

GOVERNMENT SHUT DOWN OF NON ESSENTIAL GATHERINGS

Hi Parents and Gymini's

Our first day of enforced shut down without GYMINI. Its sad but necessary.

Most of you will have received an Email confirming the above, if not we are sorry, but please heed our and the government guidelines.

If you have paid for this term your payments will be carried forward to next term. However, we will be in touch with further updates.

SOME REMINDERS ON HOW TO KEEP FIT

Under three's: please remember to speak to your toes:

GOOD TOES BAD

You be good and don't be bad

3 to 5 years: Remember 2 hands on the floor and jump yourself into a table shape
THEN. BEND YOUR ARMS, BEND YOUR ARMS
no splats on the floor

P1 and P2's You can do the above. How about adding in
10 SIT UP'S AND 10 PRESS UP'S

P3 to P7 You can do all the above and add in
10 BURPEES

TAKE CARE EVERYONE. YOU ARE VERY SPECIAL. YOU ARE GYMINI'S

SHEILA and FIONA