



Pymble Ladies' College

Co-curricular Sport & Activities Term 2, 2016

Secondary



General Information

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

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

College Services

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

E 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, yearly, semester based and termly 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 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). [it](#) for instructions or click on the direct links below.



Sport Information

Saturday Sport

Students 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, Basketball is played in Term 2, registrations open in Term 1).

For Saturday morning sport some sporting teams will have a round game down at Frensham school in Mittagong. If several teams are playing, the Sports Co-ordinator will organise a bus that students can take if they wish. If this service is available, students and parents will be notified by email when then team draws are distributed. If not, students will need to organise their own transport, car-pooling is suggested and the co-ordinator can assist finding students a lift if notified early in the week. It is an expectation as part of the commitment to the sport, that students must attend these matches at the Frensham school.

Saturday Sport Options (Year 7 to 12)

Students can only choose one Saturday morning sport per term.

Term	1	2	3	4
Sports Available	IGSSA Tennis IGSSA Softball Interschools Badminton Rowing Y8-12 Sailing*	IGSSA Football (Soccer) IGSSA Basketball	IGSSA Netball IGSSA Hockey	IGSSA Touch Football IGSSA Water Polo Santa Sabina Volleyball HKDTA Tennis Rowing Y7-11 Sailing*
	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.	

*Advanced Sailors only

Uniforms

Most sports have their own specific competition uniform that is available from the College Uniform Shop (unless indicated). 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. Pymble concentrates on IGSSA competition and to complement this we often enter our IGSSA teams into district, regional and invitational competitions and carnivals.

Players are expected to attend all scheduled competitions as part of their commitment to their chosen sport and team. If a student is unable to attend matches for any valid reason (illness, important function) they are required to advise the co-ordinator of the sport or activity or the Head of Sport in advance or 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. Students must also meet the minimum standards so that they have the skills to compete at a safe level.

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. The trials also assist the staff to ensure the team is nominated into the appropriate grade for competition. If students are unable to attend their nominated trial date, they must communicate well in advance with their sports co-ordinator.

Trials for all teams will commence the term prior to competition. For example Hockey is played in Term 3 so the trials will run through-out Term 2. 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. Each sports team generally two training sessions per week. Training is held before school from 6.45am to 8.00am and after school from 3.30pm to 5.00pm. Girls will be notified as early as possible of their training schedule, usually at the beginning of each season. Most sports training sessions practise at least once a week.

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.

Students may travel in their sports uniform if being transported by car directly from home to a training session before 7.30am or leaving training session or competition after 4.30pm to travel directly home by car. Students may arrive prior to 7.00am or leave training sessions after 5.00pm in their full tracksuit if travelling by public transport.

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.

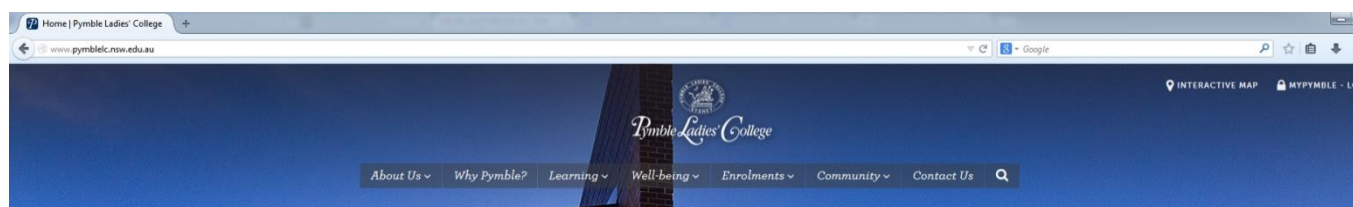
Forgotten Your Username - Please contact College Services

E collegeservices@pymblelc.nsw.edu.au

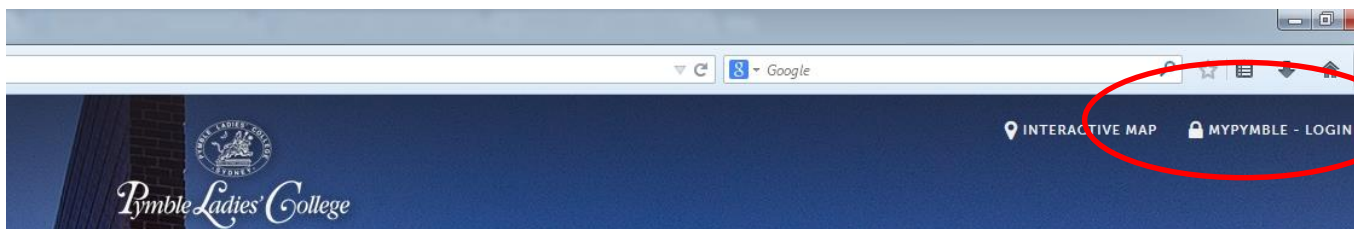
P +61 2 9855 7799

To begin registration:

1. Visit the College website 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

Forgotten Your Password

Click on the "Lost your Password?" Link

Remember Me

LOG IN

[Lost your password?](#)

Home / MyPymble / Login

Login

Please enter your Username or Email to reset your password.

Username or E-mail:

GET NEW PASSWORD

[Log in](#)

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.

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 with your enquiry.

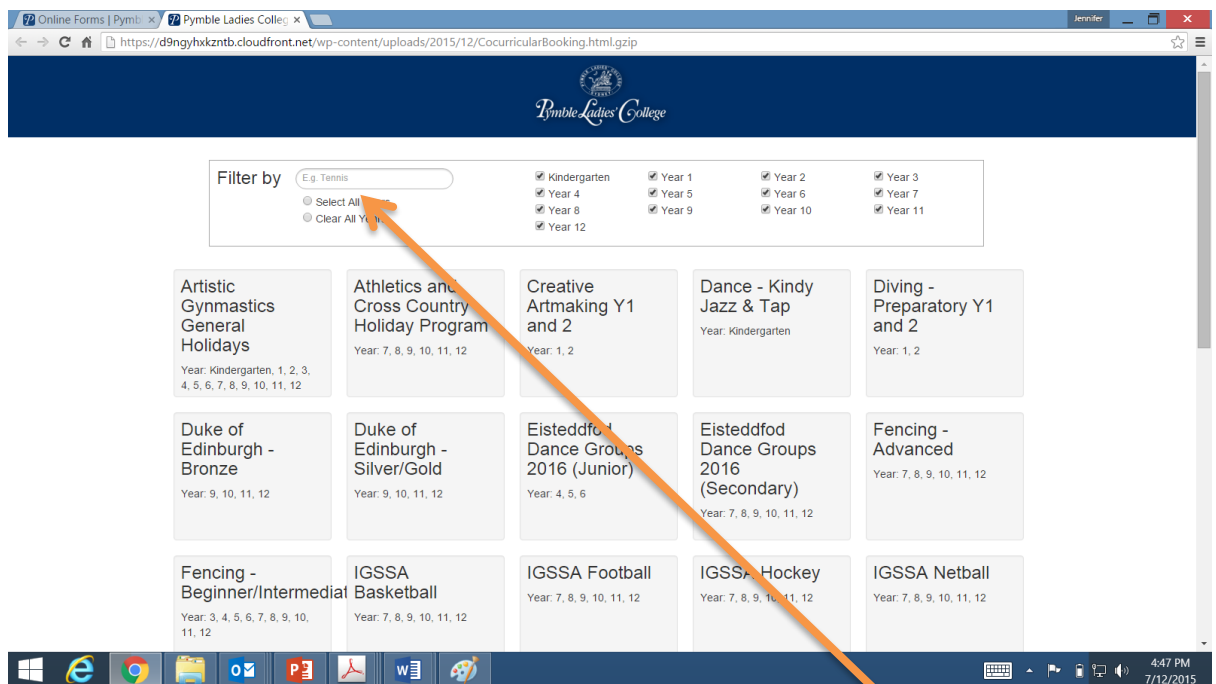
POPULAR ONLINE FORMS

[Boarding Loans](#)

[Co-Curricular Sports and Activities](#)

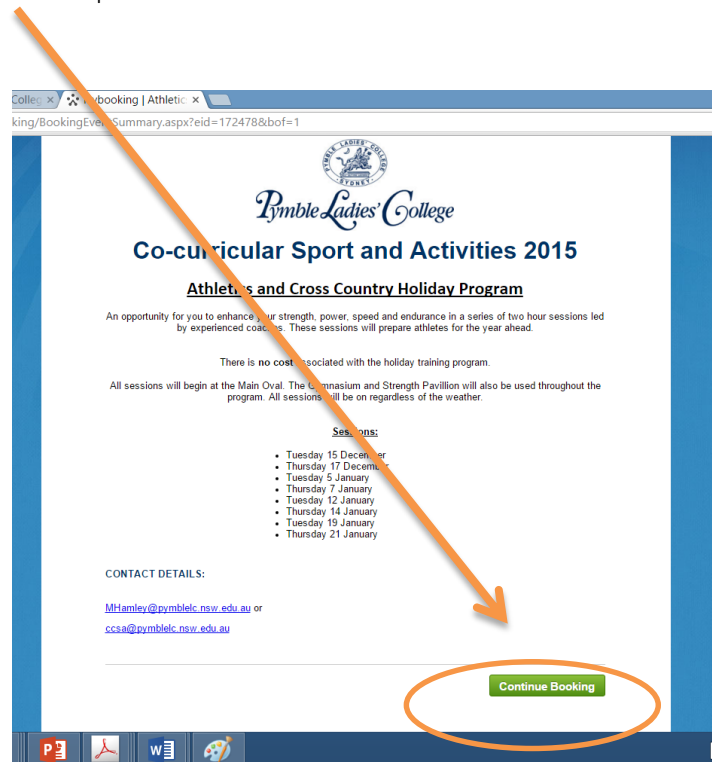
[Future Group Contact Lists](#)

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

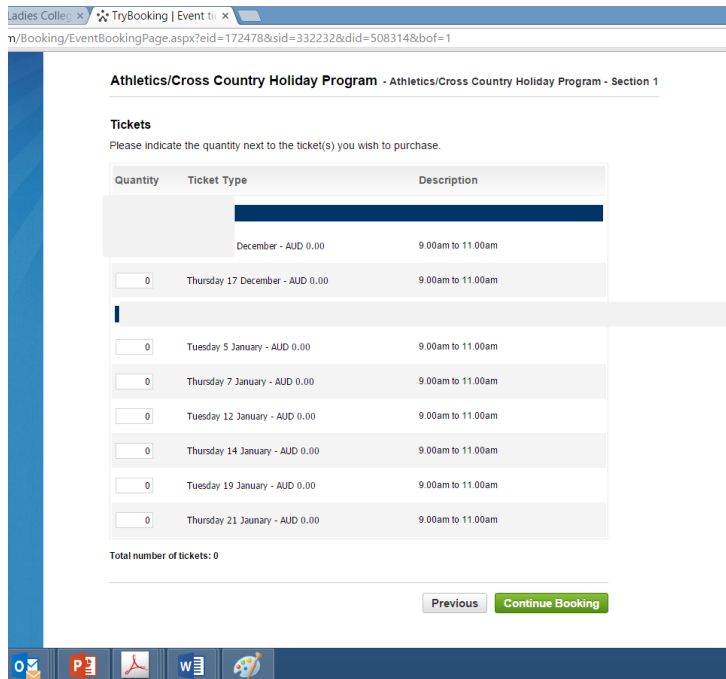


You can filter your search by activity/sport or by Year Group in the Filter toolbar

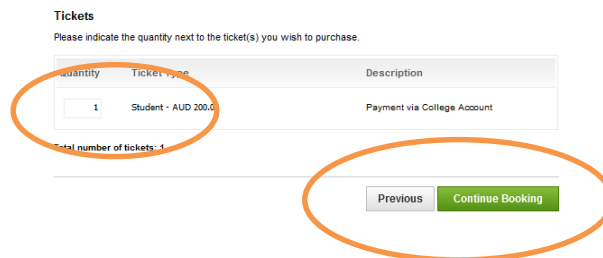
Click to continue to proceed



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



- 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.



- 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.pybblelc.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:

[Previous](#) [Continue Booking](#)

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
ATHLETICS/CROSS COUNTRY HOLIDAY PROGRAM					
Athletics/Cross Country Holiday Program - December and January School Holidays - Section 1					
Tuesday 15 December	0.00	1	0.00	0.00	0.00
Total					0.00

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

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

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.

Filter by:

Athletics - Cross Country Holiday Program
Athletics/Cross Country Holiday Program - December and January School Holidays - Section 1
Tue 15 Dec 15:00 - 17:00

Creative Artmaking Y1 and 2
Tue 15 Dec 15:00 - 17:00

Dance - Kindy Jazz & Tap and 2
Tue 15 Dec 15:00 - 17:00

Diving - Preparatory Y1 and 2
Tue 15 Dec 15:00 - 17:00

Date of Edinburgh - Bronze
Tue 15 Dec 15:00 - 17:00

Date of Edinburgh - Silver/Gold
Tue 15 Dec 15:00 - 17:00

Elite/Edinburgh Dance Groups 2016 (Junior)
Tue 15 Dec 15:00 - 17:00

Elite/Edinburgh Dance Groups 2016 (Secondary)
Tue 15 Dec 15:00 - 17:00

Fencing - Advanced
Tue 15 Dec 15:00 - 17:00

Fencing - Beginner/Intermediate
Tue 15 Dec 15:00 - 17:00

IOSSA Basketball
Tue 15 Dec 15:00 - 17:00

IOSSA Football
Tue 15 Dec 15:00 - 17:00

IOSSA Hockey
Tue 15 Dec 15:00 - 17:00

IOSSA Netball
Tue 15 Dec 15:00 - 17:00

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

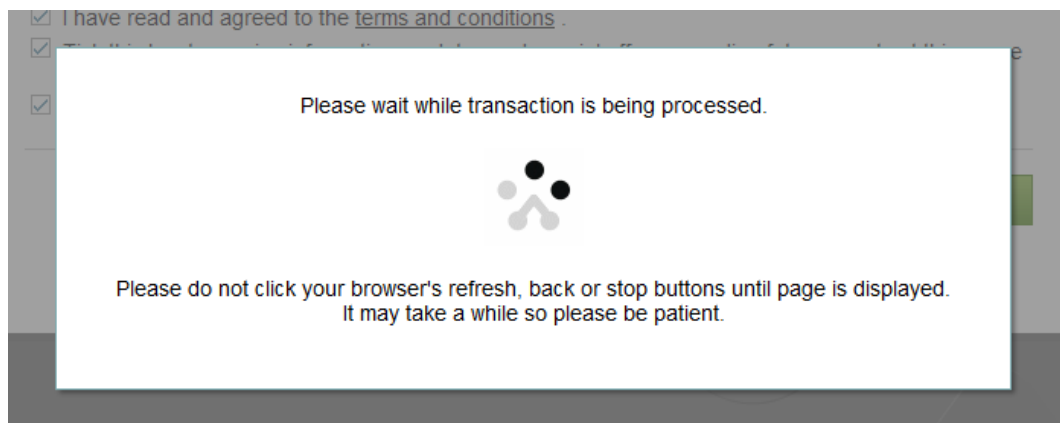
Your booking/tickets will be sent to the email address entered above.

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”



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

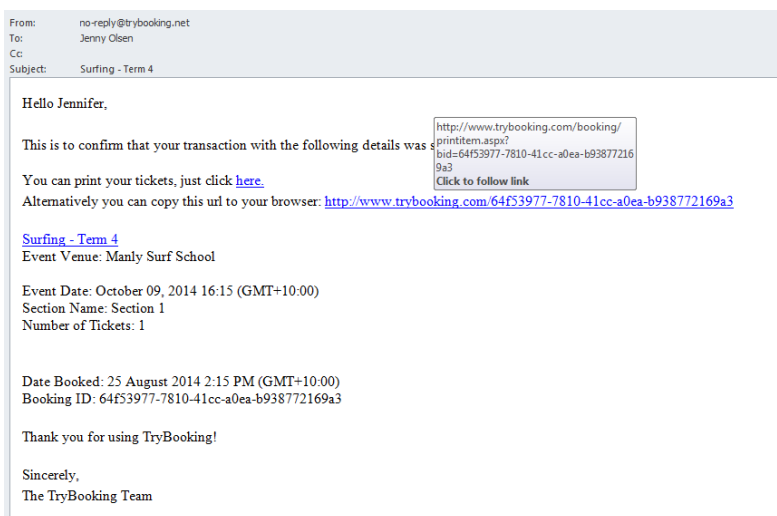
An email with a link to the tickets and/or gift certificates has also been sent to your email address. If you haven't received an email within 10 minutes, please check your spam folder.

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 your email booking receipt to the Sport and Activities Department 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"> Advertised once Commitment for the whole year <ul style="list-style-type: none"> One payment 	<ul style="list-style-type: none"> Based over two terms, usually as Terms 1 and 2 = Semester 1 / Terms 3 and 4 = Semester 2. Re-enrolment is usually required for sports or activities 	<ul style="list-style-type: none"> Offered 4 times throughout the year Re-enrolment is usually required for sports or activities which are offered term by term

<u>Sports</u>	<u>Activities</u>
Artistic Gymnastics Senior Gym Skills Gym Skills Select (Beginner/Intermediate) Gym Skills Select (Advanced) Athletics and Cross Country Badminton Co-curricular Badminton Cricket Sydney Girls Cricket League Diving Senior FunDive Pathways Diving Competitive Diving Fitness Classes General Fitness Pilates Spin SpinBox Yoga Zumba Golf Beginners/Intermediate Advanced Hockey IGSSA Hockey Netball IGSSA Netball Rhythmic Gymnastics Winter Rowing Sailing Swimming Tennis HKDTA Tennis Semi-Private Lessons Private Lessons	Beauty DIY Glamour Lab Beauty & Personal Presentation II Chess Debating Social Debating Life Skills Safe Drivers Learners Program Advanced Drivers Program Personal Development Program Motivate with Mind-Body Connect Essential Study Skills Workshop Study Skills Intensive TAS Programs Nourish and Flourish Work Ready Barista Course Job Seeker Preparation Course Provide First Aid Responsible Service of Alcohol (RSA)

<p>Tildesley Squad</p> <p>Touch Football</p> <p>IGSSA Touch Football</p> <p>Volleyball</p> <p>Volleyball Skills Sessions</p> <p>Santa Sabina Volleyball</p> <p>Water Polo</p> <p>Water Polo Skills Sessions</p> <p>IGSSA Water Polo</p>	
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Sports

Artistic Gymnastics

E 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.
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.

Artistic Gymnastics - General

Senior Gym Skills

The Senior 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 Senior 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.

Contact	Artistic Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 7 to 12
Day/Time	Thursday 4.15pm to 6.15pm
Cost	\$627.00 (includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day)
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 24 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)
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 ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Term 2 to 4
Years	Year 5 to 12
Day/Time	Monday 7.00am to 8.00am
Cost	\$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 ag@pymblelc.nsw.edu.au
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 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 23 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 and Cross Country

Pymble has built a reputation as providing one of the strongest school based Athletics and Cross Country programs in Australia. In 2015, Pymble convincingly won the prestigious IGSSA titles in both Athletics and Cross Country. At a National level, in Athletics 11 Pymble athletes were selected to represent NSW at the Australian Schools Championships, emphatically Pymble athletes formed 10% of the NSW team. A further 30 athletes represented Pymble and NSW at the National Knock Out competition in Melbourne. In Cross Country 5 athletes represented NSW at the School Sport Australia Championships.

Pymble Athletics and Cross Country offers year round training by dedicated and experienced coaches in Sprints, Hurdles, Distance, Jumps and Throws. A variety of both low key and more competitive opportunities are available to athletes in both the IGSSA and Athletics NSW systems.

It is not essential that squad members compete and all girls at Pymble are invited to join in Athletics and Cross Country sessions to enhance speed, power and fitness for other sports or simply to enjoy the feeling of getting fitter and making new friends.

The Pymble Cross Country and Athletics Program has a vibrant, team oriented focus. In 2016, an Athletics Camp will be held in the term 1 school holidays, Holiday Programs will be organised and the IGSSA Athletics and Cross Country Dinner in Term 3.

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

Manager	Mrs Katie Edwards KAEdwards@pymblelc.nsw.edu.au
Coaching Director	Mrs Margaret Hamley mhamley@pymblelc.nsw.edu.au
Term/s	Term by Term
Years	Year 7 to 12
Day/Time	See schedule below
Cost	\$98.00 per term
Class Dates (Start/End)	Term 2: Week 1 to Week 9 Term 3: Week 1 to Week 10 Term 4: Week 1 to Week 8
Competition Schedule (2016)	IGSSA Cross Country: Friday 13 May Secondary School Athletics Carnival: Wednesday 25 May NSW CIS Cross Country: Thursday 16 June NSW All Schools Cross Country: Friday 22 July IGSSA Friday Night Athletics Series: 22 July to 12 August IGSSA Athletics Carnival: Thursday 18 August Pymble Athletics End of Season Celebration: Thursday 18 August NSWCIS Athletics Championships: Wednesday 21 September ANSW Schools Knock Out Championships: TBA NSW All Schools Athletics Championships: TBA
Requirements	Prior to the commencement of training or competing in Cross Country or Athletics at Pymble, on online registration form and permission waiver must be completed.
Uniform	PE uniform
Venue	See schedule below for locations

ATHLETICS & CROSS COUNTRY – TERM 2 TRAINING TIMETABLE				
Monday	Tuesday	Wednesday	Thursday	Friday
	6.30am to 7.50am Distance/ Cross Country (Main Oval) 6.45am to 7.50am Sprints & Hurdles (Main Oval)		6.30am to 7.50am Distance/ Cross Country (Main Oval) 6.45am to 7.50am Sprints & Hurdles (Main Oval)	6.45am to 7.50am Long Jump (Main Oval) 6.45am to 7.50am Strength (Fitness Centre)
3.30pm to 5.00pm Distance/Cross Country (Main Oval) 3.30pm to 5.00pm Strength (Fitness Centre)		3.30pm to 5.00pm Distance/Cross Country (Main Oval) 3.30pm to 5.00pm Strength (Fitness Centre)	3.30pm to 5.00pm High Jump (Kelso) 3.30pm to 5.30pm Throws (Kelso)	
Please note: this timetable may change or vary due to coaches availability				

Badminton

Co-curricular Badminton

Co-curricular Badminton classes provide an opportunity for students to develop their badminton skills in a non-competitive environment. These lessons take place on a Friday afternoon in the PE Gym. Students are required to sign up on a term by term basis. All equipment including racquets, are provided.

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

Co-ordinator	Miss Kate Howie khowie@pymblelc.nsw.edu.au
Instructor	Carmen Chang
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Beginners: Friday 3.30pm to 4.30pm Intermediate/Advanced: Friday 4.30pm to 5.30pm
Cost	\$85.00
Class Dates (Start/End)	Friday 6 May to Friday 24 June
Uniform	PE Uniform
Equipment	All equipment is provided
Requirements	Players may be moved in/out of sessions and placed in a more appropriate group to match their level of development.
Venue	PE Centre

Cricket

Sixers Girls Cricket League

Cricket at Pymble is offered to all girls in Years 7 to 12. The girls participate in the Sixers Girls' Cricket League Competition during Term 4. The girls are trained and coached by highly motivated and experienced coaches who strive to get the very best out of every player and ensure that all training sessions are safe and enjoyable. Cricket in Term 4 is offered to all students in the Secondary School. It is a 20/20 match format. Games are played on Saturday afternoons from 1.30pm to 5.00pm.

Online Registrations for this activity will close on Friday 5 August 2016.

Co-ordinator	Miss Kate Howie khowie@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	TBC. Term 3 Afternoon session if required
Day/Time	Saturday 1.30pm to 5.00pm
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, Saturday 3 December
Training Schedule	1 or 2 x sessions per week (am/pm) Commencing in Week 9, Term 3. Training days to be confirmed closer to this date.
Uniform	Pymble Saturday Sport Shirt Navy school shorts Navy long socks Appropriate footwear
Equipment	The College provides all other necessary Cricket equipment
Venue	Various North Shore locations



Diving

Diving is a sport that belongs to all and there is no better time to take up the challenge than in the Secondary school years. The Diving program is available to all girls in the Secondary 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.

Senior FunDive

The Senior FunDive program at Pymble is open to all girls in Years 7 to 12 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 at Pymble Aquatic Centre
- Saturday afternoon sessions at Pymble Aquatic Centre 2.00pm to 3.30pm (selected students)

Co-ordinator	Mrs Christine Lang clang@pymblelc.nsw.edu.au
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Tuesday and Friday 12.50pm to 1.35pm 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 clang@pymblelc.nsw.edu.au
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 2
Years	Year 7 to 12
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 clang@pymblelc.nsw.edu.au
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 2
Years	Year 7 to 12
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
Artistic Gym Dry land Session 6.45am to 8.00am	Pymble Aquatic Centre 5.00pm to 7.00pm	Artistic Gym/Aquatic Centre Dry land/Water Session 6.45am to 8.00am	SOPAC 5.00pm to 7.00pm	Pymble Aquatic Centre 3.45pm to 5.00pm	SOPAC 11.00am to 1.00pm or Pymble Aquatic Centre 2.00pm to 3.30pm

Equestrian

The Pymble Ladies' College Equestrian team enter themselves in several events throughout the year. It is open to all students in the College who ride at competition level. The events include dressage, show jumping and cross country. Students have represented Pymble Ladies' College at several events throughout the country including the NSW Interschools' Championships, National Equestrian Championships, as well as several school invitational events.

Co-ordinator	Mr Michael Jenkins mjenkins@pymblelc.nsw.edu.au
Term/s	Terms 1 to 4
Years	Year 7 to 12
Competitions	Interschool events in Dressage, Show jumping and Hacking including: NSW Interschool Championships, Tara Dressage, Galston Show jumping, Camden, Berry Interschools, Arndell and CIS
Further Information	Please contact the co-ordinator for further information regarding Equestrian at Pymble.

Fitness Classes

The Co-curricular Fitness classes for Secondary School students are 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 in a session time that suits them. Students must wear their full PE/Sports uniform to all classes. All equipment is provided in each class, sign up and turn up with your water bottle ready to work out!

Please note: if classes have poor registration interest, they will be cancelled before the term begins.

2016 Co-curricular Fitness Timetable
All classes are now charged at a flat rate of \$90.00 per term.
See below for further details

Monday	Tuesday	Wednesday	Thursday	Friday
	Pilates Amitie Merry 6.45am to 7.45am	SpinBox Julia O'Neill 6.45am to 7.45am	Pilates Amitie Merry 6.45am to 7.45am	General Fitness Dave Bailey 6.45am to 7.45am
General Fitness Dave Bailey 6.45am to 7.45am	Spin Julia O'Neill 6.45am to 7.45am	General Fitness Dave Bailey 6.45am to 7.45am	SpinBox Julia O'Neill 6.45am to 7.45am	Yoga Jenny Hodgeman 6.45am to 7.45am
Spin Julia O'Neill 4.00pm to 5.00pm	General Fitness Julia O'Neill 3.30pm to 4.30pm Zumba Aline Pascuzzo 4.00pm to 5.00pm	Spin Julia O'Neill 4.00pm to 5.00pm	General Fitness Julia O'Neill 3.30pm to 4.30pm	

General Fitness

General Fitness is a great way to condition different muscle groups, develop new skills and reduce the boredom associated with repetitive exercise routines. General fitness classes aim to strengthen the cardiovascular system, bones, muscles, joints and improve muscle tone, flexibility, balance and coordination. Classes follow the principles of cross-training and are tailored to meet the needs, interests and fitness levels of the students involved. General fitness 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. General fitness classes are suitable for students of a competitive and a non-competitive nature as well as those recovering from injury.

Instructor/Teacher	Monday, Wednesday and Friday AM Sessions: Mr Dave Bailey Tuesday and Thursday PM Sessions: Ms Julia O'Neill
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Monday 6.45am to 7.45am Tuesday 3.30pm to 4.30pm Wednesday 6.45am to 7.45am Thursday 3.30pm to 4.30pm Friday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 2: Week 2 to Week 9
Maximum Students	30 Students
Uniform	Students are wear their PE/Sports uniform with suitable shoes
Equipment	All equipment is provided
Venue	Carpet Area PE Centre

Pilates

Pilates is a unique method of physical conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness. Pilates is a series of movements that promote physical harmony and balance for people of all ages and physical conditions. By engaging the mind and body, Pilates is a known stress reliever.

Two of the key elements of Pilates are core muscle strength and spinal alignment. During a Senior Pilates session, the instructor will prompt students to concentrate deeply on their core muscles, as well as on their breathing, the contraction of their muscles, and the quality (not quantity) of their movements. Each exercise is taught with various options to challenge students within their realm of capability and each week there will be a gradual increase in difficulty in the exercises taught, ensuring students can see their progression and improvement week after week.

Each class involves exercises that focus on elongating the body, strengthening exercises for the core, arms, hips and back as well as stretching ensuring a well-rounded session with students leaving the class feeling stronger, longer, taller and more at home in their bodies.

Instructor/Teacher	Ms Amitie Merry
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Tuesday 6.45am to 7.45am Thursday 6.45am to 7.45am
Cost	\$90.00 per class per term

Class Dates (Start/End)	Term 2: Week 2 to Week 9
Maximum Students	30 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Lower PE Centre – Artistic Gymnasium

Spin

During a Spin session, participants take part in a group workout on exercise bikes that typically lasts anywhere from 30-75 minutes. The classes are led by instructors who normally guide participants through a series of phases, from warm-up to more challenging phases, to a period of peak effort followed by a cool down. Ultimately participants determine their own levels of exertion, but a good instructor can certainly encourage and motivate you to push yourself, and you'll most likely find spinning to be a vigorous workout. It's a decent way to stay in shape when you can't get outside on the bike.

Instructor/Teacher	Julia O'Neill
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Monday 4.00pm to 5.00pm Tuesday 6.45am to 7.45am Wednesday 4.00pm to 5.00pm
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 2: Week 2 to Week 9
Maximum Students	20 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Spin Room (PE Centre)

SpinBox

SpinBox is a class that combines the elements of a Spin class with that of a Boxcercise session. Participants will take part in a group workout alternating between exercise bikes and boxing gloves. A typical class may involve a session of hill climbs, speed tracks, shadow boxing, skipping, hitting pads, kicking punch-bags, push-ups, shuttle-runs, sit-ups etc. Classes cover a range of movements and will work all of the major muscle groups. This type of aerobic and anaerobic cross training limits the stress that occurs on a specific muscle group because different activities use muscles in slightly different ways. Limiting stress reduces the risk of injury and allows some muscles to work while others rest and recover. Ultimately, participants determine their own levels of exertion, but a good instructor can certainly encourage and motivate you to push yourself, and you'll most likely find SpinBox to be a vigorous workout.

Instructor/Teacher	Julia O'Neill
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Wednesday 6.45am to 7.45am Thursday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Week 2 of Term 2 to Week 9 of Term 2
Maximum Students	20 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Spin Room (PE Centre)

Yoga

Originating in ancient India, Yoga typically means 'union' between the mind, body and spirit. It involves the practice of physical postures and poses. The ultimate aim of practicing Yoga is to create a balance between the body and the mind and to attain self-enlightenment. In order to accomplish it, Yoga makes use of different movements, breathing exercises, relaxation techniques and meditation. Our instructor at Pymble practices Flow Yoga. It is dynamic, fun and challenging yoga sequences that dance from one posture to the next. This practice builds strength, strong core, stamina, flexibility, mental resilience and awakens a compassionate heart through learning how to detach from our minds. All classes finish with relaxation, aimed at helping you de-stress. Come and enjoy!

Instructor/Teacher	Mrs Jennifer Hodgeman
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Friday 6.45am to 7.45am
Cost	\$90.00
Class Dates (Start/End)	Friday 6 May to Friday 24 June
Maximum Students	30 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	PE Centre – Lower Gymnasium

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.

Instructor/Teacher	Aline Pascuzzo
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Tuesday 4.00pm to 5.00pm
Cost	\$90.00
Class Dates (Start/End)	Tuesday 3 May to Tuesday 21 June
Maximum Students	30 students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Main Hall 1

Golf

Golf at Pymble is offered as a co-curricular activity to all students in the Secondary School. 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.

Beginners/Intermediate

The beginner to intermediate group is for those wishing to learn the basic fundamentals or wanting to improve their current knowledge and standard of the game. The group will move through range based instruction; chipping and pitching instruction on the practise green; putting instruction; selected bunker play; target practice and selected course play.

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

Co-ordinator	Miss Skye Halliday shalliday@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Wednesday 6.45am to 7.45am or Friday 6.45am to 7.45am
Cost	Wednesday: \$123.00 Friday: \$123.00 An additional fee of \$30.00 per term will be charged for students who elect to store their clubs at Avondale.
Class Dates (Start/End) Wednesdays	Wednesday 4 May to Wednesday 22 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

Advanced

The advanced group is for those who have a good understanding of golf and are at a high level. You must be able to play on the golf course and be willing to practise or play outside of the normal golfing term schedule. Any new members must be invited into the group after an assessment of their skill. Please contact the co-ordinator Ms Andra Priestley for further details. The advanced group will move through range based instruction, chipping and pitching on the practise green; chip and run shots; flop shots; putting instruction; target practise; selected bunker play and selected course play.

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

Co-ordinator	Miss Skye Halliday shalliday@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Wednesday 3.45pm to 4.45pm
Cost	\$176.00 An additional fee of \$30.00 per term will be charged for students who elect to store their clubs at Avondale.
Class Dates (Start/End)	Wednesday 4 May to Wednesday 22 June
Maximum Students	6 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

IGSSA Hockey

Secondary School Hockey at Pymble has a strong tradition and continues to attract new students each year. The Hockey program caters to all girls in Years 7 to 12 and all standards of playing ability from beginner to the elite. Throughout Term 3, teams will train twice a week. All players are expected to attend their two training sessions per week unless the coordinator has been notified. Training sessions for IGSSA Hockey is determined by coaches availability.

Students wishing to trial for the Junior or Senior Firsts teams, MUST have completed an online registration BEFORE they can participate in the trials.

Online Registrations for this activity will close on Friday 13 May 2016.

Co-ordinator	Miss Skye Halliday shalliday@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Trials	Term 1: Junior and Senior Team 1 trials have occurred. Please contact Miss Halliday. Term 2 All other students (Years 7 to 12) Year 10 to 12: Saturday 14 May 12.30pm to 3.30pm Year 8 to 9: Saturday 21 May 12.30pm to 3.30pm Year 7: Friday 13 May 3.30pm to 5pm and Friday 20 May 3.30pm to 5pm
Day/Time	Saturday 7.30am 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; Semi-Finals: Saturday 10 September Finals: Saturday 17 September
Training Schedule	2 x sessions per week (am/pm)
Uniform	Pymble Saturday Sports T-Shirt Pymble Red Skirt Pymble Navy Hockey Socks
Equipment Required	Shin Pads (Compulsory) Mouth Guards (Compulsory) Hockey ball and stick are compulsory for every student. The College does not provide these items. Hockey turf shoes are recommended to those teams who are playing on Astro turf
Venue	Various Sydney locations

Netball

IGSSA Netball

Secondary School Netball at Pymble is one of the most popular sports with a history of high participation rates across a range of ages and abilities. It is open to all students in Years 7 to 12. Pymble participates in the IGSSA Saturday morning Netball competition during Term 3. Students selected into the Senior Team 1 and 2 as well as our Junior Team 1 and 2 will participate in the Term 2 Invitational Netball Competition on Wednesday evenings. Students must trial in Term 1 to be considered for Senior Teams 1 and 2 as well as Junior 1 and 2.

All students are encouraged to develop their skills and fitness levels through a quality coaching program led by our specialist coaches. The Netball program at Pymble allows students to build their knowledge, confidence, co-ordination, strength and endurance. In addition, it helps teach them the importance of working relationships and commitment.

Students wishing to trial for the Junior or Senior Firsts teams, MUST have completed an online registration BEFORE they can participate in the trials.

Online Registrations for this activity will close on Friday 13 May 2016.

Manager	Mrs Katie Edwards KAEdwards@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Trials	Term 1: Junior and Senior Team 1 and 2 Trials have occurred. Please contact Mrs Edwards. Term 2: All other students (Years 7 to 12) Year 10 to 12: Saturday 14 May 12.30pm to 4.00pm Year 8 to 9: Saturday 21 May 12.30pm to 4.00pm Year 7: Saturday 28 May 12.30pm to 4.00pm
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match/Class Dates (Start/End)	Saturday 23 July; Saturday 30 July; Saturday 6 August; Saturday 13 August; Saturday 20 August; Saturday 27 August; Saturday 3 September; Semi-Finals: Saturday 10 September Finals: Saturday 17 September
Training Schedule	2 x sessions per week (am/pm)
Uniform	Pymble Saturday Sport Shirt Pymble Netball Skirt Pymble Sport Tracksuit White Socks White sole sandshoes
Equipment	All Netball equipment will be provided.
Venue	Various Sydney locations

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 Secondary 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.

Registrations are to be made externally from the Pymble Ladies' College registration system to Pymble Rhythmic Gymnastics.



Rowing

Winter Rowing

For the first time, Pymble will be offering a Winter Rowing program during Term 2 3. The program will run as a separate entity to the regular Rowing Season.

The aim of Winter Rowing is to build the skill level, muscular strength and aerobic endurance of rowers in preparation for the 2016/17 regular Rowing Season.

Who is it for?

Any existing rowers in Year 8 to 11 who are keen to row in the 2016 to 2017 season and are interested in taking their rowing to the next level. Also suitable for anyone in Years 7 to 11 who is interested in joining the Rowing program for the first time and keen to build their skills and fitness.

Any coxswains who are keen to improve their skills are welcome to join the program.

Please note: registration for this program will be numbers dependent. If there is a high volume of registrations, it will be necessary to offer places to Rowers and Coxswains who have previously demonstrated a high level of skill and commitment to *Pymble* Rowing at the discretion of the Rowing Manager and Coaching Director.

Coaching

Coaching will be arranged by year groups and skill level. Coaching numbers and personnel will be finalised once student numbers are known.

Please note: the rowing session is scheduled on Sundays as we encourage all rowers and coxswains to participate in Pymble Saturday sport during Term 2 and 3.

Manager	Mr Michael Jenkins mjenkins@pymblelc.nsw.edu.au
Coaching Director	Mr Simon Pennington spennington@pymblelc.nsw.edu.au
Term/s	Term 2 and 3
Years	Year 7 to 11
Costs	\$350.00
Class Dates (Start/End)	Sunday 1 May to Sunday 4 September
Schedule	Monday: 6.45am to 7.45am: strength in the new gym Friday: 6.45am to 7.45am: strength in the new gym Sunday: 8.30am to 11.00am: rowing at the boatshed
Further Information	Sunday rowing sessions will continue during the winter holidays, however, strength sessions will not. There will be a total of 19 water sessions and 29 strength sessions included in the program.

Sailing

Sailing at Pymble accommodates sailors from beginners to advanced. The program offers Thursday afternoon training for all levels at Royal Prince Alfred Yacht Club (RPAYC), Newport from 4.00pm until 6.30pm. There is a maximum of 24 girls that can be accepted into the Thursday afternoon sailing due to boat numbers. On Saturday morning, advanced sailors are eligible to sail in Teams Racing training. This takes place from 9.15am until 12.00pm. There is a maximum of 18 students eligible to participate.

Online Registrations for this activity will close on Friday 5 August 2016 (unless capacity is reached before this date).

Co-ordinator	Miss Skye Halliday shalliday@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Day/Time	Thursday 4.00pm to 6.30pm Saturday (Advanced only) 9.15am to 12.00pm
Cost	Thursday \$320.00 Saturday \$200.00
Class Dates (Start/End)	Thursdays: Thursday 13 October, Thursday 20 October, Thursday 27 October, Thursday 3 November, Thursday 10 November, Thursday 17 November Saturdays: Saturday 15 October Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November
Requirements	Students must be competent swimmers to participate in Sailing Advanced Sailors will be assessed by the Co-ordinator
Maximum Students	Thursdays: 24 Students Saturdays: 18 Students
Uniform/Equipment	Wetsuit Rash shirt Hat Sunscreen Water bottle Water proof watch PE Uniform
Transport	School will provide transport to and from the venue on Thursday afternoons. Student will need to organise their own transport for Saturday morning training.
Venue	Royal Prince Alfred Yacht Club, Newport



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.

Squad Swimming Information

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 Direct Debit Fees

All 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.

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 if you have any questions or concerns and we will do our best to get back to you.

Tennis

HKDTA Tennis

Hornsby Ku-ring-gai District Tennis Association competition is played on Saturday morning during Term 4 for all students in Years 7 to 12. Teams are graded on ability from Years 7 to 12 (this competition is not split into year groups). Each team consists of either 3 or 4 players.

Online Registrations for this activity will close on Friday 5 August 2016.

Co-ordinator	Mr Adam Levin alevin@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7 to 12: Saturday 20 August
Day/Time	Saturday 7.30am to 12noon
Cost	\$98.00
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Finals: Saturday 21 November
Match Format	Matches are played over two courts commencing at 8.00am and concluding at 11.15am. All sets are the best of 9 games and each team will play 3 doubles and 3 singles sets.
Training Schedule	1 x sessions per week (am/pm)
Uniform	Saturday White Tennis Skirt Saturday White Tennis Top White School Sports Socks White Bloomers Pymble "P" cap Tennis Racquets are compulsory for every student. The College does not provide these items. Tennis specific shoes are recommended for all players.
Venue	Various Sydney locations

Tennis Lessons

Pymble Tennis Program offers a range of Lessons/Squads that caters for players from first-timers/beginners, intermediate level, advanced players including Australian ranked players. The Tennis Program aims to develop within its players: the love of Tennis, fantastic tennis skills, physical fitness and stamina, teamwork skills, our core values and sportsmanship. Tennis is fun, great for fitness and for developing hand eye co-ordination. It can be played by all ages and abilities.

Tennis Lessons are offered Monday to Friday, before school, during lunchtimes and after school. Students in Year 11 and 12 students can participate in tennis lesson in their free periods.

Head Tennis Coach: Mrs Kristine Radford-Kunce
kradfordkunce@pymblelc.nsw.edu.au
0425 225 570

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 Head Coach, Kristine Radford-Kunce 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:** No make-up lessons can be carried over into the following term. Please make contact with the Head Tennis Coach for queries regarding these lessons. 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. If your coach is unavailable to take the make-up lesson an appropriate coach will be provided.
5. **Cancellations:** 12 hour notice must be given to Head Tennis Coach, Kristine Radford-Kunce (0425 225 570 or kradfordkunce@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. **Poor Weather Conditions (Wet Weather):** A notification via SMS or email will be sent to Parents and Students for all senior lessons that have been cancelled for morning and afternoon sessions. For morning sessions a SMS will be sent by 6.15am for any cancellations.
7. **Mobile Phone Numbers:** Please provide current mobile phone contact numbers for both parent and Student to the Head Tennis Coach when booking your lessons
8. **Withdrawals from Lessons after commencement date:** Students will be charged 30% of the fee if they withdraw after week 4 of the semester. An email needs to be sent to Head Coach for any withdrawals from Lessons.

Semi-Private Lessons

A semi-private tennis lesson allows you to receive personal instruction with another person (friend, partner) on the court at the same time. If you have a friend who you want to take a lesson with we offer a semi-private tennis lessons that is no less instructional than a private lesson. More the merrier and it's great to compare your game with someone and have fun. Please note: when making booking please indicate partner's names and preference of day. Confirmation will be provided by Mrs Kristine Radford-Kunce.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 7 to 12
Days/Times	Monday to Friday 6.45am; 7.30am; 12.50pm; 3.45pm; 4.30pm; 5.15pm; 6.00pm Year 11 and 12 student free periods 60minute lesson from 5.15pm only
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. Private lessons offer the perfect way to introduce beginners to the game with one-on-one tuition while intermediate/advanced players can improve and develop advanced strokes, slice, topspin, physical and psychological skills for all levels.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 7 to 12
Days/Times	Monday to Friday 6.45am; 7.30am; 12.50pm; 3.45pm; 4.30pm; 5.15pm; 6.00pm Year 11 and 12 student free periods 60 minute lesson from 5.15pm only
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.

Tildesley Squads

Squads are offered to our more accomplished tennis players who represent the school on Saturdays in the HKDTA or IGSSA top 1-15 teams. This is an intense squad training including drills, match play and tactics. Please contact the Kris Radford-Kunce our Head Coach for all information on Tildesley Squad.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 7 to 12
Days/Times	Monday and/or Thursdays 3.30pm to 5.00pm
Cost per term	1 day per week: \$280.00 2 days per week: \$504.00
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

IGSSA Touch Football

Touch Football at Pymble caters for all girls from beginners to the elite level. It is a fantastic sport with excellent social aspects and is offered in term 4. IGSSA Touch Football is available for all students on in years 7 to 12 and is played on Saturday mornings at various venues around Sydney. It is a graded competition for all abilities. No previous experience is required. It is a sport which can be played well into one's adult life. It encourages the development of aerobic fitness and ball handling skills.

Online Registrations for this activity will close on Friday 5 August 2016.

Co-ordinator	Mrs Victoria Harrison vharrison@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7: Saturday 13 August 1.00pm to 4.00pm Junior (Year 8 and 9): Saturday 20 August 1.00pm to 4.00pm Senior (Year 10 to 12): Saturday 27 August 1.00pm to 4.00pm
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 21 November, Saturday 26 November
Training Schedule	2 x sessions per week (am/pm)
Uniform	Touch Football short (no pockets) - will need to be purchased if you do not have them from a previous season for \$35.00. Touch football singlet (to be returned at end of season). Hire fee of \$15. White Pymble sports socks Trainers/Touch football shoes
Venue	Various Sydney locations
Further Information	Touch Football singlets will be distributed to students and to be returned at end of season. This process will be completed by the PE department not the uniform shop.

Volleyball

Volleyball Skills

Volleyball at Pymble is becoming more popular each year. During Term 21, Pymble offers students a weekly skills session with our Volleyball coaches to enhance and refine their volleyball skills. It is open to any student, from beginner to advanced.

Co-ordinator	Mrs Keli-Jane Stapp kjstapp@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Wednesday 3.30pm to 5.00pm
Cost	\$80.00
Class Dates (Start/End)	Wednesday 4 May to Wednesday 22 June
Uniform	PE Uniform
Venue	PE Centre – Court 2

Santa Sabina Volleyball

Volleyball at Pymble is becoming more popular each year. The program caters for all students in Year 7 to 12 across all ranges of ability. Pymble's competitive program commences in Term 4. Students participate in one training session a week and participate in the Santa Sabina Competition on Saturday mornings. A variety of experienced coaches are used to cater for all ages and skill levels.

[Online Registrations for this activity will close on Friday 5 August 2016.](#)

Co-ordinator	Mrs Keli-Jane Stapp kjstapp@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7 to 12: Saturday 20 August
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 21 November, Saturday 26 November
Training Schedule	1 x session per week (am/pm)
Uniform	Pymble Saturday Sport Shirt Pymble PE Shorts Saturday Sport Tracksuit White P socks Suitable Sports shoes Knee Guards (optional)
Venue	Santa Sabina College, Strathfield

Water Polo

Water Polo Skills Sessions

With the opening of Pymble Ladies' College new Aquatic Centre, Pymble will be offering a new skilled based training session open to all Pymble students Years 7 to 12 throughout Term 2 and part of Term 3. These sessions will help to develop a better understanding of the sport of Water Polo for students new to the sport and for the experienced players give them an opportunity to master and gain new skills.

These skilled based training sessions will continue till the scheduled IGSSA trial dates in August. Once teams have been selected/graded official IGSSA training will commence. There is no obligation to attend all the Term 2/3 skill sessions offered or sign up for IGSSA Term 4. These sessions are aimed at getting more girls involved and interested in the sport of Water Polo.

These training sessions will be a great opportunity for players to freshen up on their skills as well as fitness leading into the Term 4 IGSSA Competition.

Pymble will also be offering a Water Polo specific swimming session once a week to help assist with swimming fitness. As Water Polo is a swimming based sport keeping up your swimming fitness is always important.

Co-ordinator	Miss Brigette Moore brmoore@pymblelc.nsw.edu.au
Term/s	Term 2 and 3
Years	Year 7 to 12
Day/Time	Tuesday 4.00pm to 5.00pm: Water Polo specific Swimming Session Wednesday 6.00am to 7.30am: Skills Thursday 5.00pm to 6.30pm: Skills Strength and Conditioning Session: Dry land (Day TBC)
Cost	\$80.00 per term (unlimited sessions)
Class Dates (Start/End)	Tuesday 3 May to Thursday 23 June
Uniform	Pymble Saturday Sport Shirt Pymble Water Polo costume - The new costume is available to purchase for \$90.00 from the coordinator. Pymble Sport Tracksuit Pymble Swimming cap Goggles Towel
Venue	Pymble Aquatic Centre

IGSSA Water Polo

IGSSA Water Polo is a Saturday morning sports competition for students in Years 7 to 12. Year 12 students must speak to the co-ordinator to discuss their eligibility to play.

Students are graded into teams based on their experience and level of ability and anyone may trial. The IGSSA competition runs across various venues in the Sydney region and students are expected to travel to the games. Game times and locations will become available closer to the start of Term 4.

All students are encouraged to develop their skills and fitness levels through a quality coaching program led by our specialist coaches. We offer students the opportunity to take part in the Northern Suburbs Water Polo Competition at various stages throughout the year. In the past, this has proven to be an excellent training platform for IGSSA.

With the opening of Pymble Ladies College new Aquatic Centre, Pymble will be offering a skilled based training session open to all Pymble students throughout Term 2. This session will help to develop a better understanding of the sport of water polo for students new to the sport and for the experienced players give them an opportunity to master and gain new skills.

This skilled based training session will continue till the scheduled IGSSA trial dates in August. Once teams have been selected / graded official IGSSA training will commence. (There is no obligation to sign up for IGSSA.)

All registered students will be informed of trial and training times and dates via email.

Online Registrations for this activity will close on Friday 5 August 2016.

Co-ordinator	Miss Brigette Moore brmoore@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7: Saturday 13 August 1.00pm to 4.00pm Junior (Year 8 and 9): Saturday 20 August 1.00pm to 4.00pm Senior (Year 10 to 12): Saturday 27 August 1.00pm to 4.00pm
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$68.00 Please note some venues require you to pay entry fees into the venue, these will be advised on your team draw.
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 21 November, Saturday 26 November
Training Schedule	2 x sessions per week (am/pm)
Uniform	Pymble Saturday Sport Shirt Pymble Water Polo costume - The new costume is available to purchase for \$90.00 from the coordinator. Pymble Sport Tracksuit Pymble Swimming cap Goggles Towel
Venue	Various Sydney locations

Activities

Beauty

Pymble offers workshops for students who maybe unsure about the whole skin care and make up process for teenage skin. This beauty and make up workshop gives you a real insight into how to look after your skin throughout your teens, learn the basic principles of grooming, break down the correct application techniques for make up to create looks that will enhance your natural beauty to leave you looking and feeling your best. This course will cover the essentials of a beauty regimen.

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.

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!

Co-ordinator	Stuart Clark sclark@pymblelc.nsw.edu.au
Teacher/s	Mary Alonti
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Friday 4.45pm to 6.00pm
Cost	\$270.00 (plus \$70.00 for kit)
Class Dates (Start/End)	Friday 6 May to Friday 24 June (8 weeks)
Minimum Students	5 Students
Maximum Students	10 Students
Venue	Demountable 10

Beauty & Personal Presentation II

After completing Beauty and Personal Presentation I, you will now have an understanding of basic skin care, your skin type and make up application. BPP II takes you on a journey to improve your life skills on presentation in more detail. We analyse and understand the impact of presenting yourself appropriately for every situation. Each class will focus on a particular area of personal presentation in considerable detail.

Makeup Application: is covered with more specific detail. We start with identifying our personal colour chart within the spring, summer, autumn, and winter colour palette. Once we understand what your best colours are, makeup and wardrobe choices are far less confusing.

- Eye makeup colours best for YOUR eyes are explained and charts provided.
- Eye makeup techniques with gel, liquid and pencil liners.
- Foundation and Contouring, Blush and Lip techniques for your face shape.

Hair Care and Basic Hair Styling: techniques to help you look 'polished'. We explore how and why nutrition has an impact on skin, hair and nails.

Wardrobe Planning: We explore your best colours and what best suits your body shape. We discuss the difference between 'wardrobe staples' and 'seasonal items' and the effect our choices have on our overall image and understanding what is appropriate for each situation.

Department: presenting ourselves is not all about looks. During this term we will analyse correct posture, the way we best hold ourselves as we walk and observing the power of our body language.

Co-ordinator	Stuart Clark sclark@pymblelc.nsw.edu.au
Teacher/s	Mary Alonti
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Thursday 3.30pm to 5.00pm
Cost	\$270.00 (plus \$35.00 for materials). Students must bring their kit from BPPI course.
Class Dates (Start/End)	Thursday 5 May to Thursday 23 June (8 weeks)
Minimum Students	5 Students
Maximum Students	10 Students
Venue	Demountable 10

Chess

Chess Club at Pymble is available to students in the Secondary 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 sclark@pymblelc.nsw.edu.au
Teacher	Brett Tindall (Sydney Academy of Chess)
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Friday 12.50pm to 1.30pm
Cost	\$80.00
Class Dates (Start/End)	Term 2: 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.

Debating

Debating at Pymble is offered to students in the Secondary school. The College competes in the Independent Schools Debating Association (ISDA), Friday Evening Debating (FED) and Archdale competitions as well as in University Debating Days and Social Debating. All teams in the ISDA, FED and Archdale competitions are coached by experienced coaches. Selection trials for these competitions are held towards the end of term four of the previous year and early in term one for new students and Year 7.

For further information on Debating in the Secondary School, please contact Mrs Jennifer Higgins jhiggins@pymblelc.nsw.edu.au

Social Debating

Social debating will be offered to students in Years 5 to 10 in semester 2, as a combined program with Knox College. This program is open for beginning and more experienced debaters. Coaches will run a workshop, followed by preparation time and debating. This class will be held on Wednesdays.

Online Registrations for this activity will close at the end of Term 2 unless it reaches capacity before the closing date.

Co-ordinator	Mrs Jennifer Higgins jhiggins@pymblelc.nsw.edu.au
Teacher	To be advised
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 and 8 Year 9 to 10
Day/Time	Wednesday 4.00pm to 6.00pm
Cost	\$120.00
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Minimum Students	12 students
Maximum Students	18 students
Venue	DK07/08 (Dorothy Knox Building)

Life Skills

Safer Drivers Learners Program

HART Driving School is proud to be able to offer the Safer Drivers course for learner drivers who have completed 50 hours of actual driving practice (if you have done 10 hours with a Driving Instructor you will need to have 70 hours in the log book). Participants will receive a 20 hour credit in their learner driver log books for the successful completion of this course.

The Safer Drivers Course aims to provide learner drivers with driving strategies such as:

- Safe following distance
- Decision Making
- Speed management
- Gap selection and
- Hazard awareness

The overall aim is to have drivers more prepared when they drive unsupervised on their provisional licence. The course also aims to help learner drives identify situations that will put them at greater risk of a crash and consider strategies that will help them to avoid them.

The Facilitator: Honda's commitment to increased safety spans 20 countries. Honda Australia Roadcraft Training ([HART](#)) is the Australian organisation representing Honda's global focus on increasing road user safety. HART has grown into the largest rider and driver training provider in Australia.

HART NSW occupies a dedicated driver training facility located at St Ives. The HART NSW centre is a world-class training and administration centre comprising of a two-kilometre, dual-lane, closed road circuit track with dedicated training areas.

HART's instructors are trained to Honda's World Instructor Standard and are passionate about training and safety. HART's long standing reputation has led it to be the rider training provider of choice for several government agencies and corporate bodies in Australia.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Term/s	Term 2
Facilitator	H.A.R.T
Days/Times	2 Module Program Module 1: 3 Hour Workshop on Pymble campus, Tuesday 31 May 3.30pm to 6.30pm Module 2: 2 Hour Practical Workshop H.A.R.T St Ives, Sunday 5 June (times to be advised)
Years	Year 11 and 12 (must be a learner driver)
Entry Requirements	Must be a learner driver and have 50 hours of logged driving time (not including credited time from a driving instructor)
Cost	\$140.00
Minimum Students	6 students
Maximum Students	12 students
Venue	Module 1: Demountable Classroom 8 Module 2: H.A.R.T. St Ives
Equipment	Driver's Licence and learner's log book

Advanced Drivers Program

Under 25-year-old drivers represent higher risk driving due to the lack of experience handling. This course will focus on vehicle controls using advance techniques that recognise the various requirements of young drivers to develop and practice advanced defensive driving skills.

The topics covered in the course include:

- A range of braking activities
- Electronic Stability Control
- Road positioning, observation & steering
- Hazard perception activities
- Developing a culture of pre planning
- Rules for Provisional licence holders

The Facilitator: Honda's commitment to increased safety spans 20 countries. Honda Australia Roadcraft Training ([HART](#)) is the Australian organisation representing Honda's global focus on increasing road user safety. HART has grown into the largest rider and driver training provider in Australia.

HART NSW occupies a dedicated driver training facility located at St Ives. The HART NSW centre is a world-class training and administration centre comprising of a two-kilometre, dual-lane, closed road circuit track with dedicated training areas.

HART's instructors are trained to Honda's World Instructor Standard and are passionate about training and safety. HART's long standing reputation has led it to be the rider training provider of choice for several government agencies and corporate bodies in Australia.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	H.A.R.T
Term/s	6 Hour Workshop
Years	Year 11 and 12 (must be a provisional driver)
Day/Time	Sunday 19 June 9.00pm to 3.00pm
Cost	\$99.00
Minimum Students	6 students
Maximum Students	12 students
Venue	H.A.R.T. St Ives
Equipment	Driver's Licence and own car

Motivate with Mind-Body Connect (YOGA & WELLBEING)

Motivate with Mind-Body Connect is a Yoga and Wellbeing program that aims to foster a greater sense of balance and overall wellbeing among students. This class is done in sports gear and on a yoga mat.

These sessions balance a combination of physical and mental exercises including:

- Physical postures that combine static holds with more dynamic flowing movement to build body awareness and foster connection with our bodies and a joy of movement.
- Positive thinking techniques to build greater self-confidence.
- Breathing exercises to manage energy levels.
- Guided relaxations to help students relax.
- Mindfulness techniques to foster greater self-awareness and self-regulation.
- Introductory meditation practices for senior students to foster focus and concentration (available in sessions for years 10, 11 and 12).
- Take home tips for using techniques in everyday life.

These classes are suitable for all students including those who have never done yoga before. They are not as physically demanding as the ACTIVATE WITH DYNAMIC FLOW classes offered in the morning. Students may also wish to do more than one of the Yoga and Mindfulness courses offered as each offers a different experience of the practice.

Yoga & Mindfulness: Yoga and mindfulness includes a range of tools that help us manage our energy, foster self-confidence and resilience, build physical strength, flexibility and endurance, and enable us to find an overall sense of calm, balance and wellbeing. Tools range from engaging in physical postures with our body to exercises in mental discipline such as mindfulness and meditation.

The Facilitator: [M.A.D. Yoga](#) specialise in bringing the tools of yoga and mindfulness to students and teachers at schools. Our instructors are deeply experienced with specialist training in teaching yoga and mindfulness to children and teenagers. Our courses are grounded in a structured curriculum designed to facilitate an enduring and engaging learning experience.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	M.A.D
Term/s	Term 2
Years	Year 7 to 12
Day/Time	Monday 7.00 to 8.00am
Class Dates (Start/End)	Monday 2 May to Monday 20 June
Cost	\$84.00
Minimum Students	20 students
Maximum Students	30 students
Venue	Kelso Pavilion – venue is outdoors so please dress for the conditions. Class will run regardless of weather.
Equipment	A yoga mat is required – available for purchase at the first session for \$10. Please bring the correct amount of cash. Please wear school sports uniform.



Personal Development Program (Life Skills ‘101’)

This Personal Development ‘Life Skills 101’ program is an eight week program of 1.5 hour experiential learning sessions. The Sydney School of Protocol utilise the Experience, Reflection, Learn and Advance model to allow participants to be inspired and educated in Personal Branding, Community Engagement, Relationship Building, and Career Advancement with Posture, Poise and Style. The program is provided in alignment with the core Pymble Ladies’ College values, brand and curriculum.

Eight Week Framework:

- Week 1: Personal Brand – Who Am I?
- Week 2: Me, Myself and The World
- Week 3: Communicate Smartly
- Week 4: Pitch Perfect
- Week 5: Forms of Address
- Week 6: The Good, The Bad & The Interesting
- Week 7: All In The Details
- Week 8: Spark The Fashionista Within Me

Graduates of the “Life Skills 101” Program:

- Receive A Journal Workbook
- Receive a “Life Skills 101” Graduation Certificate

The Facilitator: Established in early 2013 by Julie Lamberg-Burnet, the Sydney School of Protocol offers a contemporary approach in delivering internationally recognised protocol and etiquette training. Julie has been trained and certified as a consultant in corporate etiquette and international protocol by The Protocol School of Washington.

As a leading educational institution, the Washington School provides international protocol, cross-cultural awareness, business etiquette and image training that prepares professionals with the critical behaviours necessary to build lasting business relationships. It also has a sophisticated network that spans 60 countries and celebrates two decades as the global leader in protocol and etiquette training and certification.

As a first to bring this leading training to the Southern Hemisphere, Julie brings internationally recognised knowledge, insights and a uniquely adapted curriculum to the Sydney School’s foundation.

See this link for Sydney School of Protocol staff profiles:

<http://www.sydneychoolofprotocol.com.au/Our-Experts/default.aspx>

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Sydney School of Protocol
Term/s	Term 2 (8 week program)
Years	Year 9 to 12
Day/Time	Wednesdays 3.30pm to 5.00pm
Class Dates	Wednesday 4 May to Wednesday 22 June
Cost	\$275.00
Minimum Students	16 students
Maximum Students	20 students
Venue	Demountable Classroom 9
Equipment	Notebook and pens

Essential Study Skills for High School Students

This is a fun, fast-paced **day** which engages students and shows them how to study more efficiently and achieve better results through the use of simple and highly effective memory, reading and note-taking techniques.

Post-course students also receive free access to a 7 Day Online Follow-up Program to help them actively review and practise the techniques learned during the day.

No pre-work or preparation is required on the part of students. They simply need to bring a book, either fiction or non-fiction, for use in the reading exercises. Students receive a series of handouts as the day progresses which summarise the key ideas and techniques plus contain follow-up exercises and actions.

In this unique Study Skills Course students learn:

- Memory Skills - how much of your potential are you really using?
- Effective Reading - how well do you currently read and what's possible?
- What is Visual Note-taking - and why is it such a powerful study technique?

See this link for more information <http://www.gloo.com.au/Study-Skills.html>

The Facilitator: This course is designed and delivered in person by Australian Memory Record Breaker, Chris Lyons. Over the course of the last 4 years Chris has delivered more than 100 presentations, workshops and coaching programs for high school students showing them how to study more effectively and improve their grades.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Gloo Study Skills
Term/s	Term 2 (6 Hour Workshop)
Years	Year 9 to 12
Day/Time	Sunday 22 May 9.00am to 4.00pm
Cost	\$35.00
Minimum Students	40 students
Maximum Students	80 students
Venue	Jobson Lecture Theatre
Equipment	Bring a book (fiction or non-fiction), and water bottle and BYO snacks and lunch

Study Skills Intensive

This **8 week** course is designed to strengthen the participant's approach to study, assessments and homework to enable them to work smarter and more effectively, so they can feel in control of their academic work knowing they have strategies and approaches in place to achieve their potential.

This intensive once a week course builds on the school's study skills teaching and guidance. The advantage of this course is the small class size where each girl will have the opportunity for personalised feedback and continued email communication with the teacher throughout the 8 weeks. In addition, each session will be relevant to the girl's current workload and activities so the strategies taught can be immediately applied.

The course specifically covers the following areas:

- Organisation and time management at home and at school.
- Practical ways to maintain motivation and self-discipline.
- Goal-setting for both short and long term.
- Planning ahead and juggling assessments with co-curricular and social time.
- Effective learning strategies and becoming an independent learner.
- Various strategies to develop revision notes to recall so study is effective.
- Test and examination preparation.
- Approaches to achieving personal bests with assignments/assessments.
- The difference between passive and active learning, and strategies for working "smarter" not longer. Understanding how the brain retains information.
- Maintaining a school/life balance.

The Facilitator: Wendy has worked with teenagers for 33 years, as a teacher, Year Coordinator, Head of Department, Curriculum and Pastoral Care Director, Careers Advisor, Deputy Principal and Principal in Australia (Queenwood and SCECGS Redlands) and internationally (Australian International School Singapore and Australian International School Saigon).

Wendy has an excellent ability to relate to and connect with students so they enjoy the learning process. She understands their "world" and guides with insight and realism, appreciating the need to achieve their best within the academic system with the demands of assignments, assessments, tests and examinations. As a parent of a secondary school aged daughter, she has empathy and understanding of the academic demands placed on students (and parents!) who also need to balance co-curricular, social and family activities.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Wendy Lindeman
Term/s	Term 2 (8 week course)
Years	Year 7 to 10
Day/Time	Years 7 and 8: Thursday 3.30pm to 5.00pm Years 9 and 10: Monday 3.30pm to 5.00pm
Class Dates (Start/End) Mondays	Monday 2 May to Monday 20 June (a make-up class will be advised for missed class on Monday 13 June)
Class Dates (Start/End) Thursdays	Thursday 5 May to Thursday 23 June
Cost	\$295.00
Minimum Students	15 students
Maximum Students	15 students
Venue	Demountable Classroom 10

TAS Programs

Nourish and Flourish

This 6 week course provides students with the inspiration, knowledge and skills to prepare delicious family food. The focus will be on the preparation of food which can be made quickly and easily with an emphasis on healthy, ethical eating. Students will learn practical information including how to make the most of seasonal foods, interpret food labels, successfully store foods and shop for ingredients. Classes will be held in the Food Technology room. There is a maximum of 12 students per class with preference given to Senior School students.

Co-ordinator	Mrs Carolyn Burgess cburgess@pymblelc.nsw.edu.au
Teacher	Mrs Carolyn Burgess
Term/s	Term 2 (6 week course)
Years	Year 7 to 12
Day/Time	Thursday 3.30pm to 5.00pm
Cost	\$280.00
Class Dates (Start/End)	Term 2: Thursday 5 May to Thursday 9 June
Minimum Students	5 students
Maximum Students	12 students
Venue	T03
Equipment Requirements	Tea Towels, Plastics Storage Containers

Work Ready

Barista Course

This Barista Course is designed to teach participants how to be skilled Baristas. In this interactive and highly practical course participants will learn skills that will greatly assist them in gaining employment in a hospitality venue (there is a real shortage of trained Baristas in cafes and restaurants), or just enjoying coffee at home with family and friends.

During the course, participants will learn about:

- Coffee History and processes (at Witham's Coffee Hornsby Roastery)
- Preparing the work area: Barista hygiene fundamentals
- Grinding coffee
- Extracting espresso coffee
- Texturing the milk
- Advising, presenting and serving the coffee
- Maintaining the espresso machine

The final session of this course will be the 'Barista Challenge' designed to test all the skills learned in the course!

The Facilitator: Witham's Coffee is a specialty coffee roasting company that is passionate about delivering the finest quality, freshly roasted coffee to cafes, restaurants, offices and homes throughout Sydney, NSW and Australia.

Founded in 1994 by husband and wife team, Lance and Gill Witham, Witham's Coffee has developed a reputation for being one of Sydney's finest artisan coffee roasters, with exceptional customer service and product knowledge. The Roastery is located in the northern Sydney suburb of Hornsby, in a fully HACCP accredited premises.

Witham's Coffee prides itself on being a 100% Australian, family owned and operated business. Witham's Coffee only source the newest crop of Arabica coffee beans from the world's finest coffee growing regions. Each coffee is sample roasted for tasting in-house to ensure it has superior quality in flavour, acidity, body and aroma before making it on to our product range.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Witham's Coffee
Term/s	Term 2 (8 weeks)
Years	Year 10 to 12
Day/Time	Wednesday 3.30pm to 5.00pm
Class Dates (Start/End)	Wednesday 4 May to Wednesday 22 June
Cost	\$295.00
Minimum Students	8 students
Maximum Students	8 students
Venue	PE Centre (Sports Canteen)
Equipment	Notebook and pens

Job Seeker Preparation Course

This Job Seeker Preparation Course is designed to provide students with the tools and strategies to present themselves, on paper and in-person, in the best possible way to potential employers.

During the workshop, participants will:

- Gain an understanding of the recruitment process and how to best manage each stage
- Learn how to design a professional CV and customise it for different potential roles and organisations
- Learn how to prepare for interviews and answer the questions confidently, providing the appropriate information in a succinct and engaging manner
- Practise different interview situations

The Facilitator: This course is facilitated by Anneke van Vuuren. Anneke is the Principle Consultant at [Intended](#), a boutique consulting business that provides Coaching and HR Consulting services to individuals and organisations. Anneke has over 20 years' experience as a Senior HR Professional and Executive Coach.

Over the last few years Anneke has assisted many senior leaders in preparing for and managing the interview process resulting in their appointments. This included CEO's of major public and private hospitals and other health care organisations. Anneke has also had the pleasure of helping young emerging leaders successfully prepare for interviews for their first leadership roles. Anneke holds a Bachelor of Human Resource Management, a Post Graduate Degree in Organisational Psychology, a Certificate in Professional Coaching and is accredited in Lominger Leadership Architect Tools. Anneke has a particular interest in preparing young people for a successful career and future..

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Teacher	Anneke van Vuuren
Term/s	Term 2
Years	Year 11 and 12
Day/Time	Workshop short course held over two sessions Session 1: Sunday 8 May 9.00am to 12.00pm Session 2: Sunday 15 May 9.00am to 12.00pm
Cost	\$200.00
Minimum Students	10 students
Maximum Students	10 students
Venue	Demountable Classroom 9
Equipment	Notebook and pens, BYOT

Provide First Aid

Provide First Aid (HLTAID003) will give you the skills and knowledge required to provide First Aid response, life support, management of casualty(s), the incident and other first aiders, in a range of situations, including in the home, workplace or within the community, until the arrival of medical or other assistance. This qualification is generally the minimum standard for workplace first aiders.

Provide First Aid (HLTAID003) incorporates Provide CPR (HLTAID001) and Provide Basic Emergency Life Support (HLTAID002). This course is valid for 3 years and the Australian Resuscitation Council recommends that you attend a resuscitation update every 12 months.

The Facilitator: All Aid First Aid provide quality first aid training with a unique approach to teaching. These courses are interactive and challenging with professional and experienced training staff. All Aid First Aid provide a nationally recognised statement of attainment to participants who successfully complete the requirements of the course.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	All Aid First Aid
Term/s	Term 2 (Full day workshop)
Years	Year 10 to 12
Day/Time	Sunday 29 May 9.00am to 4.00pm
Cost	\$90.00
Minimum Students	16 students
Maximum Students	20 students
Venue	Demountable Classroom 8
Equipment	Notebook and pens Government issued ID and a Unique Student Identifier (USI) A 'USI' is required to complete this course as it is nationally recognised. Each participant is required to go online and generate their own USI. The process is very quick and simple to follow. See the following link for more information http://www.usi.gov.au

Responsible Service of Alcohol (RSA)

This NSW Office of Liquor, Gaming and Racing (OLGR) approved Responsible Service of Alcohol (RSA) Course is designed to teach participants how to work with alcohol in a hospitality environment. In this course participants will learn skills that will greatly assist them in gaining employment in a hospitality venue where alcoholic beverages are served.

The RSA course outcomes ensure you will learn all you need to know, including:

- Understanding what RSA really means to you;
- Awareness and prevention of drink driving;
- The impact of alcohol abuse on families, communities and tax payers;
- The responsible sale of alcohol and the laws (fines) associated with them.

The Facilitator: [Centre for Training](#) is a registered training organisation (RTO 91230). They specialise in nationally recognised training that is designed to meet the needs of the Food Service and Hospitality Industries and the Health and Community Service Sector.

Centre for Training courses are developed for industry by industry. Their aim is to assist businesses and individuals to comply with government and industry training requirements. Courses are concise, relevant and comprehensive and accessible to all.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Centre for Training
Term/s	Term 2 (6 hour workshop)
Years	Year 11 and 12
Day/Time	Sunday 1 May 9.00am to 4.00pm
Cost	\$135.00 (This price includes the \$70 OLGR competency card)
Minimum Students	20 students
Maximum Students	30 students
Venue	Demountable Classroom 9
Equipment	Notebook and pens Government issued ID and a Unique Student Identifier (USI) A 'USI' is required to complete this course as it is nationally recognised. Each participant is required to go online and generate their own USI. The process is very quick and simple to follow. See the following link for more information http://www.usi.gov.au