a mango tree. Most people we’ve asked this question of have taken their family—I love how you would take a mango tree and just a phone to talk to your family!-Ed

Mrs Grimm in 30 Seconds…
Favourite food: Mango
Favourite football team: Carlton
Favourite Movie/Tv Show: The Amazing Race
Ideal Holiday: discovering new small towns in Europe
Siblings: younger brother, David and sister, Monique
Children: Ben and Sarah
Pets: my beautiful dog, Dach
PFA POSITIONS FOR 2015
We held our AGM a couple of weeks ago and I am pleased to announce the following committee positions for 2015
President: Leesa Needham
Vice President: Wendy McMillan
Treasurer: Karen Phillips
Secretary: Carrie Fowler
I’d like to thank Lisa Anastopoulos for all her hard work over the past 2 years as my Co-President. Lisa is stepping back this year to just be a PFA member, but will no doubt continue to help out in many ways. Thanks Lisa!

BUMPER FETE PROFIT FOR 2015
It is with great pleasure that I can announce that this year’s Fete raised just over $30,000! An absolutely awesome result from a very successful day. Thanks again to everyone who made the day such a wonderful success! Don’t forget to support our Fete sponsors below.

HOT CROSS BUN DELIVERY
The Hot Cross buns are being delivered this Thursday 26th March.

EASTER EGG RAFFLE
A HUGE thank you to Lizzy’s Chocolates in Carnegie who have once again donated our first prize of a Giant Easter Egg for Friday’s raffle. Thank you to the rest of the school community who have donated eggs over the past few weeks. We will be wrapping them tonight in the staffroom at 7.30pm if you would like to come along and help.
Don’t forget to return your raffle tickets by this Wednesday 25th March.

PFA Meeting dates for 2015:
Term 2: 20th April, 18th May, 15th June
Term 3: 20th July, 17th August
Term 4: 12th October, 9th November

Thank you once again to our 2015 Fete sponsors...

Leesa Needham
leesa.n@optusnet.com.au
Youth Leadership Victoria
Carnegie Primary School OSCH

Opening Hours:
Before School Care 7am-8.45am
After School Care 3.30pm-6.30pm
Vacation Care 7am-6pm

Contact Information:
For bookings ring Vicky (co-ordinator) on 0402 043 810
Account queries or change of bookings please call Rachel:
on 0499 777 601 or email: rachel@ylv.com.au

A copy of the enrolment and booking form can be downloaded through our website on: www.ylv.com.au

Prices for the Program:
Before School Care: Permanent Booking: $11.50 Casual Booking: $12.50
After School Care: Permanent Booking: $14 Casual Booking: $15

After School Care News:
Last day of Term 1 is, Friday 27th March. The service will be operating at the earlier time of 2.30pm, to accommodate with the schools early dismissal time.

To book into the April Holiday Program, please fill out the booking form and forward to the service by the end of term. A copy of the booking form can be obtained from the service, or alternatively you can download a copy from our website, under the holiday program section for Carnegie. Our website is: www.ylv.com

The service would also appreciate the donation of any old shirts. These will come in handy as art smocks, during our messy art/craft activities.
Finally, we wish all our families a Happy Easter/holidays and we will see you all in Term 2.

OSHC TEAM

COMMUNITY NOTICE BOARD -

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To celebrate re opening in Term 2 we are offering a
FREE Cheerleading Holiday Workshop

Come Join the Pride of the Nation!

Tuesday 31st March 2015 or Wednesday 8th April 2015

Opening in Murrumbeena. Bookings ESSENTIAL
0439758811 or eliteallstarcheer@hotmail.com
what's on at the breslin gallery:

Let's Go Go on a yoga Adventure

a weekly class for 5 - 12 year olds

FOR MORE INFORMATION PLEASE VISIT: THEBRESLINGALLERY.COM/CLASSES.HTML

WHAT HAPPENS IN A YOGA-A-GOGO CLASS?

From the moment we warm-up in a circle until we lay our heads down to relax, we’ll use our minds, bodies and breath to play games, dance to music and practice our yoga moves. Every class is spontaneous, harmonious and non-competitive, so the journey’s always full of fun.

Narida is a fully qualified Rainbow Kids Yoga instructor. A free spirit with a big smile, she’s practiced yoga herself for over 20 years and as a past gymnast, has experience as a children’s gymnastics coach. Nerida is also a fulltime mum to her own two little rascals who keep her constantly on the GOGO.

YOGA A GOGO

DAY: TUESDAYS
TIME: 4PM - 5PM
COST: $15.00
5 CLASSES: $60.00
11 CLASSES: $110.00

FOR BOOKINGS & INQUIRIES
PHONE NERIDA ON:
0431892526 OR EMAIL
NERIDAAGOGO@BIGPOND.COM

THE BRESLIN GALLERY
254 NEERIM RD CARNEGIE VIC 3163
THEBRESLINGALLERY.COM
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**What's on at the Breslin Gallery:**

**Air, Fire, Water & Earth**

An Easter holiday program for 7 - 12 years old

For more information or to book please visit: thebreslingallery.com/school-holiday-programs

Creative immersion provides playful workshops for children aged 7-12 years old. Four fantastic creative free spirited teachers have come together to create a unique children's experience.

**Yoga A Go Go** takes children on a journey of imagination, all while helping them to discover inner and outer strengths.

**Acting Classes** enables children the opportunity to create adventurous characters and exciting scenes full of wonderful fun.

**Art** nurtures individuality allowing for freedom of expression. Using simple and raw materials, we play with line, colour, texture and tone towards a satisfying outcome.

**Dance Class** inspires the children to express themselves through music and creative movement using rhythm, agility, coordination and boundless energy whilst building confidence and self esteem.

**The Workshop** concludes with some time for reflection and sharing. A real sense of satisfaction with the outcome of the day is felt by all.

**DATE:** Mon. March 30th, 2015
**TIME:** 10:00AM - 5:00PM
**COST:** $35.00
**LUNCH AVAILABLE FROM THE CAFE FOR $15.00
**BOOKINGS ESSENTIAL - LIMITED SPACES**
**BOOK ONLINE:** thebreslingallery.com/school-holiday-programs
**INFO@THEBRESLINGALLERY.COM**

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**Art Eat Learn Play**

The Breslin Gallery
254 Neerim Rd Carnegie VIC 3163 Australia
thebreslingallery.com
Music Lessons
at Carnegie Primary School

Hurry! Limited Availability

Music World invites you to come and learn guitar!

One-on-one and paired lessons are available

Enrolments Now Open!

Contact Us
(03) 9572 3391
admin@music-world.com.au
296 Waverley Road
Malvern East 3145 VIC

THE Handmade SHOW

The Crafters’ & Artisans’ Boutique Market

2015 DATES
APRIL 18TH • MAY 16TH • JUNE 20TH
JULY 18TH • AUGUST 15TH
SEPTEMBER 19TH • OCTOBER 17TH
NOVEMBER 21ST • DECEMBER 12TH

From 10.30am - 3.30pm at
St. Anthony’s Parish Hall
164 Neerim Road Glen Huntly 3163

Come along to our indoor makers market. Entry is FREE & you could WIN a gift voucher to spend at our next Show! Delicious refreshments available at Café Handmade

FOR MORE INFO VISIT www.thehandmadeshow.blogspot.com
facebook.com/thehandmadeshow
20th Anniversary Year HOORAH !!
Art’scool for Kids
Specializing in Fine Art for Children
With Artist Terry Taylor
0400272335
terry.taylor11@gmail.com www.terrytaylor.com.au

Glen Iris

Term 2 Observational Drawing & Painting Program 2015:

1. April 13,14,15,18 Observational Drawing: The Mad Hatter’s Tea Party
2. April 20,21,22,25 Acrylic Painting: Ancient Castles
3. April 27,28,29,May 2 Clay Modelling: Star War Characters
4. May 4,5,6,9 Pastel Drawing: The Study of Colour Formation in Sunsets
5. May 11,12,13,16 Acrylic Painting: The Solar System in Perspective
6. May 18,19,20,23 Clay Modelling: Free Choice
7. May 25,26,27,30 Mixed Drawing Materials: Natural Disasters – A VOLCANO
8. June 1,2,3,6 Perspective Drawing:
9. June 8*,9,10,13 Acrylic and Pastel Wash: Fish Flouncing in Foam
10. June 15,16,17,20 3D Surprise !!!

*Queen’s Birthday – No class

Time & Cost
Monday, Tuesday, Wednesday classes 4:00 – 5:30 pm
(age 5 – 12) $34.00 (GST incl)
As per Term Program listed above
Saturday – Observational Drawing 2:30 – 4:30 pm
(age 8 – 18) $40.00 (GST incl)
Each week changes depending on Terry’s ideas

ENROL NOW FOR TERM 2, 2015
**Friday nights under lights @ Packer Park or Saturday mornings**

Welcome to Auskick 2015 with the Glen Eira Saints Football Club – nominated for Auskick Program of the year in 2014

- Girls and boys aged 5 to 12 in 2015 are invited to register for Auskick with the Glen Eira Saints. We are a boutique center, with fully qualified coaches: including the 2014 Auskick Coordinator of the Year.
- Planned 2015 activities include; themed days such as Mothers Day, Fathers Day & AFL Player visits, AFL, VAFA & SFL Grid Games.
- Register before April 20th and you will also receive complimentary tickets to an AFL match involving your child’s favorite team.
- Register online for the 2015 Auskick Season @ www.aflauskick.com.au enter your postcode and choose the Glen Eira Saints.
- Auskick sessions will be held every Friday Night from 5.30pm-7.00pm & Saturday mornings from 9.00am-10.30am at Packer Park, Leila Rd Carnegie.
- If you have any queries please contact Tim on 0410 005 496

**Youth Girls football comes to Packer Park**

- The Glen Eira Saints Football Club in partnership with the Bentleigh JFC is offering a pathway for youth girls football, fielding U/12’s girls & U/15’s girls teams in the SMJFL.
- Training has commenced currently Monday nights from 5pm. This will change to Thursday night in April. Vacancies still exist in both teams.
- All abilities and experience will be catered for, with qualified coaches providing an enjoyable and fun learning environment.
- Come along and try AFL and make some new friends.
- For further details or any queries, please contact Tim on 0410 005 496
PILATES CLASSES

Strengthen condition and tone your body to optimize its functionality in everyday life.

1st class starting on the 16th of April & will be FREE!!

DON'T MISS OUT!

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Price</th>
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<tbody>
<tr>
<td>Casual class</td>
<td>$15</td>
</tr>
<tr>
<td>10 class pass</td>
<td>$100</td>
</tr>
<tr>
<td>15 class pass</td>
<td>$120</td>
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</table>

When: Thursday nights
Where: Carnegie Primary School hall
Time: 7.30 – 8.30

“Pilates develops the body uniformly, corrects wrong posture, restores physical activity, invigorates the mind, and elevates the spirit.”

(Joseph Pilates)

51 Truganini Road Carnegie, 3163  Mob: 04-17574922  Email: tanyawessfitness@gmail.com
School Holiday Program

DanceStruck is an Angelina Ballerina Academy Partner Studio!

These Holidays We Are Opening Up Our Academy To All Children Ages 3 – 5 Years for a Wonderful Session Of Dance In A Fun & Caring Environment!

Our Holiday Programs Promote Fitness, Confidence & Creativity, while inspiring Your Child’s Love Of Dance.

The Angelina Ballerina Program Is Designed By Master Teachers & Development Experts Especially To Inspire Little Stars With Big Dreams!

To Book, Visit: www.dancestruck.com

Do You Wanna...

Come and Dance With Us In The Holidays?

Join Us In Your Favourite Costume for our Frozen™ Inspired Dance Program!

Designed For Ages 5 – 7 Years, Our School Dance Holiday Program Is Sure To Impress!

To Book, Visit: www.dancestruck.com

At DanceStruck, Our Focus Is On Providing High Quality Dance Tuition, From High Quality Educators in High Quality Facilities.

With Expertly, R.A.D Certified Teachers, You Can Be Assured DanceStruck Is The Right Choice.

Our Holiday Programs Are Designed So That Any Child Can Participate, Even If They Have Never Danced Before!

For More Information and To Book, Visit: Our Website!

www.dancestruck.com
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#BOOT CAMP WANTS YOU!

Get into shape! Get into shape and have fun while working out at GESAC’s newest #boot camp program.

Sessions run every Monday, Tuesday and Thursday from 4pm to 4.45pm in Studio 1.

Instructors will take you through a range of activities, including:

- in season fitness and conditioning;
- speed and agility sessions;
- strength and power circuits;
- cardio and endurance challenges; and
- team building exercises.

These activities are designed to help improve your cardio; movement; strength; co-ordination; balance; and flexibility.

It’s all about having fun, making friends and improving your overall fitness.

The sessions are free for Swim School and Junior members or $10 for non-members.

For further information contact GESAC on 9570 9200.

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