





End of Year Presentations

YMCA St Ives' Gymnasts celebrated a very busy year with a presentation day on the 17th November. Congratulation to everyone on a great year, with special congratulations going to our prize winners.

Gymnast of the Year Lucinda Crawford

Improvement Cordelia Mills

Consistent Effort Bella Good

Sportsmanship Alannah Parsonage

Positive Attitude Savannah Masya

Achievement Tara Doyle

Encouragement Alyssa Palethorpe

Hard Worker Lauren Harding Leadership Isabella Drake

Coaches Award Alex Moore

Performance & Artistry Sybella Hofmann

Strength & Conditioning **Eleanor Thomson**









End of Year Party

Gymnasts and coaches finished off the year with an afternoon in the park. We hope you have a great break and we look forward to seeing you in the new year!



YMCA Gala Competition

YMCA St Ives' gymnasts attended the YMCA Gala competition at Penrith on 18th November. Congratulations to all our gymnasts who have worked so hard this year. Your efforts have paid off! You have made your coaches very proud and have been great ambassadors for your club and YMCA NSW.





SO "YMCA Epping"





YMCA St Ives Notice Board

Gymnastics key dates

Last day of classes for 2018: 15 December 2018 First day of classes for 2019: 14 January 2019

Action Break

YMCA St lves is running activities this holidays. See below for more details or visit the <u>website</u> for more details.

Action Break

YMCA ACTION Break is coming to YMCA St Ives! This specialised gymnastics school holiday program is an opportunity for your child to grow and learn from new experiences. Get your kids away from screens these holidays and come down to YMCA St Ives to be active, jump around and have some gymnastics fun. Please see our timetable below and call the centre to make a booking.

Activity	Dates	Time	Cost
YMCA Freestyle, YMCA Ninja & Gymnastics	Thursday 20th December	9am-3pm	\$55
All Things Gymnastics & Trick-stars	Friday 21st December	9am-3pm	\$55
Gymnastics Intensive	Monday 7th January	9am-3pm	\$55
Free G & YMCA Ninja	Wednesday 9th January	9am-3pm	\$55
Intensive YMCA Ninja & Free G	Tuesday 15th January	12:30pm- 3:30pm	\$30
Gymnastics Intensive (incl free re-assessment)	Thursday 17th January	12:30pm- 3:30pm	\$30
All Things YMCA Ninja & Gymnastics	Tuesday 22nd January	12:30pm- 3:30pm	\$30
Gymnastics Intensive (incl free re-assessment)	Thursday 24th January	12:30pm- 3:30pm	\$30

More information available at <u>https://www.ymcansw.org.au/centres/st-ives-ymca/programs/school-holiday-activities/</u>.

"YMCA Epping"

15 Ward Street Epping



