



# *Pymble Ladies' College*

## Co-curricular Sport & Activities

Term 2, 2016

Junior



## General Information

Welcome to the Term 2, 2016 Co-curricular Sports and Activities Program for students in the **Junior School**.

We have released the information prior to opening the online registration form to assist in the planning of your daughter's before and after school activities. Please see the timetables for the summary of the options available.

Please choose carefully and understand the conditions of enrolment, commitment and costs associated to the sport or activity.

## Contact Information

### Co-curricular Sport and Activities Department (Kindergarten to Year 12)

- All Co-curricular enquiries regarding timetables, classes, costs
- Registration concerns

#### Phone:

- Activities Administration: P +61 2 9497 7844
- Sport Administration: P +61 2 9497 7811

Hours: 8.00am to 4.00pm

E [ccsa@pymblelc.nsw.edu.au](mailto:ccsa@pymblelc.nsw.edu.au)

### College Services

- Forgotten Your Username for *MyPymble*
- General College assistance

E [collegeservices@pymblelc.nsw.edu.au](mailto:collegeservices@pymblelc.nsw.edu.au)

P +61 2 9855 7799

## Co-curricular at *Pymble*

Pymble Ladies' College believes in a balanced educational experience. All girls are encouraged to participate in our co-curricular program, which covers a wide range of activities including sporting, performing arts, language arts and cultural disciplines. Through these activities, each student has the opportunity to develop the core College values of Care, Courage, Integrity, Respect and Responsibility. The wide range of programs allow students the opportunity to develop their talent and skills in a safe, informative and friendly environment.

### Our Program

The Co-curricular Sports and Activities (CCSA) program covers a wide range of activities, including sporting competitions, non-competitive programs and cultural disciplines. The programs are offered in a variety of timelines namely, yearly, semester based and term based.

- Yearly – programs that are offered over the school year are only advertised once at the beginning school year with one registration. The commitment to the activity is for the whole year and fees are scheduled as a one off payment for the whole year.
- Semester – programs that are offered for a semester period are based over two terms, usually as Terms 1 and 2 = Semester 1 / Terms 3 and 4 = Semester 2. This allows for a student to gain a wider knowledge of the sport or activity, however providing options to choose another sport or activity in other semester periods.
- Term – programs that are offered for a term, are offered 4 times throughout the year. Re-enrolment is usually required for sports or activities which are offered term by term

### Important Dates 2016

Wednesday 6 April

Term 2 Online Co-curricular Sports and Activities Registration [open](#)

Wednesday 20 April

Term 2 Online Co-curricular Sports and Activities registrations [close](#)

### Co-curricular Program - Start/End Dates for 2016

Please note: there are some variance in start and end dates for some sports or activities. Please ensure you read all information available on your sport or activity of choice.

Term 2: Monday 2 May to Friday 24 June

Term 3: Tuesday 19 July to Thursday 22 September

Term 4: Tuesday 11 October to Friday 2 December

## Communication

All communication from the Co-curricular sport and activities Department is corresponded via email and the Pymble Ladies' College App, Skoolbag

### Email Communication

It is recommended that Parents and Guardians check their email accounts regularly to ensure they are up to date with registration updates and last minute changes to their sport or activity. If you believe you are not receiving emails from the Co-curricular Department, ensure you have added [@pymblelc.nsw.edu.au](mailto:@pymblelc.nsw.edu.au) to your safe senders lists.

### College App - Skoolbag

Pymble Ladies' College operates their Pymble App delivered through Skoolbag.

One of the many features of the Pymble App is the ability to receive push notifications (instant alerts) and updates about Co-curricular events and activities through your smartphone or device. Users will also be able to:

- View the College events calendar
- Download calendar events to your device calendar
- Access Google Maps for offsite venues
- Read the weekly eNewsletter
- Access the College website and MyPymble
- Connect with us on social media

The Pymble App can be downloaded from the App Store (Apple devices), Play Store (Android devices) and Windows Store (Windows devices). [Click here](#) for instructions or click on the direct links below.



## Sport Information

### Saturday Sport

Students in Years 4 to 6 wishing to participate in Saturday Sport each term, can do so with no experience required. Coaches are provided to guide students through the rules and skills of the sport. Saturday Sport is about participation for all students regardless of their ability and experience. Students can only participate in one Saturday sport per term and registration is required term by term. Registrations open in the previous term prior to the start of the season. (For example, Hockey is played in Term 2, registrations open in Term 1).

## Saturday Sport Options (Year 4 to 6)

Students can only choose one Saturday morning sport per term.

Term	1	2	3	4
<b>Sports Available</b>	IPSHA Football (Soccer) IPSHA Softball	IPSHA Hockey/Minkey	<a href="#">IPSHA Netball</a> <a href="#">IPSHA Touch Football</a>	<a href="#">IPSHA Basketball</a> <a href="#">IPSHA Cricket</a> <a href="#">IPSHA Tennis</a>
	Registrations for Term 1 and 2 sports have closed for 2016. Students will have the opportunity to register for 2017, at the end of 2016.		Registrations are still available for Term 3 and 4 Saturday sport. Please click the links above.	

### Uniforms

Girls will need to wear the Saturday Sports Shirt and Navy Blue PE shorts for all sports. For Basketball and Touch Football, the school will provide a numbered shirt for the girls to borrow for the term. Students must attend training and competitions in the correct uniform. Students will not be able to participate without the correct uniform. Please refer to each Sport and/or Activity for their requirements.

### Competition and Commitment

Pymble offers excellent competitive and non-competitive opportunities. A wide and varied range of sports and recreationally based activities are offered each term. In the Junior School, Pymble concentrates on the IPSHA competitions

Players are expected to attend all scheduled competitions as part of their commitment to their chosen sport. If a student is unable to attend matches for any valid reason (illness, important function) they are required to advise the Head of Junior Sport or co-ordinator of the sport or activity, as soon as possible. Also, every effort must be made to inform the coach where possible.

### Trials/Team Selection

Any Pymble student who nominates to play a particular sport will be selected in a team, providing she is prepared to make the commitment to all training and competitions. All girls are able to play regardless of ability in IPSHA Saturday Sport as we are working on developing their movement skill in each of the sports. Tennis is the exception where girls need to be able to serve, rally and score their match.

Girls are selected into teams based upon their ability. We have independent selectors present at the trials to assess the girl's ability and they also assist the PDHPE Staff in placing the girls into teams.

All students nominating to participate in any sport or activity must attend the grading/trials where applicable. The purpose of these trials is to grade the girls, to ensure they are placed into a team with students of similar ability. If students are unable to attend their nominated trial date, they must communicate this well in advance to their sports co-ordinator.

Trials for all teams will commence the term prior to competition. For example Hockey is played in Term 2 so the trials will run throughout Term 1. Trials for Term 1 Soccer and Softball will take place on the first Saturday of term. PDHPE staff and specialist coaches will grade the girls into an appropriate team according to their standard.

### **Training for Competitive Sport**

Regular practise is vital for success. Attendance to schedule training sessions by all team members is essential for the best possible performance by the team. For Saturday Sport training session in the Junior School each Year group have an allocated afternoon for training from 3.00pm to 4.30pm.

Year 4: Wednesday 3.00pm to 4.30pm

Year 5: Thursday 3.00pm to 4.30pm

Year 6: Tuesday 3.00pm to 4.30pm

For other team competitions, their allocated day and time for training will be communicated as early as possible. Students are expected to be punctual to all training sessions and are to wear the appropriate uniform. Students who are unable to attend training sessions should where possible, inform their coach or co-ordinator prior to the session.

### **Co-curricular and Out of School Hours Care (OSHC)**

Students in Junior School who register for any co-curricular sport or activity which starts after 3.15pm must attend after school care (OSHC) until their sport/activity begins. The teacher or coach of their sport/activity will sign the students out of after school care.

A Parent or Guardian have the option to collect their child from school at 3.00pm and take their child directly to their sport or activity scheduled later in the afternoon.

At the conclusion of the sport or activity, a parent/guardian can collect their child directly from the sport or activity location or the child will be signed back into after school care.

If a parent/guardian collects the child after the sport or activity venue, a signature must be given to the staff member on the sign out sheet.

All fees are payable directly to the Out of School Hours Centre (OSHC) by the family. No care is covered by the College. Families must be registered with the centre. Please contact Ms Fiona Stevenson for all usage fees and registration details.

Email [oshcadmin@pymblelc.nsw.edu.au](mailto:oshcadmin@pymblelc.nsw.edu.au)

Phone 02 9855 7741

## Important Registration Information

### Conditions of Co-curricular Sport and Activity Enrolment

1. All registrations are completed **online**. The Sport and Activities Administration team is **unable to process** any registration for families over the phone or email. It is the responsibility of the parent or guardian to manage and administer their daughter/s co-curricular schedule.
2. Families are recommended to read the [How to Register](#) section which is available in all of the 2016 Co-curricular Sport and Activities Program books (Secondary, Junior, and Preparatory) and is available on the Sports and Activities page of the College website.
3. Students must participate on the days offered for their sport or activity of choice. Part days are not available.
4. Missed classes cannot be 'made up' or refunded due to school camps, sickness or excursions (unless specifically listed in the sport or activity conditions).
5. All registrations are on a '**first in, first served**' basis.
6. All payments for all co-curricular sport and activities are processed through your College account. Students will not be permitted to participate in any sports and activities if your College account is in arrears.
7. **Withdrawing from Sports/Activities** - Students who withdraw from a sport or activity within the date of notification (provided in the confirmation email) will not be financially penalised. All other withdrawals after the withdrawal date will be charged 25% of the class cost or classes attended (whichever is greater) for the administration of the sport or activity.
8. **Late Registrations** – students who register late for a sport or activity cannot be guaranteed a place after the online registration has closed.
9. No student will be permitted to register for any Co-curricular Sport or Activity after Week 4 of any term\*.
10. Students are not able to participate in any Co-curricular Sport or Activity without permission from a parent or guardian and acceptance of the Risk Warning for Sporting and Non-Sporting Activities. Students will be turned away without a processed registration through the Co-curricular Sport and Activities Administration office.

\*Families who commence at the College outside of the term start dates are exempt from this policy. This exemption will only apply during the term in which they commence at the College. Admission into their Co-curricular choices cannot be guaranteed for these students, however every effort will be made to enrol students into their chosen sport or activity.



## How to Register for Co-curricular?

All co-curricular sport and activities (Kindergarten to Year 12) require an online registration. Please familiarise yourself with the online system.

### ***Before you begin:***

You must have your Family Username (this will also be your Family Biller code) and Password to access the College website. This will allow you log into the *MyPymble* section of the College website. Students cannot use their username and password to access this system.

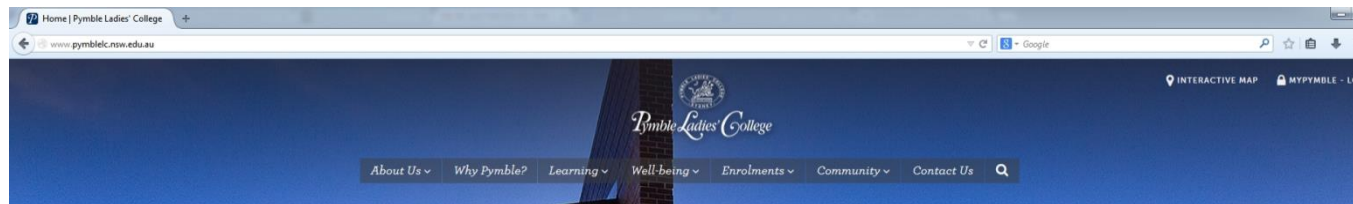
### **Forgotten Your Username - Please contact College Services**

E [collegeservices@pymblelc.nsw.edu.au](mailto:collegeservices@pymblelc.nsw.edu.au)

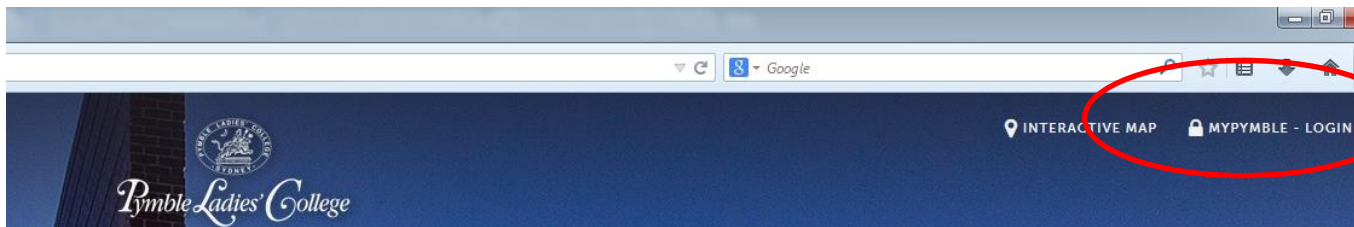
P +61 2 9855 7799

### ***To begin registration:***

1. Visit the College website [www.pymblelc.nsw.edu.au](http://www.pymblelc.nsw.edu.au)



2. Click on the *MyPymble* - Login link



3. Log in with your family username and password

Home / MyPymble / Login

### Login

Username

Password

Remember Me

**LOG IN**

Home / MyPymble / Login

### Login

Please enter your Username or Email to reset your password.

Username or E-mail:

**GET NEW PASSWORD**

[Log in](#)

**Forgotten Your Password**

Click on the "Lost your Password?" Link

Remember Me

**LOG IN**

[Lost your password?](#)



4. Once logged in you will have access to the *MyPymble Members Area*.

Click on to the '*Online Forms*'

[Home](#) / [MyPymble](#)

# MyPymble

## Welcome to the Pymble Community Members Area

You are now logged in to the *Pymble* Community Members Area of the College website. This section is reserved for the current Pymble community.

In this area you will find information such as online payments, online forms, sport and activities information and other information relevant to the *Pymble* community. To access information, navigate using the sub-menu or use the links below to guide you to some of the most popular pages.

If you need further assistance, please contact [communityrelations@pymblelc.nsw.edu.au](mailto:communityrelations@pymblelc.nsw.edu.au).

### INFORMATION FOR PARENTS

#### MYPYMBLE

[MyPymble](#)

[Change of Details](#)

[Online Forms](#)

[Future Parents](#)

[Sports and Activities](#)

[Curriculum](#)

[Parent Handbooks](#)

[Music](#)

[Boarding](#)

[Parent Groups](#)

5. You will be redirected to the Online Forms landing page – select “Co-curricular Sport and Activities”

[Home](#) / [MyPymble](#) / [Online Forms](#)

## Online Forms

To complete any online forms or to access information such as timetables or contact lists, please visit the Online Forms area.

Online Forms is a separate online space to the College website and visiting this area should see the forms open in a new internet window. To leave the online forms area, simply close this window again and the College website should remain open.

If you have any queries about these forms or this section please contact the College on [communityrelations@pymblelc.nsw.edu.au](mailto:communityrelations@pymblelc.nsw.edu.au) with your enquiry.

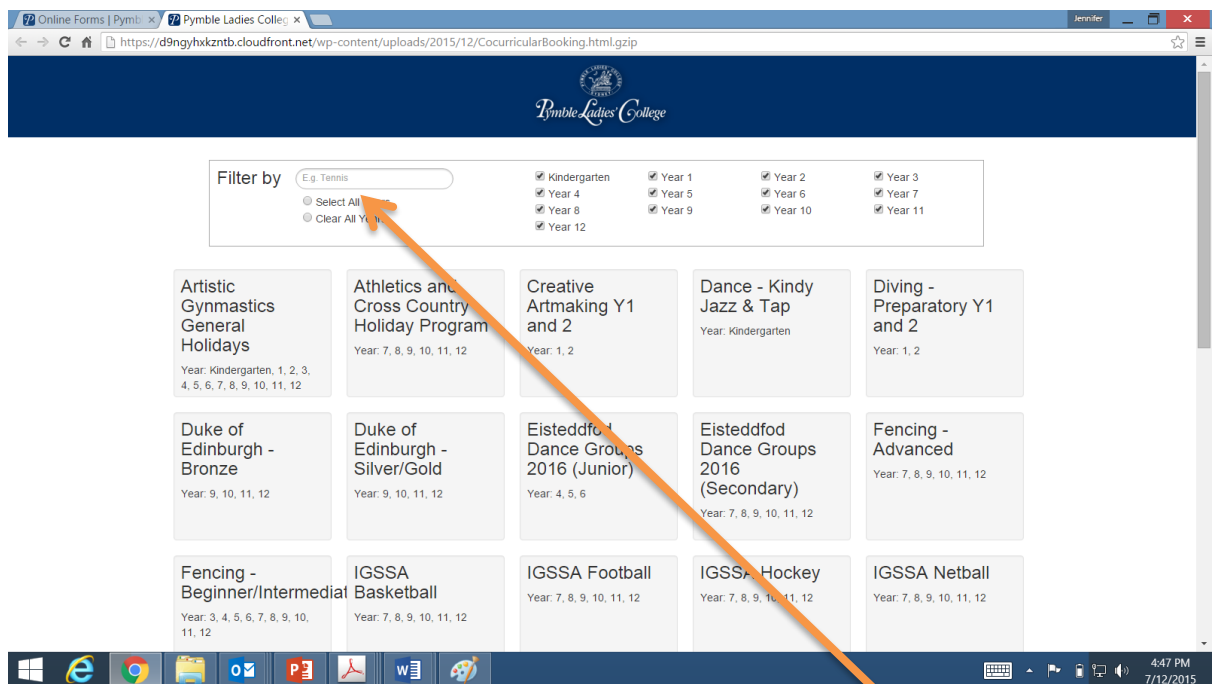
### POPULAR ONLINE FORMS

[Boarding Lists](#)

[Co-Curricular Sports and Activities](#)

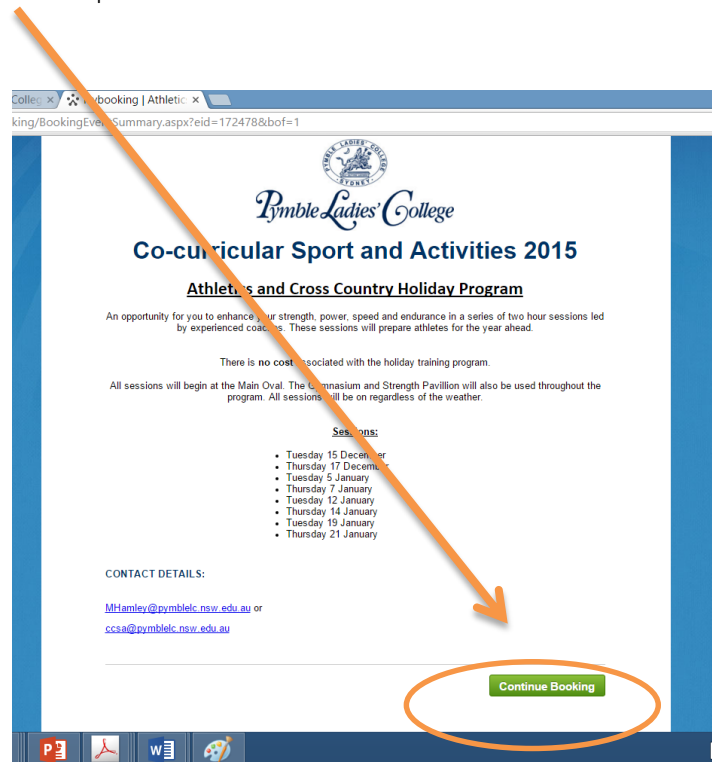
[Year Group Contact Lists](#)

6. You will be redirected to the Co-curricular Sports and Activities registration system



You can filter your search by activity/sport or by Year Group in the Filter toolbar

Click to continue to proceed



- You will be provided with the days or sessions available your sport/activity

**Athletics/Cross Country Holiday Program - Athletics/Cross Country Holiday Program - Section 1**

**Tickets**  
Please indicate the quantity next to the ticket(s) you wish to purchase.

Quantity	Ticket Type	Description
<input type="text" value="0"/>	December - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Thursday 17 December - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Tuesday 5 January - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Thursday 7 January - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Tuesday 12 January - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Thursday 14 January - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Tuesday 19 January - AUD 0.00	9.00am to 11.00am
<input type="text" value="0"/>	Thursday 21 January - AUD 0.00	9.00am to 11.00am

Total number of tickets: 0

- Please select how many participants you would to participate in the activity (these are called Tickets). If you have more than one daughter – you need to select how many. Then continue booking.

**Tickets**  
Please indicate the quantity next to the ticket(s) you wish to purchase.

Quantity	Ticket Type	Description
<input type="text" value="1"/>	Student - AUD 200.00	Payment via College Account

Total number of tickets: 1

- You will be required to answer additional information depending on the sports/activities you choose

#### Surfing - Term 4 - November 06, 2014 16:15 - Section 1

#### Additional Information

The organizer of this event has requested the following information:

I have read and understood the Risk Warning for Sporting and Non-Sporting Activities under Section 5m of the Civil Liability Act (2002), available on page 24/25 of the College diaries and the College website <http://www.pyrmble.nsw.edu.au/policies-and-reports/>

\* Risk Warning:

I have checked and updated my daughter/s medical information data (where applicable) via the College Online Medical Form.

\* Medical Data:

My daughter/ward can swim 200 metres competently.

\* Competent Swimmer:

**Student**

10. Student information will be required. If you selected more than one child you will have more than one sections on the student to complete.

**You MUST have your daughter/s student registration number ready to enter.**

**STUDENT INFORMATION**

Please ensure you have the correct **Student Number** for your daughter. Your daughter will not be identified correctly without this number which could jeopardise her place in her sport or activity of choice. Please note: it is NOT your family reference number e.g AB1234. It is a 5 or 6 digit number (no letters).

\* Student First Name:

\* Student Surname:

\* Year 2015:

\* Student Number:

11. Your choices will be taken to the shopping cart. All purchases will be sent to your College account – so there will be no payments made on this system.

trybooking.com In Cart (1), AUD 0.00

**Shopping Cart**

Please review your items in the shopping cart and when ready to continue with your purchase, click the **Checkout** button below.

Item	Value	Quantity	Fee	Discount	Total
<b>ATHLETICS/CROSS COUNTRY HOLIDAY PROGRAM</b>					
Athletics/Cross Country Holiday Program - December and January School Holidays - Section 1					
<b>Tuesday 15 December</b>	0.00	1	0.00	0.00	0.00
<b>Total</b>					<b>0.00</b>

Tickets: 0.00  
TryBooking Fee: 0.00  
Miscellaneous: 0.00  
Discounts: (0.00)  
Total: AUD 0.00

Continue Shopping: [This event](#) / [Other events](#)

**Is there another activity you would like to add to your shopping cart?** You can click back to the Co-curricular Listing, as you move through your selections – they will be continued to be added to your shopping cart, until you move through to the checkout. Follow the steps of 6 through to 10. Enter your daughter's information for the sport or activity of choice.

trybooking.com

Filter by: [dropdown]

- Arabic
- Athletics and Cross Country Holiday Program
- Creative Artmaking Y1 and 2
- Dance - Kindy Jazz & Tap
- Diving - Preparatory Y1 and 2
- Duke of Edinburgh - Bronze
- Elite/Edified Dance Groups 2016 (Junior)
- Elite/Edified Dance Groups 2016 (Secondary)
- Fencing - Advanced
- Fencing - Beginners/Intermediate
- IOSSA Basketball
- IOSSA Football
- IOSSA Hockey
- IOSSA Netball

12. **Final Booking Information** – please complete your information for your daughter’s registration. Please enter an email address which is checked regularly. You will receive a booking receipt immediately after completion.

**Tip:** Next time, for a quick registration, tick “remember my details on this computer for next time”

**Booking Details**

Your email address is used to send you the booking confirmation and tickets. The event organiser may contact you also by email regarding this event.


* First Name:	Andi
* Last Name:	Webster
* Address Line 1:	64 Avon Road
Address Line 2:	
* City or Suburb:	Pymble
* State:	NSW
* Postal Code:	2073
Country:	Australia
* Phone:	029855 7799
* Email:	sport@pymblelc.nsw.edu.au
* Confirm Email:	sport@pymblelc.nsw.edu.au

Your booking/tickets will be sent to the email address entered above.

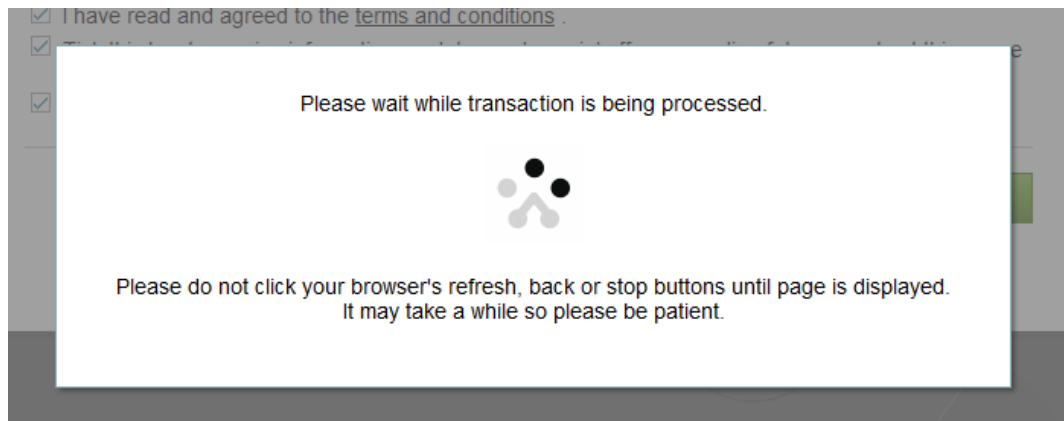
I have read and agreed to the [terms and conditions](#).

Tick this box to receive information, updates and special offers regarding future events at this venue and/or from the producer of the Event for which you have purchased this ticket.

Remember my details on this computer for next time.

Select “continue”  [Continue](#)

13. You have completed your registration.



It is recommended you print your booking receipt

**Transaction Successful**

Please [print](#) your tickets and/or gift certificates from the button below.

Booking ID: b26b88e3-cea3-4780-a6d7-86fab985f003
Transaction Date: 27 November 2014 6:53 PM
Email Address: sport@pymblelc.nsw.edu.au

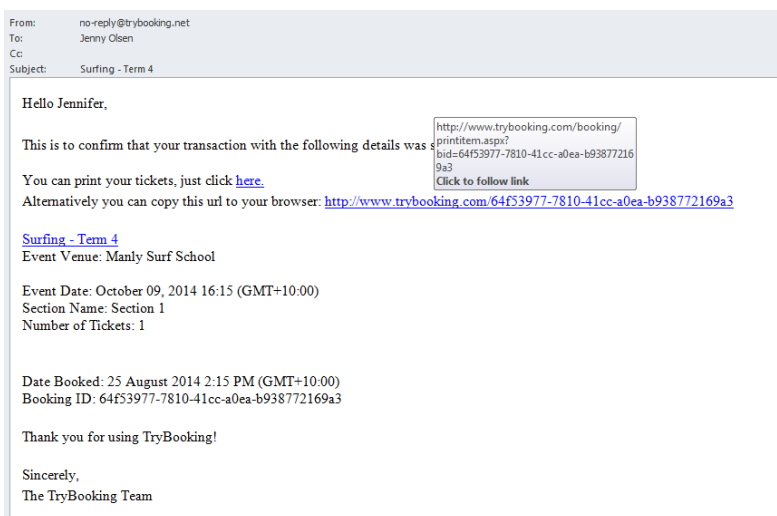
An email with a link to the tickets and/or gift certificates has also been sent to your email address. If you haven't received an email within 10 minutes, please check your spam folder.

Thank you for using TryBooking!



14. A booking receipt will be emailed to your nominated email account. Remember to check your “spam account”. **No booking receipt, no registration.**

*A confirmation email will be sent AFTER registrations have closed.*



**PLEASE NOTE:** changes cannot be made once you have registered online. If you believe you have made a mistake, please forward you’re email booking receipt to the Sport and Activities Department [ccsa@pymblelc.nsw.edu.au](mailto:ccsa@pymblelc.nsw.edu.au) and they will be able to remove any unwanted registrations. No changes will be made over the phone.





# Sport and Activities Choices 2016

The programs are offered in a variety of timelines namely, **yearly**, **semester** based and **term** based.

<i>Yearly</i>	<i>Semester</i>	<i>Term</i>
<ul style="list-style-type: none"> <li>• Advertised once</li> <li>• Commitment for the whole year</li> <li>• One payment</li> </ul>	<ul style="list-style-type: none"> <li>• Based over two terms, usually as Terms 1 and 2 = Semester 1 / Terms 3 and 4 = Semester 2.</li> <li>• Re-enrolment is usually required for sports or activities</li> </ul>	<ul style="list-style-type: none"> <li>• Offered 4 times throughout the year</li> <li>• Re-enrolment is usually required for sports or activities which are offered term by term</li> </ul>

## Term 2

Sports	Activities
<a href="#">Artistic Gymnastics</a> <a href="#">Junior Gym Skills</a> <a href="#">Intermediate Gym Skills</a> <a href="#">Gym Skills Select (Beginner/Intermediate)</a> <a href="#">Gym Skills Select (Advanced)</a> <a href="#">Athletics and Cross Country</a> <a href="#">Junior Athletics Club</a> <a href="#">Basketball</a> <a href="#">IPSHA Basketball</a> <a href="#">Cricket</a> <a href="#">IPSHA Cricket</a> <a href="#">Diving</a> <a href="#">Junior FunDive</a> <a href="#">Pathways Diving</a> <a href="#">Competitive Diving</a> <a href="#">Fitness Classes</a> <a href="#">Group Fitness</a> <a href="#">Zumba</a> <a href="#">Golf</a> <a href="#">Year 3 and 4</a> <a href="#">Year 5 and 6</a> <a href="#">Hockey (6-a-side)</a> <a href="#">Learn to Play Sports (Year 3)</a> <a href="#">Netball</a> <a href="#">IPSHA Netball</a> <a href="#">Rhythmic Gymnastics</a> <a href="#">Swimming</a> <a href="#">Tennis</a> <a href="#">IPSHA Tennis</a> <a href="#">Year 3 and 4 Group Lesson</a> <a href="#">Year 5 and 6 Group Lesson</a> <a href="#">Saturday Morning Competition (NSTA)</a> <a href="#">Year 3 and 4 Development Squad</a> <a href="#">Year 5 and 6 Development Squad</a> <a href="#">Semi-Private Lessons</a> <a href="#">Private Lessons</a> <a href="#">Touch Football</a> <a href="#">IPSHA Touch Football</a>	<a href="#">My Beauty Shop (Junior)</a> <a href="#">Chess</a> <a href="#">Chinese (Mandarin)</a> <a href="#">Beginners</a> <a href="#">Heritage</a> <a href="#">Life Skills</a> <a href="#">Hand Writing Course</a>

# Sports

## Artistic Gymnastics - General

E [ag@pymblelc.nsw.edu.au](mailto:ag@pymblelc.nsw.edu.au)

P +61 2 9855 7362

The Pymble Ladies' College Co-curricular Artistic Gymnastics program includes a General Gymnastics and Competitive Gymnastics Program.

The General Gymnastics program provides students with activities to promote;

- Strength
- Flexibility
- Coordination
- Balance
- Body Awareness

in a fun and recreational environment, with skill development on vault, trampoline, uneven bars, beam and floor.

The Competitive Gymnastics program further promotes the key areas of the General Gymnastics program with a focus on developing the skills required for competitive gymnastics. Pathways are provided for students dependent on their skill level and commitment to gymnastics from club / school competitions to high performance and National events.

### Conditions of Enrolment (Artistic Gymnastics)

1. **Costs:** Students accounts will be billed over two periods for the yearly cost. These costs include the annual fee for GymNSW membership.
2. **Uniform:** Students must have their training uniform by as soon as possible (no later than the third week of the term). The leotard can be purchased from Bloch located in Chatswood or Hornsby. Please note: prices listed below are approximate.
3. Registration for Artistic Gymnastics is for the **year**.
4. **Missed classes:** Unfortunately due to the nature of the class, we are unable to offer make up classes for missed classes or offer refunds to non-attendance.
5. Students must participate in the days stated for each Artistic Gymnastics group. Days and times cannot be changed or altered. Full fee is applicable for all groups. Part-payment of class is not available for days not attended by student.
6. **Withdrawals:** Students wishing to withdraw from the program outside of accepted timeframes will be charged for the remainder of the terms fee.

## Junior Gym Skills

- **New enrolments only.**
- **Students who are registered in Term 1, are not required to re-register.**
- **Some classes have limited places.**


The Junior Gym Skills Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment. This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages.

This program aims to provide all students with a range of gymnastics based shapes and skills including safe landings, forward and backward rolling, swinging, balancing, as well as commencing work on handstands and cartwheels.

Students are split into smaller groups based on ability and will progress through stages. The students will aim to move up one stage per year, with 10 stages in total. During the class, students are taught in a circuit-style based around Vault, Trampoline, Uneven Bars, Beam and Floor.

### Students can participate in 1 or more class per week

Contact	Artistic Administration Team <a href="mailto:ag@pymblelc.nsw.edu.au">ag@pymblelc.nsw.edu.au</a>
Head Coach	Ms Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 3 to 6
Day/Time	Wednesday 3.00pm to 4.00pm Wednesday 5.15pm to 6.15pm Friday 3.00pm to 4.00pm Saturday 10.00am to 11.00am
Cost (includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day)	1 day per week Wednesday - \$627.00 Friday - \$605.00 Saturday - \$560.00  2 days per week 50% will be applied off your second class (of lesser value); when your charges are processed to your College account.
Class Dates (Start/End) Wednesdays	Term 2: Wednesday 4 May to Wednesday 22 June Term 3: Wednesday 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 30 November
Class Dates (Start/End) Fridays	Term 2: Friday 6 May to Friday 24 June Term 3: Friday 22 July to Friday 16 September Term 4: Friday 14 October to Friday 2 December
Class Dates (Start/End) Saturdays	Term 2: Saturday 7 May to Saturday 25 June Term 3: Saturday 23 July to Saturday 10 September Term 4: Saturday 15 October to Saturday 3 December Please note: there will be no classes on the following Saturdays Saturday 26 March Saturday 11 June Saturday 17 September
Uniform	Leotard navy sleeveless gather front cotton lycra leotard from Bloch

	
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 2 – Grading (within class time) Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display Dates for the above events to be confirmed early in 2016
Further Information	Registration is for the full year. Costs do not include holidays, school weeks only.

### Intermediate Gym Skills

The Intermediate Gym Skills Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment. This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages.

In the Intermediate Gym Skills program extensions of the skills achieved in the Prep and Junior Gym Skills programs are learned including basic floor tumbling such as cartwheels, round offs and walkovers.

Students are split into smaller groups based on ability and will progress through stages. The students will aim to move up one stage per year, with 10 stages in total. During the class, students are taught in a circuit-style based around Vault, Trampoline, Uneven Bars, Beam and Floor.

#### Students can participate in 1 or more class per week

Contact	Artistic Administration Team <a href="mailto:ag@pymblelc.nsw.edu.au">ag@pymblelc.nsw.edu.au</a>
Head Coach	Ms Catherine Howitt
Term/s	Full Year (Terms 1 to 4)
Years	Year 3 to 6
Day/Time	Monday 4.15pm to 6.15pm Tuesday 4.15pm to 6.15pm Thursday 4.15pm to 6.15pm Friday 4.15pm to 6.15pm Saturday 10.00am to 12.00noon
Cost (includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day)	1 day per week Monday/Saturday - \$560.00 Tuesday/Thursday - \$627.00 Friday - \$603.00  2 days per week – will be advised on enrolment of second class
Class Dates (Start/End) Mondays	Term 2: Monday 2 May to Monday 20 June Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Class Dates (Start/End)	Term 2: Tuesday 3 May to Tuesday 21 June



Tuesdays	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End) Thursdays	Term 2: Thursday 5 May to Thursday 23 June Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 1 December
Class Dates (Start/End) Fridays	Term 2: Friday 6 May to Friday 24 June Term 3: Friday 22 July to Friday 16 September Term 4: Friday 14 October to Friday 2 December
Class Dates (Start/End) Saturdays	Term 2: Saturday 7 May to Saturday 25 June Term 3: Saturday 23 July to Saturday 10 September Term 4: Saturday 15 October to Saturday 3 December Please note: there will be no classes on the following Saturdays Saturday 26 March Saturday 11 June Saturday 17 September
Uniform	Leotard navy sleeveless gather front cotton lycra leotard from Bloch 
Equipment	Gloves (for use on metal bar) – available from the Pymble Ladies' College Uniform Shop
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 2 – Grading (within class time) Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display Dates for the above events to be confirmed early in 2016
Further Information	Registration is for the full year. Costs do not include holidays, school weeks only.

## Gym Skills – Select (Beginner to Intermediate)

The Gym Skills Select Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment.

This is a non-competitive program that allows students to move up through the specially designed Gym Skills stages, learning and achieving technically correct skills at a pace suited to each student's differing abilities.

The Gym Skills Select program has been developed for those students who wish to learn acrobatic elements and tumbling, such as round offs, back flips, walkovers and aerials. This class is suitable for dancers wishing to learn acrobatic elements. During the class, students are taught in a circuit-style focused on strength and flexibility, floor, vault and trampoline.

Contact	Artistic Administration Team <a href="mailto:ag@pymblelc.nsw.edu.au">ag@pymblelc.nsw.edu.au</a>
Head Coach	Ms Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 5 to 12
Day/Time	Monday 7.00am to 8.00am
Cost	Monday - \$560.00 Includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day
Class Dates (Start/End) Mondays	Term 2: Monday 2 May to Monday 20 June Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Uniform	It is recommended that students wear a leotard, alternatively students may wear tightly fitted clothing (bike pants and singlet top – no t-shirts or baggy clothing)
Requirements	Students must be able to safely perform a handstand, cartwheel and bridge prior to commencing in this class. Limited gymnastics / dance experience is necessary. Suitable for dancers wishing to learn acrobatic elements
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 2 – Grading (within class time) Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display Dates for the above events to be confirmed early in 2016
Further Information	Registration is for the full year. Costs do not include holidays, school weeks only.

## Gym Skills – Select (Advanced)

The Gym Skills Select Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment.

This is a non-competitive program (although may be attended in conjunction with a competitive program) that allows students to move up through the specially designed Gym Skills stages, learning and achieving technically correct skills at a pace suited to each student's differing abilities.

The Gym Skills Select (Advanced) program has been developed for those students who wish to learn difficult acrobatic elements and tumbling, such as combination tumbling, somersaulting elements, twisting, walkovers and aerials. This class is suitable for dancers wishing to learn acrobatic elements. During the class, students are taught in a circuit-style focused on strength and flexibility, floor, vault and trampoline.

Contact	Artistic Administration Team <a href="mailto:ag@pymblelc.nsw.edu.au">ag@pymblelc.nsw.edu.au</a>
Head Coach	Ms Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 5 to 12
Day/Time	Wednesday 7.00am to 8.00am
Cost	\$627.00 Includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day
Class Dates (Start/End) Wednesdays	Term 2: Wednesday 4 May to Wednesday 22 June Term 3: Wednesday 21 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 30 November
Uniform	It is recommended that students wear a leotard, alternatively students may wear tightly fitted clothing (bike pants and singlet top – no t-shirts or baggy clothing)
Requirements	Students must be able to safely perform a roundoff, back flip, backward walkover, and front somersault. Gymnastics / dance experience is necessary. Suitable for dancers wishing to learn acrobatic elements. Gymnastics squad girls may select this class to accelerate their skill learning for tumbling.
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 2 – Grading (within class time) Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display Dates for the above events to be confirmed early in 2016
Further Information	Registration is for the full year. Costs do not include holidays, school weeks only.

## Athletics

### Junior Athletics Club

The focus of the Pymble Junior School Athletics Club is on the long term athletic development of the girls. Running, jumping and throwing are the basis of most sports. Early confidence in these movements will lead to a love of sport and fitness for life.

A typical session starts with an active warm up. Speed is enhanced with footwork drills and a series of exercises to develop correct running technique and form. Fitness improves quickly in relays and games. Functional strength and balance is developed through medicine ball and bodyweight exercises. The girls are introduced to the technical aspects of long jump, hurdles and the throws. The emphasis of each session is on fun.

***This activity will also be available for registration in Term 3 and 4.***

Manager	Mrs Katie Edwards <a href="mailto:KAEdwards@pymblelc.nsw.edu.au">KAEdwards@pymblelc.nsw.edu.au</a>
Coaching Director	Mrs Margaret Hamley
Term/s	Term by Term
Years	Year 3 to 6
Day/Time	Tuesday 7.00am to 8.00am Thursday 7.00am to 8.00am Friday 7.00am to 8.00am Girls can attend 1, 2 or all 3 sessions each week. Consistency is encouraged to maximise benefits, however it is not a requirement to specify which days your daughter will attend and participation may vary from term to term.
Cost	\$98.00 per term
Class Dates (Start/End)	Term 2: Tuesday 3 May to Friday 24 June Term 3: Tuesday 19 July to Thursday 22 September Term 4: Tuesday 11 October to Friday 2 December
Competition Schedule (2016)	Pymble Cross Country Carnival – Friday 19 February IPSHA Cross Country Carnival – Saturday 2 April NSWCIS and PSSA Cross Country – Friday 22 July Pymble Athletics Carnival – Friday 6 May IPSHA Athletics Carnival – Monday 29 August NSWCIS and PSSA Athletics – Wednesday 19 October to Thursday 20 October
Uniform/Requirements	Girls should be dressed in sports uniform, and tracksuit when cold. All girls should bring a drink bottle and a snack (such as yoghurt, banana or sandwich) to eat following their session
Venue	Girls should meet their coaches at 6.55 AM at the shelter under the GMCPA. Athletics Club will be held in a variety of venues including Main Oval, Kelso Oval, Junior school hills and sunshine square when wet.

## Basketball

### IPSHA Basketball

During Term 4, students in Years 4, 5 and 6 will have the opportunity to play in the Saturday morning IPSHA Basketball competition. The competition is run across various venues in the Sydney region, and girls are expected to travel to matches outside of Pymble. Teams are graded by year groups. Match times and locations will become available closer to the start of Term 4. Students must be able to attend their allocated training session to play Basketball in Term 4.

*Online Registrations for this activity will close on Friday 19 August 2016.*

Co-ordinator	Mrs Holly Marich <a href="mailto:hmarich@pymblelc.nsw.edu.au">hmarich@pymblelc.nsw.edu.au</a>
Term/s	Term 4
Years	Year 4 to 6
Trials	Term 3, 2016 Year 4: Wednesday 14 September - 3.00pm to 4.30pm Year 5: Thursday 15 September - 3.00pm to 4.30pm Year 6: Tuesday 13 September - 3.00pm to 4.30pm
Day/Time	Saturday 8.00am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match Dates (Start/End)	Saturday 15 October; Saturday 22 October; Saturday 29 October; Saturday 5 November; Saturday 12 November; Saturday 19 November, Saturday 26 November
Training Schedule	Year 4: Wednesday 3.00pm to 4.30pm Year 5: Thursday 3.00pm to 4.30pm Year 6: Tuesday 3.00pm to 4.30pm
Uniform	Girls will be given a Basketball uniform on loan for the term
Venues	Various venues in the Sydney region

## Cricket

### IPSHA Cricket

During Term 4, students in Years 4 to 6 will have the opportunity to play in the Saturday morning IPSHA Milo T20 Cricket competition. The competition is run across various venues in the Sydney region, and girls are expected to travel to matches outside of Pymble. Teams are graded by year groups. Match times and locations will become available closer to the start of Term 4. Students must be able to attend their allocated training session to play Cricket in Term 4. Match length are between 60 to 90 minutes

**Online Registrations for this activity will close on Friday 19 August 2016.**

Co-ordinator	Mr Matthew Tyson <a href="mailto:mtyson@pymblelc.nsw.edu.au">mtyson@pymblelc.nsw.edu.au</a>
Term/s	Term 4
Years	Year 4 to 6
Trials	Term 3, 2016 Year 4: Wednesday 14 September - 3.00pm to 4.30pm Year 5: Thursday 15 September - 3.00pm to 4.30pm Year 6: Tuesday 13 September - 3.00pm to 4.30pm
Day/Time	Saturday 8.00am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match Dates (Start/End)	Saturday 15 October; Saturday 22 October; Saturday 29 October; Saturday 5 November; Saturday 12 November; Saturday 19 November, Saturday 26 November
Training Schedule	Year 4: Wednesday 3.00pm to 4.30pm Year 5: Thursday 3.00pm to 4.30pm Year 6: Tuesday 3.00pm to 4.30pm
Uniform	Saturday Sport uniform
Venues	Various venues in the Sydney region



## Diving

Diving is a sport that belongs to all and there is no better time to take up the challenge than in the Junior school years. The Diving program is available to all girls in the Junior School. From beginner to the competitive diver. Diving is a dynamic sport that combines grace, courage, skill and athleticism.

Coaching is conducted by a number of qualified coaches, all who have a high level of personal achievement in Diving, therefore they can impart expertise and experience to all divers. Divers can choose to be involved in purely recreational Diving or develop their competitive skills through representation at school, club or national levels.

### Junior FunDive

The Junior FunDive program at Pymble is open to all girls in Years 3 to 6 who have an interest in learning to dive during school time.

It is recommended that students in the FunDive program participate in:

- Tuesday and Friday Lunchtime pool sessions
- Saturday afternoon sessions at Pymble Aquatic Centre 2.00pm to 3.30pm (selected students)

Co-ordinator	Mrs Christine Lang <a href="mailto:clang@pymblelc.nsw.edu.au">clang@pymblelc.nsw.edu.au</a>
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Tuesday and Friday 12.45pm to 1.30pm and/or Saturday 2.00pm to 3.30pm (selected students only)
Cost	\$120.00 Add Saturday \$153.00 (Term 2)
Class Dates (Start/End)	Tuesday 3 May to Saturday 25 June
Maximum Students	15 Students
Uniform	Dryland: Pymble PE Uniform – black bike pants are acceptable. Pool Sessions: Pymble costume
Venues	Tuesday and Fridays: College Aquatic Centre and Artistic Gymnasium Saturday: College Aquatic Centre only (selected students only)

## Pathways Diving

The Pathways Diving program is open to all girls in Years 3 to 12 who are developing in Diving, competing at the school level or wishing to progress to a more competitive level. Further Competitive opportunities are encouraged for those divers wishing to compete at the entry level of competition in NSW Diving, through the Pathways program.

During Term 2 sessions will be available at Pymble Aquatic and Dryland Centres, with additional sessions also held in the Sydney Olympic Park Aquatic Centre (SOPAC).

\*All sessions at SOPAC require students and accompanying parents to pay an entry fee of \$4.00. Transport to and from all venues will be a parental responsibility.

Co-ordinator	Mrs Christine Lang <a href="mailto:clang@pymblelc.nsw.edu.au">clang@pymblelc.nsw.edu.au</a>
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Students are able to participate in up to 4 sessions per week Tuesdays 3.45pm to 5.00pm – Pymble Aquatic Centre Thursdays 5.00pm to 7.00pm – SOPAC Fridays 3.45pm to 5.00pm – Pymble Aquatic Centre Saturdays 2.00pm to 3.30pm – Pymble Aquatic Centre  Morning sessions are available to Pathway divers by invitation only in lieu of other sessions: Monday or Wednesday 6.45am to 8.00am - Pymble Dryland Centre (Wednesday AM session will have access to the Aquatic Centre)
Cost	\$320.00
Class Dates (Start/End)	Monday 2 May to Saturday 25 June
Maximum Students	20 Students
Uniform	Dry land: Pymble PE Uniform – black bike pants are acceptable. Pool Sessions: Pymble or other appropriate diving costume
Venues	College Artistic Gymnasium Pymble Aquatic Centre Sydney Olympic Park Aquatic Centre, Homebush

## Competitive Diving

The Competitive Diving program is open to all girls in Years 3 to 12 who are participating in Diving at a competitive level. Students will have the opportunity to participate in pool sessions at Pymble Aquatic Centre and at the Sydney Olympic Park Aquatic Centre. Students will also participate in dry land lessons, which will involve the use of the indoor Diving boards in the Artistic Gymnasium, to allow for greater correction of technique and fitness, as well as strength and conditioning sessions.

All sessions at SOPAC require students and accompanying parents to pay an entry fee of \$4.00. Transport to and from all venues will be a parental responsibility.

Co-ordinator	Mrs Christine Lang <a href="mailto:clang@pymblelc.nsw.edu.au">clang@pymblelc.nsw.edu.au</a>
Instructors	Christine Lang/Thomas Rickard

Term/s	Term 2
Years	Year 3 to 6
Day/Time	See schedule below
Cost	\$520.00
Class Dates (Start/End)	Monday 2 May to Saturday 25 June
Maximum Students	20 Students
Uniform	Dry land: Pymble PE Uniform – black bike pants are acceptable. Pool Sessions: Pymble or other appropriate diving costume
Venues	College Artistic Gymnasium Pymble Aquatic Centre Sydney Olympic Park Aquatic Centre, Homebush

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Artistic Gym</b>  Dry land Session 6.45am to 8.00am	<b>Pymble Aquatic Centre</b>  5.00pm to 7.00pm	<b>Artistic Gym/Aquatic Centre</b>  Dry land/Water Session 6.45am to 8.00am	<b>SOPAC</b>  5.00pm to 7.00pm	<b>Pymble Aquatic Centre</b>  3.45pm to 5.00pm	<b>SOPAC</b> 11.00am to 1.00pm  or <b>Pymble Aquatic Centre</b> 2.00pm to 3.30pm

## Fitness Classes

The Co-curricular Fitness Program for Junior School students is instructed by experienced and suitably qualified health professionals. The program caters for all fitness levels. In the early stages of development children are ready and able to develop fundamental sport skills. Establishing these core skills early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity. All programs in the co-curricular fitness program are scheduled term by term. Students are required to re-enrol each term.

### Group Fitness

Fundamental movement skills are the building blocks for successful participation in games and sports. The aim of Group Fitness is to develop and enhance these fundamental skills and provide opportunities for our students to grow into confident, healthy and active adults. The twelve skills are balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping, kicking, striking and dodging. Students who are proficient in fundamental movement skills are more likely to participate in games and sports and establish life-long commitment to health and physical activity. Research suggests that children who do not develop their fundamental motor skills by the age of 12 are unlikely to reach their genetic athletic potential.

Group fitness aims to reduce exercise boredom as every class is different. The focus of each session will be on developing the skills listed above through the use of games and specific fitness activities in a non-competitive environment. It is a flexible training program that conditions the entire body, not just the specific muscle groups associated with a particular sport. For this reason, students who take part in these sessions are likely to develop a higher level of overall fitness and conditioning.

Co-ordinator	Ms Andra Priestley <a href="mailto:apreistley@pymblelc.nsw.edu.au">apreistley@pymblelc.nsw.edu.au</a>
Instructor	Julia O'Neill
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Monday and Wednesday 3.00pm to 4.00pm
Cost	\$165.00
Maximum Students	20
Match Dates (Start/End)	Monday 2 May to Wednesday 22 June
Uniform	Students are expected to wear their PE/Sports uniform with suitable shoes
Venues	Students must meet near the Yellow soft play area, they will be walked to various locations around the College (PE Centre/Ovals/Strength & Conditioning Room)

## Zumba

Zumba is a dance fitness program, combining body sculpting movements and easy to follow dance steps. There are no pre-requisites as it is taught in a completely different way to traditional dance classes. Students will learn mini routines over the course of the term based on steps from the salsa, meringue, cumbia, reggeaton, mambo, hip hop and even belly dancing. The idea is to get fit 'accidentally', with each class feeling more like a carnival than an exercise session.

Co-ordinator	Ms Andra Priestley <a href="mailto:apriestley@pymblelc.nsw.edu.au">apriestley@pymblelc.nsw.edu.au</a>
Instructor	Aline Pascuzzo
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Tuesday 3.00pm to 4.00pm
Cost	\$90.00
Maximum Students	20
Match Dates (Start/End)	Tuesday 3 May to Tuesday 21 June
Uniform	Students are expected to wear their PE/Sports uniform with suitable shoes
Venues	Main Hall Senior School

## Golf

Golf at Pymble is offered as a co-curricular activity to all students in Years 3 to 6. There are many physical, social and mental benefits of playing Golf which include playing and interacting with other people whilst exercising. Sessions are held at Avondale Golf Club where students will be instructed by professional golfers.

The Junior Golf group offers basic instruction of the fundamentals of golf. The girls will move through range based instruction; chipping on the practice green and putting instruction.

Junior school students waiting for their golf session to begin will need to be booked into after school care in the Junior school. Students will be escorted by a Pymble staff member to the Golf Club however; they will be required to be collected by their parent or guardian from the Golf Club at the conclusion of the session.

*This activity will also be available for registration in Term 3 and 4.*

Co-ordinator	Skye Halliday
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Year 3 and 4: Tuesday 3.45pm to 4.45pm Year 5 and 6: Friday 3.45pm to 4.45pm
Cost	Tuesday: \$123.00 Friday: \$123.00
Class Dates (Start/End) Tuesdays	Tuesday 3 May to Tuesday 21 June
Class Dates (Start/End) Fridays	Friday 6 May to Friday 24 June
Maximum Students	12 per group
Uniform	Avondale Golf Course has strict dress guidelines. Students must wear their Pymble PE uniform which must include a collared house/Saturday sport t-shirt, navy shorts, white socks and white sandshoes.
Equipment	All girls are required to bring their own golf clubs, at minimum a 6 or 8 iron; and a putter. Girls are encouraged to buy a small golf bag to fit these in as they will be walking to and from the club.
Venues	Avondale Golf Club



## Hockey

### Hockey 6 a side

The Term 4 hockey places a strong emphasis on enjoyment through playing social hockey. In 2016 girls in Year 3 to 6 are invited to join a 6 a side Hockey development afternoon to be held at Pymble. The girls will take part in a skill session followed by 6 a side matches. It will be a fantastic way for new girls to come and try the sport as well as experienced players to develop their skills. The sessions will focus on training / skill development followed by 6 a side Hockey games.

Co-ordinator	Mrs Rachel Kingsell
Term/s	Term 4
Years	Year 1 to 6
Day/Time	Monday 3.00pm to 5.00pm The format will be a skills session followed by small sided games.
Cost	\$98.00
Class Dates (Start/End)	Monday 17 October to Monday 28 November
Uniform	Saturday Sport t-shirt Navy Shorts Navy Hockey Socks or Long Navy Winter Socks Suitable shoes – sneakers
Equipment	Students MUST have their own mouthguard and shin pads. These items are non-negotiable. Students will not be able to take the hockey field or participate in their training sessions without these safety items. Students must also have a hockey stick; however we do have few sticks to lend out to students, please contact the Junior School PE Department for further information.
Venues	Mollie Dive Field (Pymble Ladies' College)

### Learn to Play Sports (Year 3)

Learn to Play Sports will focus on the Long Term athletic development of the Junior girls. Girls will be introduced to a new sport each term and taught the basic skills and techniques of the game by qualified, experienced coaches.

- Term 2 – Netta netball
- Term 3 – modified basketball
- Term 4 – Minkey hockey

*This activity will also be available for registration in Term 3 and 4.*

Co-ordinator	Mrs Rachel Kingsell <a href="mailto:rkingsell@pymblelc.nsw.edu.au">rkingsell@pymblelc.nsw.edu.au</a>
Term/s	Full Year (Terms 1 to 4) or Term by Term
Years	Year 3
Day/Time	Monday 3.00pm to 4.00pm
Cost	\$98.00 per term
Class Dates (Start/End)	Term 2: Monday 2 May to Monday 20 June Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Uniform/Requirements	PE Uniform with appropriate footwear. Term 4 - soccer (shin pads compulsory). Mouthguards optional. All girls should bring a drink bottle to their session.
Venue	Junior School Courts and Kelso Oval (venues may change term by term due to the sport chosen for year groups)

## Netball

### IPSHA Netball

During Term 3, students in Years 4 to 6 will have the opportunity to play in the IPSHA Saturday morning Netball competition. The competition is run across various venues in the Sydney region, and girls are expected to travel to matches outside of Pymble. Teams are graded by year groups. Match times and locations will become available closer to the start of Term 3. Students must be able to attend their allocated training session to play Netball in Term 3.

Please note: students are unable to play Club Netball as well as IPSHA Netball due to time clashes.

**Online Registrations for this activity will close on Friday 27 May 2016.**

Co-ordinator	Mrs Holly Marich <a href="mailto:hmarich@pymblelc.nsw.edu.au">hmarich@pymblelc.nsw.edu.au</a>
Term/s	Term 3
Years	Year 4 to 6
Trials	Year 4: Wednesday 22 June 3.00pm to 4.30pm Year 5: Thursday 23 June 3.00pm to 4.30pm Year 6: Tuesday 21 June 3.00pm to 4.30pm
Day/Time	Saturday 8.00am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match Dates (Start/End)	Saturday 23 July; Saturday 30 July; Saturday 6 August; Saturday 13 August; Saturday 20 August; Saturday 27 August; Saturday 3 September; Saturday 10 September
Training Schedule	Year 4: Wednesday 3.00pm to 4.30pm Year 5: Thursday 3.00pm to 4.30pm Year 6: Tuesday 3.00pm to 4.30pm
Uniform	Saturday Sport uniform
Venues	Various venues in the Sydney region

## Rhythmic Gymnastics

Rhythmic Gymnastics is a beautiful and elegant sport for all girls. It combines ballet, creative movements and acrobatics such as cartwheels, rolls and walkovers to music, whilst working with ropes, hoops, balls, clubs and ribbon. All apparatus are completed on the floor. A variety of benefits include developing physical fitness, strength, flexibility, agility, balance and eye hand foot coordination all whilst having fun. It also develops life skills such as self-confidence, team work, responsibility, goal-setting and friendships.

Rhythmic Gymnastics is available on most afternoons for all students in Junior school and is held in the PE Centre. Registrations are to be made externally to Pymble Rhythmic Gymnastics. Please see a summary of their timetable for 2016. For specific information such as class levels, costs, how to enrol, please email Jo Watson [pymblerg@gmail.com](mailto:pymblerg@gmail.com) or click on the enrolment form below.

**[Registrations are to be made externally from the Pymble Ladies' College registration system to Pymble Rhythmic Gymnastics.](#)**

[Click here to download.](#)

2016 Rhythmic Gymnastics Timetable				
Monday	Tuesday	Wednesday	Thursday	Friday
Level 2 and 3 5.00pm to 7.00pm <i>Class 1 of 2</i>	Level 1 3.00pm to 4.30pm <i>Class 1 of 2</i>	No Rhythmic Gymnastics on Wednesday	Level 1 3.00pm to 4.30pm <i>Class 2 of 2</i>	Level 2 and 3 3.30pm to 5.30pm <i>Class 2 of 2</i>
Students in Levels 4 to 10 (Monday, Tuesday, Thursday, Friday 3.30pm to 7.00pm) Levels 4 to 6: Minimum 2 days   Levels 7 & 8: Minimum 3 days   Levels 9 & 10: Minimum 4 days				



## Swimming

On April 8 the College's new Centenary Sports Precinct will be opening. It will include a 51.5m swimming pool with a 1.5m boom, 2 x 1m, 2 x 3m and 1 x 5m diving boards, a fitness centre, treatment rooms, a 16 x 8m learn to swim pool, 6 new change rooms, seating for 700 spectators, an upgraded Mollie Dive Field and a new underground carpark. After many years of research, planning and construction we are confident in saying the students' at Pymble Ladies' College will enjoy using the best school Aquatic and Fitness Centre in Australia. Coupled with thoughtful design, amazing audio visual functionality, exceptional air treatment, FINA standard lighting, leading filtration, heating and noise reduction techniques, the College's Aquatic and Fitness Centre Staff will cater for all students at the College.

Below is some important information regarding the transition of the swimming program into the Centenary Precinct. We will do our best to make the transition as easy as possible. However, we do expect some initial challenges and ask for your support and patience in dealing with these.

### Learn to Swim Information

Leanne Oakley – Learn to Swim Coordinator  
[swimming@pymblelc.nsw.edu.au](mailto:swimming@pymblelc.nsw.edu.au)

### Learn to Swim Operating Hours

As our program grows and develops and we have a higher demand for lessons we may expand on our Learn to Swim operating hours. The initial operating hours will be:

- Weekday Morning classes  
Days offered: Tuesday, Thursday and Friday mornings  
Times: 9.00am to 11.30am
- Weekday afternoon classes  
Days offered: Monday, Tuesday, Wednesday, Thursday and Friday afternoons  
Times: Pymble Students: 3.00pm to 6.00pm  
Siblings and External swimmers: 4.00pm to 6.00pm
- Weekend classes  
Days offered: Saturday morning  
Times: 8.00am to 12.00pm

### Learn to Swim and Squad Direct Debit Fees

All Learn to Swim and Squad fees will be paid for on a monthly basis. These payments will be due on the first business day of each calendar month, by direct debit with either a credit card or direct to bank account. **Swimming fees for Pymble Ladies' College students and siblings will no longer be placed onto student accounts.** The Direct Debit of your chosen account will be set up in the Centre at the time your bookings are made.

### Learn to Swim Pricing

- The lesson fee based on 1 lesson per child, per week is \$18.00
- The lesson fee based on 2 lessons per child, per week is \$33.30  
(2 or more lessons per week receive a 15% discount beginning with the second lesson)

## Assessment Information

On Monday 4 April at 10.00am, bookings for Learn to Swim Assessments will open. Our Learn to Swim Program will be based in our purpose built 16 x 8m Learn to Swim pool. Assessments will be for all swimmers between the ages of 3 to 10 years. For any parents of swimmers who are over the age of 10, and are non or weak swimmers, please also refer to this assessment information.

- The **first week** of assessments (Monday 11 April to Friday 15 April) will be for Pymble Ladies' College students and their siblings only.
- The **second week** of assessments (Monday 18 April to Friday 22 April) will be open to all Pymble families as well as all families in the wider Pymble community.
- The **third week** of assessments (Tuesday 26 April to Friday 29 April) will again be open all Pymble families as well as all families in the wider Pymble community.

When Learn to Swim assessments open, you will be able to browse all the available time options. Please remember, we are limited with how many children we can assess at any time, and we are doing our best to cater for as many time slots as we can during a very busy time. Please be patient when making your assessment bookings, and understand that it isn't possible for us to assess every new swimmer to the program on the first day.

Once your swimmer/s are assessed, we will be aiming to complete lesson bookings straight away. To complete all bookings, we will require a responsible person to fill out an enrolment form with credit card or bank account details and accept the Pymble Ladies' College Terms and Conditions of the Aquatic programs. Once this is completed, we will be looking forward to seeing all of our new Swimmers in the week commencing **Monday 2 May**.

If you are going to be away during all three weeks of the assessment period, please don't panic. Assessments will be continuously ongoing as the program commences. Assessments will be taking place between 5.00pm to 6.00pm on Tuesdays and Thursdays as the program commences.

## Booking a Learn to Swim Assessment

Our new Pymble Swimming online booking system is now ready to access. Before assessment bookings open online this coming Monday, we encourage all families to follow the instructions below and register your family details, and student details online. This means that when the assessment bookings open, that the process will be much faster and easier for you.

## Squad Swimming Information

[swimming@pymblelc.nsw.edu.au](mailto:swimming@pymblelc.nsw.edu.au)

## Squad Swimming Assessments - Current Scarlet, Navy and White Squad Swimmers

The Pymble Swimming Squad program will be based in the 8 lane 50m pool in the new Aquatic Centre. The squad program is still being finalised by the College and our new Swimming Coaching Director - Leanne Speechley. Our current Scarlet, Navy and White squad swimmers will be moving into the new Aquatic Centre in their current swimming groups.

During April, these swimmers and squads will be assessed by Leanne Speechley, and her team of coaches. Some movement between squads may occur at this time. It is important that each student is graded correctly so technique, fitness and personal goals can best be addressed.

### **Squad Swimming Assessments - New Swimmers to the program**

The Pymble Swimming Squad program will be based in the 8 lane 50m pool in the new Aquatic Centre. All former and new squad swimmers will be invited to come in for a Squad Swimming assessment with Leanne Speechley and her team of coaches.

Squad swimming assessments will be for all swimmers aged 10 and over, as well as all of those swimmers who are currently swimming in a squad program elsewhere. Please note, if your child is 10 years or over, and is a non or weak swimmer - please refer to the Learn to Swim Assessment booking information.

The times and dates of these available assessments are still to be determined. Information will be available shortly.

We understand that there are a lot of Squad swimmers that are currently swimming in other programs who do need to give cancellation notice so that they can begin swimming at Pymble. Our Squad program will be commencing with new schedules as of the first week in May.

### **Squad Registrations**

Prior to your first visit to the new Centre, we require all swimmers to be pre-registered online. Our new Pymble Swimming online booking system is now ready to access.

#### **Important Information before registering online:**

- It is extremely important that only one responsible person in each family makes a registration
- Please ensure when registering your family details to remember your email address (this will be your username) and password that you set up for your account
- When registering, you may add both Learn to Swim and Squad swimmers to your account.
- The responsible person will be the primary contact for the Swimming account (both Learn to Swim and Squad Swimming) and will be the person providing credit card or bank account details upon booking. Please note. The responsible person must be over the age of 18.

The steps to registering your family for the online booking system are:

1. Please follow the link: <https://secure.activecarrot.com/public/class/browse/586>
2. Click on: *Register here to book*
3. Enter *Parent* or *Responsible person* details (only one responsible adult per family)
4. Enter your email address (this will be your username) and individual password.
5. Continue to register all family details, as well as emergency details
6. You will then be created as the responsible person for your family, and will be directed to the Log in page, where you will be asked to enter your username (which will be your email address) and password.
7. Once logged in, please click on *Classes*, and then click on *Student Profiles*.
8. You will then be able to *Add* students (children) into the booking system, by entering their first and last names, Date of Birth, Gender, Email (the same as yours), and any health issues.
9. Once you have completed this for all children who will be swimming in the Aquatic Centre (both Learn to Swim and Squad) you will now be able to log out.

Please contact [swimming@pymblelc.nsw.edu.au](mailto:swimming@pymblelc.nsw.edu.au) if you have any questions or concerns and we will do our best to get back to you.

## Tennis

### IPSHA Tennis

During Term 4, students in Years 4 to 6 will have the opportunity to play in the Saturday morning IPSHA Tennis Competition. Students must be able to serve and score to be considered into this Tennis Competition. Girls are selected in various teams. The competition is run across various venues in the Sydney region, and girls are expected to travel to matches outside of Pymble. Match times and locations will become available closer to the start of Term 4. Students must be able to attend their allocated training session to play Tennis in Term 4. Teams may be a mix of Year 4, 5 or 6 depending on player ability. Alternatively, girls may play against girls from other schools in either Year 4, 5 or 6.

**Online Registrations for this activity will close on Friday 19 August 2016.**

Co-ordinator	Mrs Rachel Kingsell <a href="mailto:rkingsell@pymblelc.nsw.edu.au">rkingsell@pymblelc.nsw.edu.au</a>
Term/s	Term 4
Years	Year 4 to 6
Trials	Term 3 Year 4: Wednesday 14 September 3.00pm to 4.30pm Year 5: Thursday 15 September 3.00pm to 4.30pm Year 6: Tuesday 13 September 3.00pm to 4.30pm
Day/Time	Saturday 8.00am to 12.00pm Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match Dates (Start/End)	Saturday 15 October; Saturday 22 October; Saturday 29 October; Saturday 5 November; Saturday 12 November; Saturday 19 November; Saturday 26 November
Training Schedule	Year 4: Wednesday 3.00pm to 4.30pm Year 5: Thursday 3.00pm to 4.30pm Year 6: Tuesday 3.00pm to 4.30pm
Uniform	Saturday Sport uniform
Venues	Various venues in the Sydney region



## Tennis Lessons

Tennis lessons are available Year 3 to 6 students. Tennis at Pymble is part of Tennis Australia's "Hot Shots" program which is created just for kids. Smaller courts, lighter racquets and low compression balls that don't bounce too high make learning tennis fun and easy. This means that kids are able to start rallying and having fun in their first lesson!

**Assistant Head Coach/Co-ordinator K-6:**

Mr Sean White

[swhite@pymblelc.nsw.edu.au](mailto:swhite@pymblelc.nsw.edu.au)

0407 063 392

### Conditions of Enrolment (Tennis)

1. **Bookings/Registrations:** All bookings for tennis are made through the online registration system. Confirmations will be sent out by the Assistant Head Coach/Co-ordinator K-6 Sean White before the start of the term.
2. **Fee Policy:** Lessons are charged on a term flat rate. There are no refunds or credits on any further missed lessons (exception for Public Holidays, this will be calculated pro-rata). We will endeavour to offer a maximum of 2 make-up lessons per term due to wet weather/sickness/camps/examinations (No make up lessons are available for Squads). All lessons are charged to College accounts at the end of the school term.
3. **Semi Private Lessons:** If one student is present for their lesson and the lessons goes ahead, no make-up lesson is offered to the other student who missed the lesson.
4. **Make-up Lessons:** Group make-up lesson need to be completed during the term in which they have been registered for. No make-up lessons can be carried over into the following term. Please make contact with the Assistant Head Tennis Coach for queries regarding these lessons. Semi-private make-up lesson will be offered during the last week of the term but can also be made up during the first week of the school holidays.
5. **Cancellations:** 12 hour notice must be given to Co-ordinator/Assistant Head Tennis Coach, Sean White (0407 063 392 or [swhite@pymblelc.nsw.edu.au](mailto:swhite@pymblelc.nsw.edu.au)) for any cancellation of lessons or a lesson fee will be honoured and no make-up lesson will be offered.
6. **Wet Weather:** Junior students participating in group lessons will not proceed in the case of poor weather conditions. Semi-private lessons in the circumstances of wet weather, parents will be notified via SMS if their daughter's lesson has been cancelled. The Junior School Administration office will also be advised for any afternoon semi-private lessons have been cancelled. Please note the make-up lesson policy above. There is a maximum of 2 make-up lessons offered in the current term.

### Year 3 and 4 Group Tennis

Year 3 and 4 students play with a slightly modified ball and court making it easier to rally with a lower bounce suitable for their height (court size 75% of full court). Students that excel in the group will have the opportunity to join the Year 3 and 4 Junior Development squads.

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 3 and 4
Days/Times	Monday: 12.45 to 1.30pm (Lunch) Tuesday: 12.45 to 1.30pm (Lunch) Wednesday: 12.45 to 1.30pm (Lunch) or 3.45pm to 4.30pm Friday: 12.45 to 1.30pm (Lunch) or 3.45pm to 4.30pm
Cost	1 session per week: \$185.00 2 sessions per week: \$277.00

	Price will be reduced for less weeks on specific days
Class Dates (Start/End) Mondays	Monday 2 May to Monday 20 June
Class Dates (Start/End) Tuesdays	Tuesday 3 May to Tuesday 21 June
Class Dates (Start/End) Wednesdays	Wednesday 4 May to Wednesday 22 June
Class Dates (Start/End) Fridays	Friday 6 May to Friday 24 June
Minimum Students	3 per group
Maximum Students	Tennis groups have a maximum of 5 students to 1 coach
Equipment	PE uniform, Tennis Racquet (if students don't own a racquet, a racquet can be purchased through Mr Sean White), Hat
Venues	Senior school courts (next to PE Centre)

### Year 5 and 6 Group Tennis

Students will play with their peers in year 5 and 6. Depending on ability, students will either play with a green ball (75% compression, International standard to 10/u players) or Yellow ball (regulation tournament ball for 12 years and above). Students that excel in the group will have the opportunity to progress to the Junior Development squads.

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 5 and 6
Days/Times	Tuesday: 12.45 to 1.30pm (Lunch) Wednesday: 12.45 to 1.30pm (Lunch) Thursday: 12.45 to 1.30pm (Lunch) Thursday: 3.45pm to 4.30pm Friday: 3.45pm to 4.30pm
Cost	1 session per week: \$185.00 2 sessions per week: \$277.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End) Tuesdays	Tuesday 3 May to Tuesday 21 June
Class Dates (Start/End) Wednesdays	Wednesday 4 May to Wednesday 22 June
Class Dates (Start/End) Thursdays	Thursday 5 May to Thursday 23 June
Class Dates (Start/End) Fridays	Friday 6 May to Friday 24 June
Minimum Students	3 per group
Maximum Students	Tennis groups have a maximum of 5 students to 1 coach
Equipment	PE uniform, Tennis Racquet (if students don't own a racquet, a racquet can be purchased through Mr Sean White), Hat
Venues	Senior school courts (next to PE Centre)

## Year 3 and 4 Development Squad

Development squads will have a strong focus on developing tactical awareness through point play and footwork patterns. Squad members will be offered opportunities to play in tournament events such as Primary School Challenge, Northern Suburb Tennis Association Saturday morning comp and IPSHA Tennis. Students are encouraged to participate twice a week.

*Development Squad is by invitation only by Mr Sean White.*

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 3 and 4
Days/Times	Tuesday: 3.00pm to 4.00pm Thursday: 6.45am to 8.00am
Cost	1 session per week: \$170.00 2 sessions per week: \$255.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End) Tuesdays	Tuesday 3 May to Tuesday 21 June
Class Dates (Start/End) Thursdays	Thursday 5 May to Thursday 23 June
Minimum Students	3 per group
Maximum Students	12 per group
Equipment	PE uniform, Tennis Racquet, Hat
Venues	Senior school courts (next to PE Centre)

## Year 5 and 6 Development Squad

Development squads will have a strong focus on developing tactical awareness through point play and footwork patterns. Squad members will be offered opportunities to play in tournament events such as Primary School Challenge, Northern Suburb Tennis Association Saturday morning comp and IPSHA Tennis. Students are encouraged to participate twice a week.

**Development Squad is by invitation only by Mr Sean White.**

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 5 and 6
Days/Times	Wednesday: 3.00pm to 4.30pm Friday: 6.45am to 8.15am
Cost	1 session per week: \$213.00 2 sessions per week: \$318.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End) Wednesday	Wednesday 4 May to Wednesday 22 June
Class Dates (Start/End) Friday	Friday 6 May to Friday 24 June
Minimum Students	3 per group
Maximum Students	12 per group
Equipment	PE uniform, Tennis Racquet, Hat
Venues	Senior school courts (next to PE Centre)

## Saturday Morning Competition (NSTA)

Junior school students will have the opportunity to represent the school in competitive tennis all year round. The Competition is for junior tennis players organised by NSTA (Northern Suburbs Tennis Association). Players will play two sets of Doubles and one set of singles. Teams will play against boys and girls from both clubs and schools in the North Shore area. Lianne Tooth courts (Junior school courts) will be the home venue for teams.

**Students must be Junior Development squad player, or approved by Coordinator (Sean White) to participate.**

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 4 and 6
Days/Times	Saturday 8.00am to 10.00am
Team Details	2 players per team or 4 players per team (rotated)
Cost	Will be advised
Match Dates (Start/End)	Saturday 7 May, Saturday 14 May, Saturday 21 May, Saturday 28 May, Saturday 4 June (5 Rounds) Finals: Saturday 18 June No games on Saturday 11 June
Minimum Students	2 per team
Maximum Students	5 teams
Equipment	PE uniform, Tennis Racquet, Hat

Venues	Senior school courts (next to PE Centre) or Lianne Tooth Field (Junior school courts). Will be advised by Mr. Sean White
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### Semi-Private Lessons

A semi-private tennis lesson allows you to receive personal instruction with a friend (ideally of similar ability and age). The low coach to student ratio enables the coach to fast-track player's technical development of at their own speed. Mr. Sean White can assist with partnering student together if necessary.

Please Note: when making booking please indicate partner's names and preference of day. Confirmation will be provided by Mr. Sean White.

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 3 to 6
Days/Times Please note: the times and days provided are only an indication of what is available. Your chosen day/time is not guaranteed.	<b>Monday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm <b>Tuesday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm <b>Wednesday :</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm <b>Thursday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm <b>Friday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm
Cost per term	45 Minute Lesson: \$341.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 2 of Term 2 to Week 9 of Term 2
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

### Private Lessons

Private lessons benefit all standards from beginners to advanced players. Pymble Ladies College has qualified coaches to help develop both the technical element of strokes and tactical play.

Co-ordinator	Mr Sean White <a href="mailto:swhite@pymblelc.nsw.edu.au">swhite@pymblelc.nsw.edu.au</a>
Term/s	Term 2
Years	Year 3 to 6
Days/Times	<b>Monday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm <b>Tuesday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm <b>Wednesday :</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm

	5.15pm to 6.00pm <b>Thursday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm 5.15pm to 6.00pm <b>Friday:</b> 6.45am to 7.30am, 7.30am to 8.15am, 12.45pm to 1.30pm, 3.00pm to 3.45pm, 3.45pm to 4.30pm, 4.30pm to 5.15pm, 5.15pm to 6.30pm
Cost per term	45 Minute Lesson: \$555.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 2 of Term 2 to Week 9 of Term 2
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

## Touch Football

### IPSHA Touch Football

During Term 3, students in Years 4 to 6 will have the opportunity to play in the Saturday morning IPSHA Touch Football competition. The competition is run at various venues around Sydney. Match times and locations will become available closer to the start of Term 3. Students must be able to attend their allocated training session to play Touch Football in Term 3.

**Online Registrations for this activity will close on Friday 27 May 2016.**

Co-ordinator	Mr Matthew Tyson <a href="mailto:mtyson@pymblelc.nsw.edu.au">mtyson@pymblelc.nsw.edu.au</a>
Term/s	Term 3
Years	Year 4 to 6
Trials	Year 4: Wednesday 22 June 3.00pm to 4.30pm Year 5: Thursday 23 June 3.00pm to 4.30pm Year 6: Tuesday 21 June 3.00pm to 4.30pm
Day/Time	Saturday 8.00am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match Dates (Start/End)	Saturday 23 July; Saturday 30 July; Saturday 6 August; Saturday 13 August; Saturday 20 August; Saturday 27 August; Saturday 3 September; Saturday 10 September
Training Schedule	Year 4: Wednesday 3.00pm to 4.30pm Year 5: Thursday 3.00pm to 4.30pm Year 6: Tuesday 3.00pm to 4.30pm
Uniform	Saturday Sport shorts Girls will be given a Touch Football singlet on loan for the term Touch football style boots with plastic studs must be worn
Venues	Various venues in the Sydney region

# *Activities*

## DIY Glamour Lab (formerly My Beauty Shop)

Over 8 weeks indulge your sense of smell, touch and curiosity as we guide you through the secrets (and the recipes) of how to make beautiful handmade items such as soaps, real perfume that you will personalise, bubble bath that suits your skin type, nourishing and wholesome lip balms and lip glosses, your own handmade fruity, fun and fancy bath bombs (that will end up a favourite DIY gift for years to come) plus so much more.

You will enjoy making your own personalised beauty products using only the very best and natural ingredients including pure essential oils, organic dried flowers, plants and herbs. We will develop products that are just heavenly, uniquely yours and provide them in professional packaging so you can enjoy them yourself or use them as gifts for the people you care about. The possibilities are endless with a large array of ingredients available for your personalised creations.

You will learn how to enjoy the luxuries without worrying about nasty chemicals. Indulgent skin treatments made from organic and natural products that are suitable for all the family members are made every week. You even get a journal and the recipes every week so you can make everything again at home!

**Facilitator:** Mary Alonti is a professional beauty therapist, educator and makeup artist with over 25 years of industry experience. In the last 6 years, since becoming a mother herself, Mary has spent hundreds of hours learning, about 'greener' alternatives to the toxic chemical laden items we use daily. Sharing this knowledge is what she is most passionate about. "We all need to know that there are alternatives to everything we use and we can make it wholesome and non-toxic for our whole family.

*[This activity will also be available for registration in Term 3 and 4.](#)*

Co-ordinator	Mr Stuart Clark <a href="mailto:sclark@pymblelc.nsw.edu.au">sclark@pymblelc.nsw.edu.au</a>
Teacher	Mrs Mary Alonti
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Friday 3.30pm to 4.45pm
Cost	\$230.00 (plus \$80.00 for kit, all ingredients for products made weekly)
Class Dates (Start/End)	Friday 6 May to Friday 24 June
Minimum Students	8 students
Maximum Students	10 students
Venue	Demountable 10



## Chess

- **New enrolments only**
- **Students who are registered in Term 1, are not required to re-register.**

Chess Club at Pymble is available to students in the Junior School. The College employs a specialist coach from the Sydney Academy of Chess. Any student may attend the Chess Club and usually between 5 and 20 students are present. The College provides all necessary equipment and supports the students in achieving their potential in the game of chess.

*This activity will also be available for registration in Term 3 and 4.*

Co-ordinator	Stuart Clark
Teacher	Brett Tindall (Sydney Academy of Chess)
Term/s	Term 2
Years	Year 3 to 6
Day/Time	Friday 12.50pm to 1.30pm
Cost	\$80.00
Class Dates (Start/End)	Friday 6 May to Friday 24 June
Minimum Students	5 student
Maximum Students	30 students
Venue	Demountable 10
Equipment	All chess equipment will be provided.

## Chinese (Mandarin)

- **New enrolments only**
- **Students who are registered in Term 1, are not required to re-register.**

### Beginners

Chinese (Mandarin) will be offered to students in Kindergarten to Year 3. There will be two streams available: Beginners and Heritage. Beginners is offered to students who have little or no knowledge of Chinese. The class will focus on language acquisition as well as an introduction to the magnificent cultural aspects of China. The class will learn about Chinese festivals and Chinese famous characters. Various methods of teaching will be used to engage students' interests ranging from use of technology, popular Chinese songs, games and role plays. Students will use different textbooks for course material.

***This activity will also be available for registration in Term 3 and 4 (Semester 2); information will be released at the end of Term 2.***

Co-ordinator	Stuart Clark <a href="mailto:sclark@pymblelc.nsw.edu.au">sclark@pymblelc.nsw.edu.au</a>
Teacher	Ms Ting Wang
Term/s	Term 2 – new enrolments only
Years	Kindergarten to Year 3
Day/Time	Wednesday 3.00pm to 3.45pm
Cost	\$230.00
Class Dates (Start/End)	Term 2: Wednesday 4 May to Wednesday 22 June
Minimum Students	8 students
Maximum Students	15 students
Venue	Preparatory Library

### Heritage

Chinese (Mandarin) will be offered to students in Kindergarten to Year 3. There will be two streams available: Beginners and Heritage. Heritage is offered to students who speak Chinese at home or who have been educated for 1 or more years in Chinese. The focus of this class will be to develop students' confidence and skills in expressing ideas in Chinese. The emphasis will be on increasing competence in the spoken and written language. A variety of learning activities will be used, such as discussions, spelling competitions, use of technology, popular Chinese songs and Chinese film. Students will use Chinese Made Easy for Kids and Ma Liping Chinese for course material.

***This activity will also be available for registration in Term 3 and 4 (Semester 2); information will be released at the end of Term 2.***

Co-ordinator	Stuart Clark <a href="mailto:sclark@pymblelc.nsw.edu.au">sclark@pymblelc.nsw.edu.au</a>
Teacher	Ms Ting Wang
Term/s	Term 2 – new enrolments only
Years	Kindergarten to Year 3
Day/Time	Wednesday 3.00pm to 3.45pm
Cost	\$230.00
Class Dates (Start/End)	Term 2: Wednesday 4 May to Wednesday 22 June
Minimum Students	8 students
Maximum Students	15 students
Venue	Preparatory Library

## Life Skills

### Hand Writing Course

This tailored hand writing course will cover the following:

- Screening: To establish the girl's current skills and then create a set of achievable goals.
- Letter formations in print and cursive styles.
- Spatial organisation including sitting letters on the line, consistent sizing and spacing in between words.
- Planning and mind mapping to develop organisation and details.
- Punctuation use and correct sentence structure.
- Year appropriate text types.
- Developing creative writing skills.
- Speed: Being able to quickly, neatly and write succinctly.
- Pencil grip: Ensuring each girl has a functional pencil grip that will not impact her writing abilities.

**The Facilitator:** [Occupational Therapy Helping Children](#) (OTHC) was one of the first Paediatric Private Practices set up in Sydney and has been operating continuously since 1994. They have a proven track record for the outcomes their clients have achieved as they have reached adulthood. Their success stories include a Paralympian who placed 10th in the Olympics last year at just 14 years of age, an Australian chess champion, and an outstanding hymnodist just to name a few.

All their therapists are ABA trained and OTHC are approved service providers through FaHSCIA for the Helping Children with Autism and Better Start for Children with Disabilities packages. The OTHC staff all have a wealth of experience in different areas of paediatrics. The OTHC staff all have funding provided annually to ensure they keep their skills up to date and are able to offer the latest information and techniques to their clients.

Co-ordinator	Mr Stuart Clark
Facilitator	<a href="#">Occupational Therapy Helping Children</a>
Term/s	Term 2 (8 week course)
Years	Year 3 to 6 Classes will be split into Years 3 and 4 / Years 5 and 6
Day/Time	Wednesday 7.00am to 8.00am
Cost	\$295.00
Class Dates (Start/End)	Wednesday 4 May to Wednesday 22 June
Minimum Students	15 students
Maximum Students	15 students
Equipment Required	Notebook and pens
Venue	TBC