

Co-curricular Sport & Activities Semester 2, 2016 (Term 3) Preparatory



General Information

Welcome to the <u>Semester 2, 2016</u> Co-curricular Sports and Activities Program for students in the <u>Preparatory School</u>.

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

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

Contact Information

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

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

Phone:

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

Hours: 8.00am to 4.00pm E ccsa@pymblelc.nsw.edu.au

College Services

- Forgotten Your Username for MyPymble
- General College assistance

E collegeservices@pymblelc.nsw.edu.au

P +61 2 9855 7799

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Co-curricular at Pymble

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

Our Program

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

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

 Re-enrolment is usually required for sports or activities which are offered term by term

Important Dates 2016

Wednesday 22 June Semester 2 Online Co-curricular Sports and Activities Registration <u>open</u>

Wednesday 13 July Semester 2 Online Co-curricular Sports and Activities registrations <u>close</u>

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 3: Tuesday 19 July to Thursday 22 September

Term 4: Tuesday 11 October to Friday 2 December

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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 apymblelc.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). <u>Click here</u> for instructions or click on the direct links below.







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

Students will not be allowed to wait around unsupervised until the start of their sport/activity. Students in Preparatory School who register for any co-curricular sport or activity which starts after 3.15pm have the option to attend after school care (OSHC) until their sport/activity begins or alternatively a parent or guardian can collect their child from school at 3.00pm and take their child directly to their sport or activity scheduled later in the afternoon. The teacher or coach of their sport/activity will sign the students out of after school care prior to it starting. At the conclusion of the sport or activity, a parent/guardian can collect their child directly from the sport or activity location or the child will be signed back into after school care.

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

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

Email oshcadmin@pymblelc.nsw.edu.au

Phone 02 9855 7741

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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 <u>How to Register</u> 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.

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^{*}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

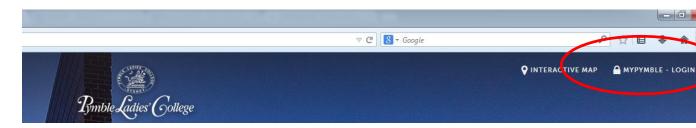
P +61 2 9855 7799

To begin registration:

1. Visit the College website www.pymblelc.nsw.edu.au



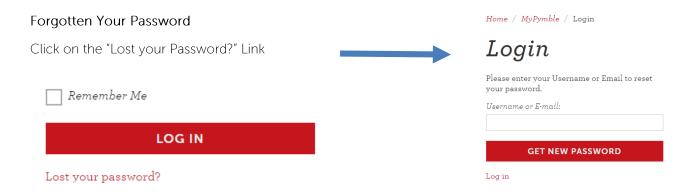
2. Click on the MyPymble - Login link



3. Log in with your family username and password



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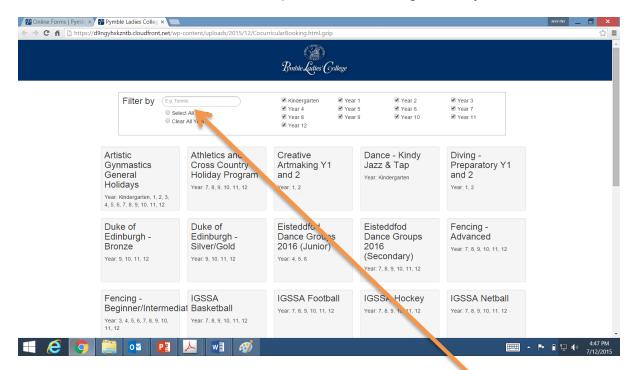
4. Once logged in you will have access to the *MyPymble Members Area*. Click on to the 'Online Forms'



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

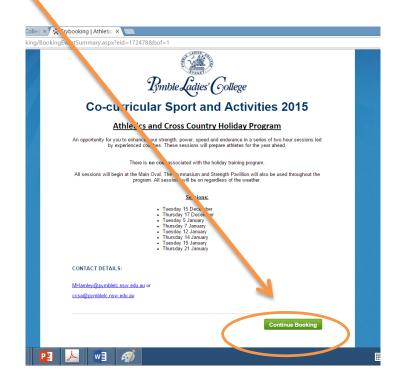
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6. You will be redirected to the Co-curricular Sports and Activities registration system



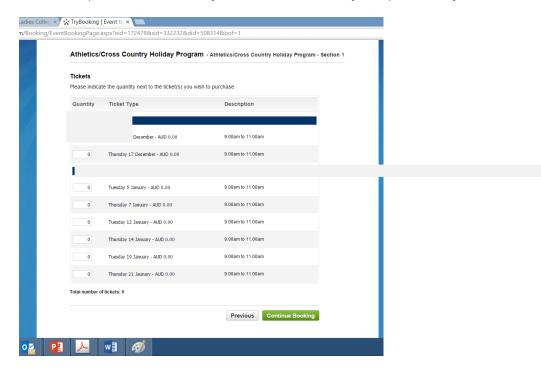
You can filter your search by activity/sport or by Year Group in the Filter toolbar

Click to continue to proceed

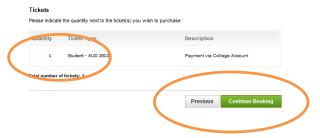


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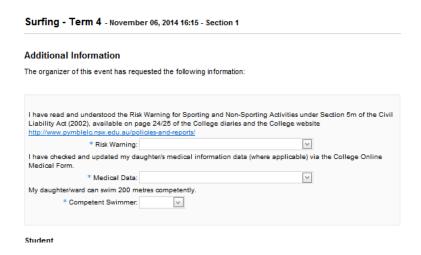
7. You will be provided with the days or sessions available your sport/activity



8. 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.



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



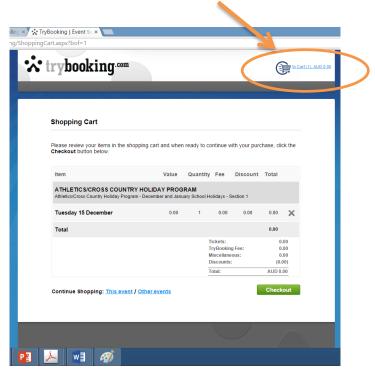
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10. Student information will be required. If you selected more than one child you will have more than one sections on the student to complete.

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

	uld jeopardise her place in h	your daughter. Your daughter will ner sport or activity of choice. Pleas (no letters).	
* Student First	Name:		
* Student Sur	name:		
* Year	2015:		
* Student No	umber:		
		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.



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.



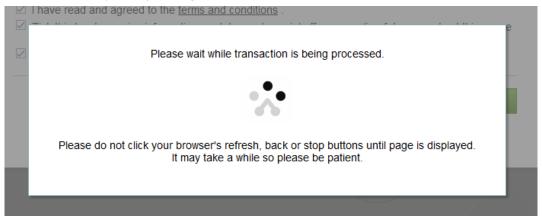
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12. Final Booking Information – please complete your information for your daughter's registration. Please enter an email address which is checked regularly. You will receive a booking receipt immediately after completion.

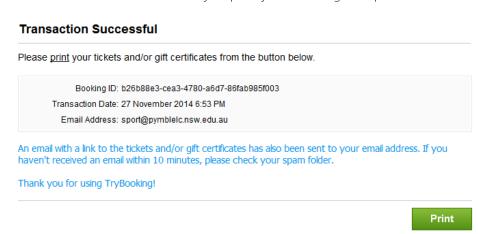
<u>Tip</u>: Next time, for a quick registration, tick "remember my details on this computer for next time"

also by email regarding this ev	•
* 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

13. You have completed your registration.

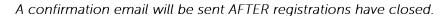


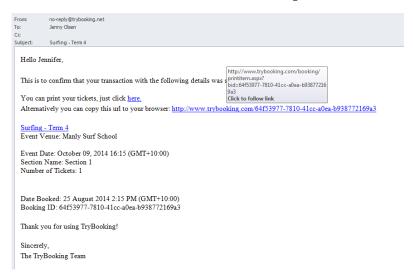
It is recommended you print your booking receipt



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





<u>PLEASE NOTE:</u> 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 <u>ccsa@pymblelc.nsw.edu.au</u> and they will be able to remove any unwanted registrations. No changes will be made over the phone.

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Sport and Activities Choices 2016

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

Yearly	Semester	Term
Advertised once	Based over two terms,	 Offered 4 times
 Commitment for the 	usually as Terms 1 and 2 =	throughout the year
whole year	Semester 1 / Terms 3 and	 Re-enrolment is usually
 One payment 	4 = Semester 2.	required for sports or
	Re-enrolment is usually	activities which are offered
	required for sports or	term by term
	activities	

Seme	ester 2
<u>Sports</u>	<u>Activities</u>
Artistic Gymnastics Kindergarten Gym Skills Year 1 Gym Skills Year 2 Gym Skills Athletics Club Diving Hockey Hockey 6-a-side Learn to Play Sports Kindergarten Year 1 Year 2 Rhythmic Gymnastics Swimming Tennis (Learn to Play) Kindergarten Year 1 Year 2 Semi-Private Lessons	Chess Chinese (Mandarin) Creative Artmaking Speech and Drama Stagecraft and Performance Kindergarten Year 1 and 2

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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.

Students are collected from the Preparatory School and walked down to the Artistic Gymnasium. Once the class is completed girls are returned to after school care unless a parent/guardian collects the child at the Artistic Gymnasium at the end of their lesson. Parent/Guardian must sign their child/ren out upon collection from the Artistic Gymnasium. If a student has not been picked up 10 minutes after the conclusion of their lesson, students will be taken to after school care to be picked up and the family will incur after school care fees.

Conditions of Enrolment (Artistic Gymnastics)

- 1. Costs: Students accounts will be billed over two periods for the yearly cost. These costs include the annual fee for GymNSW membership.
- 2. **Uniform**: Students must have their training uniform by as soon as possible (no later than the third week of the term). The leotard can be purchased from Bloch located in Chatswood or Hornsby. Please note: prices listed below are approximate.
- 3. **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.
- 4. 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. Partpayment of class is not available for days not attended by student.
- 5. **Withdrawals**: Students wishing to withdraw from the program outside of accepted timeframes will be charged for the remainder of the terms fee.

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Artistic Gymnastics – General

- New enrolments only
- Students who are registered in Term 1 or 2, are not required to re-register
- Some classes have limited places.

Kindergarten Gym Skills

The Kindergarten 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. No gymnastics experience is necessary for the Gym Skills program

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

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

Students can participate in 1 or more class per week

Contact	Artistic Administration Team <u>ag@pymblelc.nsw.edu.au</u>
Head Coach	Mrs Catherine Howitt
Term/s	Terms 3 and 4
Years	Kindergarten
Day/Time	Kindergarten Only
	Tuesday 3.00pm to 4.00pm (limited spaces)
	Kindergarten to Year 2
	Wednesday 4.10pm to 5.10pm
	Saturday 9.00pm to 10.00am
Cost	1 day per week
(includes Registration	Tuesday or Wednesday - \$445.00
and Insurance with	Saturday - \$400.00
GymNSW and	
Gymnastics Australia;	2 days per week
participation in the Gym	50% will be applied off your second class (of lesser value); when your
Gala Day)	charges are processed to your College account.
Class Dates (Start/End)	Term 3: Tuesday 19 July to Tuesday 20 September
Tuesdays	Term 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September
Wednesdays	Term 4: Wednesday 12 October to Wednesday 30 November
Class Dates (Start/End)	Term 3: Saturday 23 July to Saturday 10 September
Saturdays	Term 4: Saturday 15 October to Saturday 3 December
	Please note: there will be no classes on the following Saturdays
1156-00	Saturday 17 September
Uniform	Leotard navy sleeveless gather front cotton lycra leotard from Bloch
Venue	Artistic Cymphaciums Lower Lovel of DE Centre
	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 3 – General Gymnastics Gala Day
Further Information	Term 4 – End of Year Display (Wednesday 30 November)
ruither information	Costs do not include holidays, school weeks only.

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Year 1 Gym Skills

The Year 1 Gym Skills Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment. This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages.

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

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

Students can participate in 1 or more class per week

Contact	Artistic Administration Team
	ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Terms 3 and 4
Years	Year 1
Day/Time	Year 1 Only
	Monday 3.00pm to 4.00pm (limited spaces)
	Kindergarten to Year 2
	Wednesday 4.10pm to 5.10pm
	Saturday 9.00pm to 10.00am
Cost	1 day per week
(includes Registration	Monday or Saturday - \$400.00
and Insurance with	Wednesday - \$445.00
GymNSW and	
Gymnastics Australia;	2 days per week
participation in the Gym	50% off your second class (of lesser value) – will be applied when your
Gala Day)	charges are processed to your College account.
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September
Mondays	Term 4: Monday 17 October to Monday 28 November
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September
Wednesdays	Term 4: Wednesday 12 October to Wednesday 30 November
Class Dates (Start/End)	Term 3: Saturday 23 July to Saturday 10 September
Saturdays	Term 4: Saturday 15 October to Saturday 3 December
	Please note: there will be no classes on the following Saturdays
	Saturday 17 September
Uniform	Leotard navy sleeveless gather front cotton lycra leotard from Bloch
	DANCE
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 3 – General Gymnastics Gala Day
	Term 4 – End of Year Display (Wednesday 30 November)
Further Information	Costs do not include holidays, school weeks only.

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Year 2 Gym Skills

The Year 2 Gym Skills Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment. This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages.

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

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

Students can participate in 1 or more class per week

Contact	Artistic Administration Team
	ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Terms 3 and 4
Years	Year 2
Day/Time	Year 2 Only
	Thursday 3.00pm to 4.00pm (limited spaces)
	Kindergarten to Year 2
	Wednesday 4.10pm to 5.10pm
	Saturday 9.00pm to 10.00am
Cost	1 day per week
(includes Registration	Wednesday or Thursday \$445.00
and Insurance with	Saturday \$400.00
GymNSW and	
Gymnastics Australia;	2 days per week
participation in the Gym	50% off your second class (of lesser value) – will be applied when your
Gala Day)	charges are processed to your College account.
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September
Wednesdays	Term 4: Wednesday 12 October to Wednesday 30 November
Class Dates (Start/End)	Term 3: Thursday 21 July to Thursday 22 September
Thursdays	Term 4: Thursday 13 October to Thursday 1 December
Class Dates (Start/End)	Term 3: Saturday 23 July to Saturday 10 September
Saturdays	Term 4: Saturday 15 October to Saturday 3 December
	Please note: there will be no classes on the following Saturdays
	Saturday 17 September
Uniform	Leotard navy sleeveless gather front cotton lycra leotard from Bloch
	DANCE OF COLUMN AND A COLUMN AN
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 3 – General Gymnastics Gala Day
	Term 4 – End of Year Display (Wednesday 30 November)
Further Information	Costs do not include holidays, school weeks only.

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Athletics

Preparatory Athletics Club

The focus of the Pymble Prep School Athletics Club is on introducing girls of all abilities to the joys of the fundamental movements of running jumping and throwing.

The youngest Pymble athletes can start their day with 40 minutes of directed play, leaving them energised for a day in the classroom. The girls will learn the ABC's of athleticism; agility, balance and coordination. Early confidence in these movements will lead to a love of sport and fitness for life.

A typical session starts with an active warm up. Speed is enhanced with footwork drills and a series of exercises to develop correct running technique and form. Fitness improves quickly in relays and games. The emphasis of each session is fun.

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

Manager	Mrs Katie Edwards
	KAEdwards@pymblelc.nsw.edu.au
Head Coach	Mrs Margaret Hamley
Term/s	Term by Term
Years	Kindergarten to Year 2
Day/Time	Tuesday 7.40am to 8.20am
	Thursday 7.40am to 8.20am
	Friday 7.40am to 8.20am
	Girls can attend 1, 2 or all 3 sessions each week. Consistency is
	encouraged to maximise benefits, however it is not a requirement to
	specify which days your daughter will attend and participation may
	vary from term to term.
Cost	\$98.00 per term
Class Dates (Start/End)	Term 3: Tuesday 19 July to Thursday 22 September
	Term 4: Tuesday 11 October to Friday 2 December
Uniform/Requirements	Girls should be dressed in sports uniform, and tracksuit when cold. All
	girls should bring a drink bottle and a snack (such as yoghurt, banana
	or sandwich) to eat following their session
Venue	Girls should meet their coaches at the shelter under the GMCPA. Girls
	will be escorted to the Prep School at the end of the session. Girls can
	also be collected from before school care.

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Diving

Preparatory Diving

Diving is a dynamic sport that combines grace, courage, skill and athleticism. Diving is a sport that belongs to all and there is no better time to take up the challenge than in the Preparatory school years.

The Diving program is available to girls in Years 1 and 2 from the Preparatory School during Term 2 and Kindergarten to Year 2 in Terms 3 and 4. Diving will be held at Pymble Ladies' College with a combination of water (Aquatic Centre) and Dryland (Artistic gym). This program is encouraged for continuing and beginner divers new to the sport of diving. As this is a specialist program the numbers will be capped at 12 students to allow for the full development of each student. The opportunity will exist for selected students in the Preparatory program to participate in diving sessions on a Saturday afternoon at *Pymble*.

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

Co-ordinator	Mrs Christine Lang
	clang@pymblelc.nsw.edu.au
Coaching Staff	Christine Lang/Thomas Rickard
Term/s	Term 3
Years	Kindergarten to Year 2
Day/Time	Tuesday and Friday 3.00pm to 3.45pm
	and/or Saturday 2.00pm to 3.30pm (selected students only)
Cost	\$225.00
	Add Saturday - \$130.00 (Term 3)
Class Dates (Start/End)	Tuesday 19 July to Tuesday 20 September
	Please note: there is no Preparatory Diving on Saturday 17 September
Uniform/Requirements	Dryland: Pymble PE Uniform – black bike pants are acceptable.
	Pool Sessions: Pymble costume
Venue	Tuesday and Fridays: College Aquatic Centre and Artistic Gymnasium
	Saturday: College Aquatic Centre only (selected students only)

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Hockey

Hockey 6 a side

The Term 4 hockey places a strong emphasis on enjoyment through playing social hockey. In 2016 girls in Year 1 to 6 are invited to join a 6 a side Hockey development afternoon to be held at Pymble. The girls will take part in a skill session followed by 6 a side matches. It will be a fantastic way for new girls to come and try the sport as well as experienced players to develop their skills. The sessions will focus on training / skill development followed by 6 a side Hockey games.

Co-ordinator	Mrs Rachel Kingsell
	rkingsell@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 1 to 6
Day/Time	Monday 3.00pm to 4.30pm
	The format will be a skills session followed by small sided games.
Cost	\$98.00
Class Dates (Start/End)	Monday 17 October to Monday 28 November
Uniform	Saturday Sport t-shirt
	Navy Shorts
	Navy Hockey Socks or Long Navy Winter Socks
	Suitable shoes – sneakers
Equipment	Students MUST have their own mouthguard and shin pads. These
	items are non-negotiable. Students will not be able to take the hockey
	field or participate in their training sessions without these safety items.
	Students must also have a hockey stick; however we do have few
	sticks to lend out to students, please contact the Junior School PE
	Department for further information.
Venues	Mollie Dive Field (Pymble Ladies' College)

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Learn to Play Sports

Kindergarten

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

- Term 3 modified basketball
- Term 4 5 a side soccer

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

Co-ordinator	Mrs Fiona McDermott
Term/s	Term by Term
Years	Kindergarten
Day/Time	Monday 3.00pm to 3.45pm
Cost	\$98.00 per term
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September
	Term 4: Monday 17 October to Monday 28 November
Uniform/Requirements	PE Uniform with appropriate footwear
	During Term 4 students must have shin pads for soccer.
Venue	Junior School Courts and Kelso Oval (venues may change term by
	term due to the sport chosen for year groups)

Year 1

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

- Term 3 modified basketball
- Term 4 5 a side soccer

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

Co-ordinator	Mrs Fiona McDermott
Term/s	Term by Term
Years	Year 1
Day/Time	Friday 3.00pm to 3.45pm
Cost	\$98.00 per term
Class Dates (Start/End)	Term 3: Friday 22 July to Friday 16 September
	Term 4: Friday 14 October to Friday 2 December
Uniform/Requirements	PE Uniform with appropriate footwear
	Term 4 - Shin pads are compulsory for soccer
Venue	Junior School Courts and Kelso Oval (venues may change term by
	term due to the sport chosen for year groups)

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Year 2

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

- Term 3 modified basketball
- Term 4 5 a side soccer

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

Co-ordinator	Mrs Fiona McDermott
Term/s	Term by Term
Years	Year 2
Day/Time	Wednesday 3.00pm to 3.45pm
Cost	\$98.00 per term
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September
	Term 4: Wednesday 12 October to Wednesday 30 November
Uniform/Requirements	PE Uniform with appropriate footwear
	Term 4 - Shin pads are compulsory for soccer
Venue	Junior School Courts and Kelso Oval (venues may change term by
	term due to the sport chosen for year groups)

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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. Everything is done 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 Preparatory 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.

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Swimming

Swimming at *Pymble* is available to all Pymble Ladies' College students, siblings and external students. Our swimming lessons operate through the Braith Williams Aquatic and Fitness Centre.

The Pymble Ladies' College Centenary Precinct includes the following:

- 50m heated indoor eight-lane swimming pool with multiple diving platforms
- large purpose-built learn-to-swim pool, with teaching ledge
- Multi-purpose fitness Centre, incorporating strength and conditioning facilities and consultation and remedial treatment rooms
- Additional change rooms and on-deck showers
- Baby change tables.
- A bright, happy and healthy environment to enhance learning
- Underground car park for approximately 230 vehicles
- New playing field (Mollie Dive Field) for hockey and tennis programs
- Centenary Walkway.

Bookings

All bookings and assessments are made directly through the Aquatic Centre.

Payments

Swimming payments are no longer available through student accounts. Payment can only be accepted with direct debit. Swimming lessons are paid for on a monthly basis. All Payments for Learn to Swim and Squad are due on the first business day of the month, by direct debit with either a credit card or bank account. If you begin classes after the first lesson of the month, your first months' fees will be calculated on a prorated basis, and this initial payment will be taken as an upfront, over the counter payment. Please contact the Aquatic Centre for further details.

Learn to Swim Information

Leanne Oakley – Learn to Swim Coordinator E <u>learntoswim@pymblelc.nsw.edu.au</u> P +61 2 9855 7460

At Pymble Swimming, we believe that all children should have access to quality swimming lessons to ensure that they have the skills in, and around every water environment for their safety and survival. We are passionate about teaching all ages, and abilities the fundamental skills that will provide the foundation for their life experiences in, and around the water.

Our program focusses on progression. In each level of swimming, there will be a focus on Children learning how to swim or enhancing their technique need only swim the distance that they swim technically correct. Muscle memory is an amazing benefit and aide when kids learn how to swim or when we are correcting technical flaws, but that same muscle memory works to a child's detriment when they are swimming incorrectly. By properly swimming shorter distances, kids will learn faster and ultimately use less energy to go further distances.

Learn to Swim Operating Hours

• Weekday Morning classes

Days offered: Tuesday, Thursday and Friday mornings

Times: 9.00am to 11.30am Weekday afternoon classes

Days offered: Monday, Tuesday, Wednesday, Thursday and Friday afternoons

Times: Pymble Students: 3.00pm to 6.00pm Siblings and External swimmers: 4.00pm to 6.00pm

• Weekend classes

Days offered: Saturday morning Times: 8.00am to 12.00pm

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Learn to Swim Pricing

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

Squad Information

Leanne Speechley – Coaching Director - Swimming E swimming@pymblelc.nsw.edu.au
P +61 2 9855 7460

From 1 August, Pymble Swimming will be introducing a new Squad program. Students will be invited to join one of the new squad streams, Competition, Performance or Swim.

Assessments

Squad swimming assessments are available 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.

Squad Registrations

To enquire regarding squads and pricing, please contact the Aquatic Centre on the contact information above.

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Tennis

Tennis lessons are available to Kindergarten to Year 2 students. Tennis at Pymble is part of Tennis Australia's "Hot Shots" program which is created just for kids. Smaller courts, lighter racquets and low compression balls that don't bounce too high make learning tennis fun and easy. This means that kids are able to start rallying and having fun in their first lesson!

Conditions of Enrolment (Tennis)

- 1. **Bookings/Registrations**: All bookings for tennis are made through the online registration system. Confirmations will be sent out by the Assistant Head Coach/Coordinator K-6 Sean White before the start of the term.
- 2. Fee Policy: Lessons are charged on a term flat rate. There are no refunds or credits on any further missed lessons (exception for Public Holidays, this will be calculated prorata). We will endeavour to offer a maximum of 2 make-up lessons per term due to wet weather/sickness/camps/examinations (No make-up lessons are available for Squads). All lessons are charged to College accounts at the end of the school term.
- 3. **Semi Private Lessons**: If one student is present for their lesson and the lessons goes ahead, no make-up lesson is offered to the other student who missed the lesson.
- 4. **Make-up Lessons**: Group make-up lesson need to be completed during the term in which they have been registered for. No make-up lessons can be carried over into the following term. Please make contact with the Assistant Head Tennis Coach for queries regarding these lessons. Semi-private make-up lesson will be offered during the last week of the term but can also be made up during the first week of the school holidays.
- 5. Cancellations: 12 hour notice must be given to Co-ordinator/Assistant Head Tennis Coach, Sean White (0407 063 392 or swhite@pymblelc.nsw.edu.au) for any cancellation of lessons or a lesson fee will be honoured and no make-up lesson will be offered.
- 6. **Wet Weather**: Preparatory students participating in group lessons will proceed regardless of the weather. Group lessons will be held indoors in the event of wet weather. Semi-private lessons in the circumstances of wet weather, parents will be notified via SMS if their daughter's lesson has been cancelled. The Preparatory School Administration office will also be advised for any afternoon semi-private lessons have been cancelled. Please note the make-up lesson policy above. There is a maximum of 2 make-up lessons offered in the current term.

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Kindergarten Tennis

Kindergarten students are introduced to tennis in a fun, enthusiastic environment with an emphasis on developing the fundamental motor skills for tennis. Students will learn all the basics of tennis and rallying skills with the help of modified courts and balls. Kindergarten players will have opportunities to receive certificates and prizes to track their progress throughout the year.

Coaches will pick students up from classroom at 2.45pm and walk them to the appropriate courts. Parents are responsible for collecting students at 3.45pm, or will be walked to OSHC by a staff member.

Co-ordinator	Mr Sean White
	swhite@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Kindergarten
Days/Times	Monday 3.00pm to 3.45pm; 3.45pm to 4.30pm
	Wednesday 3.00pm to 3.45pm
	Friday 3.00pm to 3.45pm
Cost	1 session per week: \$231.00
	2 sessions per week: \$346.00
	Price will be reduced for less weeks on specific days (Monday and
	Friday)
Class Dates (Start/End)	Monday 25 July to Monday 19 September
Mondays	
Class Dates (Start/End)	Wednesday 20 July to Wednesday 21 September
Wednesdays	
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Fridays	
Minimum Students	3 per group
Maximum Students	Tennis groups have a maximum of 4 students to 1 coach
Equipment	PE uniform, Tennis Racquet (if students don't own a racquet, a racquet
	can be purchased through Mr Sean White)
Venues	Senior school courts (next to PE Centre)

Year 1 Tennis

Year 1 students start tennis in a fun, enthusiastic environment with an emphasis on developing the fundamental motor skills for tennis. Students will learn all the basic technical and tactical elements of tennis. Students will play on modified Tennis Australia 'Hot Shot' courts. Players will track their progress by receiving certificates and prizes as they complete challenges and achievements.

Coaches will pick students up from classroom at 2.45pm and walk them to the appropriate courts. Parents are responsible for collecting students at 3.45pm, or walked back too OSHC by a staff member.

Co-ordinator	Mr Sean White
	swhite@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 1
Days/Times	Monday 3.45pm to 4.30pm
	Tuesday 3.00pm to 3.45pm
	Wednesday 3.00pm to 3.45pm
	Thursday 3.00pm to 3.45pm and 3.45pm to 4.30pm
	Friday 3.00pm to 3.45pm
Cost	1 session per week: \$231.00
	2 sessions per week: \$346.00
	Price will be reduced for less weeks on specific days (Monday and
	Friday)

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Class Dates (Start/End) Mondays	Monday 25 July to Monday 19 September
Class Dates (Start/End)	Tuesday 19 July to Tuesday 20 September
Tuesdays	
Class Dates (Start/End)	Wednesday 20 July to Wednesday 21 September
Wednesdays	
Class Dates (Start/End)	Thursday 21 July to Thursday 22 September
Thursdays	
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Fridays	
Minimum Students	3 per group
Maximum Students	Tennis groups have a maximum of 4 students to 1 coach
Equipment	PE uniform, Tennis Racquet (if students don't own a racquet, a racquet
	can be purchased through Mr Sean White)
Venues	Senior school courts (next to PE Centre)

Year 2 Tennis

Year 2 students start tennis in a fun, enthusiastic environment with an emphasis on developing the fundamental motor skills for tennis. Students will learn all the basic technical and tactical elements of tennis. Students will play on modified Tennis Australia 'Hot Shot' courts. Players will track their progress by receiving certificates as they complete achievements.

Coaches will pick students up from classroom at 2.45pm and walk them to the appropriate courts. Parents are responsible for collecting students at 3.45pm, or will be walked to OSHC by a staff member.

Co-ordinator	Mr Sean White
	swhite@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 2
Days/Times	Monday 3.00pm to 3.45pm; 3.45pm to 4.30pm
	Tuesday 3.00pm to 3.45pm
	Wednesday 3.00pm to 3.45pm
	Thursday 3.00pm to 3.45pm; 3.45pm to 4.30pm
	Friday 3.00pm to 3.45pm
Cost	1 session per week: \$231.00
	2 sessions per week: \$346.00
	Price will be reduced for less weeks on specific days (Monday and
	Friday)
Class Dates (Start/End)	Monday 25 July to Monday 19 September
Mondays	
Class Dates (Start/End)	Tuesday 19 July to Tuesday 20 September
Tuesdays	
Class Dates (Start/End)	Wednesday 20 July to Wednesday 21 September
Wednesdays	
Class Dates (Start/End)	Thursday 21 July to Thursday 22 September
Thursdays	F'1- 20 1 L - F'1- 46 Codoole
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Fridays Ctudents	7 224 242 12
Minimum Students	3 per groups
Maximum Students	Tennis groups have a maximum of 4 students to 1 coach
Equipment	PE uniform, Tennis Racquet (if students don't own a racquet, a racquet
1/0,01100	can be purchased through Mr Sean White)
Venues	Senior school courts (next to PE Centre)

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Semi-Private Lessons

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

Co-ordinator	Mr Sean White
	swhite@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 1 and 2
Days/Times	Monday: 3.00pm to 3.45pm
Please note: the times	Tuesday: 3.00pm to 3.45pm, 3.45pm to 4.30pm
and days provided are	Wednesday: 3.00pm to 3.45pm, 3.45pm to 4.30pm
only an indication of	Thursday: 3.00pm to 3.45pm
what is available. Your	Friday: 3.00pm to 3.45pm, 3.45pm to 4.30pm
chosen day/time is not	Please put your register your preference online, however, times and
guaranteed.	days are limited.
	45 minute time slots are only available
Cost per term	45 Minute Lesson: \$427.00
	Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 1 of Term 3 to Week 10 of Term 3
Equipment	PE uniform, Tennis Racquet (if students don't own a racquet, a racquet
	can be purchased through Mr Sean White)
Venues	Afternoon Lessons will take place on senior school courts (behind PE
	Centre), unless otherwise arranged.

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Activities

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Art Programs

Creative Artmaking

These artmaking classes will explore students' creativity, personal expression and imagination. A love of artmaking will be fostered whilst working with different media and creating artworks inspired by famous artists and the world around them

<u>Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.</u>

Co-ordinator	Mr David Del Favero
Teacher	Ms Tiffany Fayne
Term/s	Term 3 and 4 (Semester 2)
Years	Year 1 and 2
Day/Time	Monday 3.30pm to 4.30pm
Cost	\$263.00 (plus \$50.00 materials fee)
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September
	Term 4: Monday 17 October to Monday 28 November
Maximum Students	12 students
Venue	Junior School Art Room
Equipment	All art equipment will be provided.

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Chess

- New enrolments only
- Students who are registered in Term 1 and 2, are not required to re-register.

Chess Club at Pymble is available to students in the Preparatory School. Chess Club is held on Friday lunch times in the Preparatory School. The College employs a specialist coach from the Sydney Academy of Chess. Any student is invited to register. 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 4.

Co-ordinator	Stuart Clark
	sclark@pymblelc.nsw.edu.au
Teacher	Laura Moylan (Sydney Academy of Chess)
Term/s	Term 3
Years	Kindergarten to Year 2
Day/Time	Friday 12.50pm to 1.30pm
Cost	\$90.00
Class Dates (Start/End)	Term 3: Friday 22 July to Friday 16 September
Minimum Students	5 student
Maximum Students	30 students
Venue	Prep School Hall (Next to the Library)
Equipment	All chess equipment will be provided.

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Chinese (Mandarin)

Preparatory

Do you want your child to speak Mandarin?

Open to all students in Kindergarten to year 2. Small class sizes with a student centre learning style. Students will learn through many fun activities: singing, games, art and craft, role playing and storytelling. Classes will have a Mandarin immersion learning environment. The program is exclusively designed for both non-Chinese Background and Background student.

Facilitator:

Nancy Zhou is a current staff member at Pymble Ladies' College. She is a qualified Chinese language teacher, who has been working with students across all years.

Students will be collected from the Preparatory School and will be walked across to the Junior School.

Co-ordinator	Stuart Clark
	sclark@pymblelc.nsw.edu.au
Teacher	Ms Nancy Zhou
Term/s	Term 3 and 4 (Semester 2)
Years	Kindergarten to Year 2
Day/Time	Tuesday 3.00pm to 3.45pm
Cost	\$180.00
Class Dates (Start/End)	Term 3: Tuesday 19 July to Tuesday 20 September
	Term 4: Tuesday 11 October to Tuesday 29 November
Minimum Students	8 students
Maximum Students	15 students
Venue	Year 6 Learning Space (Room 6.4)

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Speech and Drama

- New enrolments only
- Students who are registered in Semester 1 (Term 1 and 2), are not required to reregister.

The goal of Speech and Drama is to develop confident speakers in an enjoyable learning environment. By learning and practising sound vocal techniques in class, students are equipped and confident to speak effectively in any situation. Learning Speech and Drama unlocks the imagination and creative-thinking, develops communication skills, refines artistry and promotes interaction and friendships.

Core Study Areas: Voice work; communication skills; puppet play; poetry appreciation; correct pronunciation; mime; group drama; creative movement; expressive reading; storytelling; poetry performance; improvisation

ESL: Speech and Drama is particularly relevant to ESL students as it teaches the sounds of English pronunciation. This subject provides the techniques to perfect the sounds of English along with the appropriate stress and intonation that can improve verbal communication.

Assessment/Performance: in-class continuous assessment is provided as well as eisteddfod participation if offered to students.

Co-ordinator	Stuart Clark
	sclark@pymblelc.nsw.edu.au
Teacher	Ms Moira Gibson
Term/s	Terms 3 and 4
Years	Kindergarten to Year 2
Day/Time	Class days and times will be allocated before Term 1 begins (after
	online registrations have closed).
Cost	\$266.00
Class Dates (Start/End)	Term 3: Week 1 until Week 10
	Term 4: Week 1 until Week 8
Venue	Preparatory School during the school day

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Stagecraft and Performance

- New enrolments only
- Students who are registered in Semester 1 (Term 1 and 2), are not required to reregister.

Complementing the Creative Arts syllabus, the Preparatory Stagecraft and Performance (Drama) classes will encourage students to approach drama collaboratively by taking on roles and creating imagined situations shaped by the elements of drama.

About the Facilitator, Kate O'Keefe

Kate brings a wealth of experience to the Blossom team. She has a passion for performing arts and has been teaching dance and drama for over ten years. Kate started her career as a dancer, training in classical ballet and modern dance before moving into drama and studying at the West Australian Academy of Performing Arts (WAAPA).

Kate's qualifications include a Bachelor of Theatre Arts and a Masters of Teaching at the University of Melbourne. Her professional placements include St Kilda Primary School (Melbourne), Princes Close Children's Centre (Prahran, Victoria) and Sunnyside Kindergarten (Malvern, Victoria).

Her employment history also covers the Dramatic arts- she has taught drama at numerous schools and institutions including Methodist Ladies College (Kew, Victoria), The Montreal Shakespeare Theatre Company and the Australian Youth Dance Theatre. Kate's performance credits are also impressive- ranging from McDonalds Camp Quality Puppeteering to Shakespeare (Hamlet, Twelfth Night) and improvisation.

Kindergarten

Term 3

Set sail in your own dramatic adventure. Start a wild rumpus and watch as the walls of the drama room turn into a world where anything is possible. Be inspired to use your imagination and explore the characters and world's in some of the most well known and loved children's books. Create your own adventures and other crazy and wild characters using improvisation techniques and your own wild imagination.

Term 4

Roll up, roll up! The circus is in town. Tumble, swing, jump, twirl and cartwheel your way onto the stage with this terms program inspired by the characters under the big top. Enjoy the world of the circus in this dramatic physical theatre style series of workshops and create your own stories and characters that you develop in your workshops.

Co-ordinator	Stuart Clark
	sclark@pymblelc.nsw.edu.au
Teacher	Ms Kate O'Keefe (Blossom Management)
Term/s	Term 3 and 4
Years	Kindergarten
Day/Time	Thursday 3.00pm to 4.00pm
Cost	\$417.00
Class Dates (Start/End)	Term 3: Thursday 21 July to Thursday 22 September
	Term 4: Thursday 13 October to Thursday 1 December
Minimum Students	8 students
Maximum Students	30 students
Venue	Preparatory Performing Arts Room

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Year 1 and 2

Term 3

Calling all little creative bugs. Explore the wonderful world of your own imagination and create colourful characters and stories with your fellow class mates. Each week your class will be inspired by some of the world's most famous and exciting stories such as The Very Hungry Caterpillar, Wombat Stew and Possum Magic. Take your ideas and new drama skills home and share them with your family and friends each week.

Term 4

Listen very closely...can you hear it? You need to be very quiet and still otherwise you'll miss it. Our world is filled with different places and environments each with many unique sounds. Explore your world through movement, sound and song and enjoy an adventure to a new location each week. Learn to use your voice and your body to create story telling sound scapes and crazy adventures. Open classroom will be the last class of the semester and parents are invited into the classroom to observe the skills the girls have been working on during the semester.

Co-ordinator	Stuart Clark
	sclark@pymblelc.nsw.edu.au
Teacher	Ms Kate O'Keefe (Blossom Management)
Term/s	Terms 3 and 4
Years	Year 1 and 2
Day/Time	Monday 3.00pm to 4.00pm
Cost	\$370.00
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September
	Term 4: Monday 17 October to Monday 28 November
Minimum Students	8 students
Maximum Students	30 students
Venue	Preparatory Performing Arts Room

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TIME	NAME	TIME NAME	TIME	E N	TIME	N N N	TIME	NAM E	TIME	NAME
MONDAY										
TUESDAY										
WEDNESDAY										
THURSDAY										
FRIDAY										
SATURDAY										