

## Term Break / New Term

As you all know, our previous term ended on Friday, 16 October and, we were closed for our customary 'between-term' break from 17 to 25 October 2009.

Our new term started on 26 October (Monday) and will end on Saturday, 19 December 2009.

Registration is open, so please download the form from our website ([www.sportyjoe.com](http://www.sportyjoe.com)). The other option is to pick one up from The Centre.

## Coaching Team!

We would like to welcome another coach to our Team, Cathy Ocampo.

Cathy joined us with an impressive set of credentials. For twelve years, stretching from 1981 to 1993, she was a member of the Philippines Gymnastic Team. At the 1991 SEA Games, she won a gold medal in Floor Exercise, a title she successfully defended at the next SEA Games which were held in Singapore.

As well as being USGF certified, Cathy is a qualified Choreographer and is First Aid/CPR trained. Prior to coming on board, she spent more than ten years at SACAC, coaching at all levels, ranging from junior to competitive.



Cathy Ocampo

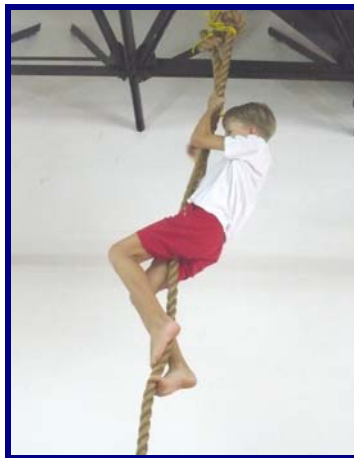
## Upcoming Events...

- **Saturday, 12 December - KinderFest**
- **21 to 24 December - Holiday Camp**

## Public Holidays...

- **Friday, 27 November - Hari Raya Haji**

Please note our Centre will be closed on 27 November. As a result, we will not be holding any of our classes, including both the PlayGym and Adult classes then.



**Rope-climbing - now an integral part of the conditioning exercises for the Boys classes.**

## KinderFest

We will be holding our 2<sup>nd</sup> annual KinderFest on Saturday, 12 December. More information in later part of November.

## December Holiday Camp

We will be holding a four-day Holiday Camp, from 21 to 24 December 2009. Please contact us for more information.

- **Cheerleading - Thursdays, 7.00pm to 8.30pm.**

The programme focus on tumbling, jumps and motion techniques. It is suitable for athletes who wish to maintain physical fitness and flexibility.

## PlayGym

With effect from 26 October 2009, we have extended the hours for the Monday and Wednesday sessions to 12pm. The cost (i.e. \$10 per child) remains the same. We added another session on Fridays which goes from 11am to 12pm.



Dominique doing "Straddle-clear" exercise.

## B.Y.O. Water Bottles!

As part of our effort to be environmentally friendly, we intend to phase out the supply of plastic/paper (disposable) cups. Thus, we are asking you to help us by bringing your own water bottles when you come for training.



## Leotards for Sale

We are now carrying a stock of leotards and shorts for sale. Please contact Jennifer (at tel. no. 6468 1103) if you wish to view or purchase the items..