

Chertsey Primary School

Growing and learning for academic success



Willow Road
Springfield NSW 2250

Tel: 0243253963

Email: Chertsey-p.school@det.nsw.edu.au

Term 3 Week 10 Newsletter

Tuesday 20/09/2016



Toni Skinner

Principal

Chertsey Primary School
Willow Road, Springfield 2250

Phone: 43253963

43231443

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Access our Newsletter at any
time, on our website:

[www.chertsey-
p.schools.nsw.edu.au](http://www.chertsey-p.schools.nsw.edu.au)

Or via the School Stream App.



From the Principal's desk



Wow what a concert!! I think everyone will agree with me that our Countdown Concert was a huge success. Many hours of planning and rehearsing went into this wonderful event and I would like to thank everyone involved for their dedication and creativity. The children enjoyed themselves immensely and this was evident as we saw the smiling faces and energy on the stage.

The children involved in the coding classes this term commenced their lessons last Tuesday and will do so until they are completed. Thank you to those parents who have paid.

Due to the concert being held last week our P&C will now be on tonight Tuesday September 20. We will be discussing NAPLAN results and changes to our school reporting system. The meeting will begin at 6:30am and everyone is welcome.

Our representatives, Sophie, Tyhler and Ricky will compete at the Spelling Bee on Wednesday at Ettalong Primary School. I would like to thank Ms Whitty for coordinating this event and spending many of her lunch times helping the children and listening to them spell many words. Good luck students!

In November our school P&C will be holding a fund raising event. This will be an obstacle course and children will be asked to obtain sponsors from family, friends and neighbours. We are busy working on notes and sponsor cards at the moment and information explaining this fun day will come home very shortly.



Our Headstart program has begun and we are into our 4th week. It is not too late to enrol and if you know any children of school age they can collect an enrolment form from our front office.

Yesterday a green note went home in regard to our Year 6 Farewell. If you are able to come along to the meeting on Thursday after school we will be meeting in the library at 3pm. If you cannot make the meeting but would still like to assist with the night in some way please return the slip with your contact details.

The last day of term is September 23 and we will be hosting our Chester Challenge rewards day. The children who have received at least 8 level 4 or 5's over the duration of the term will be invited to participate. We will also be holding a very special fund raising day for Cystic Fibrosis. The children have been told they can wear a piece of red clothing in turn for a gold coin donation to this charity.

It has been an enjoyable term and the children have had lots of wonderful experiences. Term 4 is extremely busy and I would like everyone to have a lovely restful holiday so you return fresh and ready for a very busy term ahead!

Toni Skinner

Principal





School Concert 2016

YEAR 6 MINI-FAIR – TERM 4

Next term, the Year 6 students will hold their annual school fundraiser, the Mini-Fair. If you have any items that may be used as prizes for participating (for example: McDonald's 'Happy Meal' toys), please send them in to school to Mrs Kate Currie. If you know anyone who may be able to donate larger prizes for our raffle, please contact Mrs Scott who can arrange for a donation letter to be sent to the person / business. Thank you for your support of our fundraising efforts and we look forward to a fantastic afternoon of fun in term 4!

Stage 3 Teachers

BOOK WEEK WINNERS 2016



During Book Week the children from K-6 produced a range of work around the theme 'Australia Story Country.'

The winning entries each received a book voucher from QBD Bookshop.

The winners were Eli, Levi , Riley, James, Addison, Katie, Elijah and Sophie.

The work produced was outstanding. Congratulations on a creative effort!

Mrs Tialshinsky

\$20 REWARD

Black shawl lost after the school concert by my 84 year old mother, it has much sentimental value. If found please hand in to the school office.

Thank you



PREMIERS SPELLING BEE

This week three students will represent Chertsey in the Premier's Spelling Bee Regional Competition. Sophie, Ricky and Tyhler will compete against 11 other schools in the competition at Ettalong Public School on Wednesday of this week. They have been studying at home and practising at school for several weeks. We wish them well. Thank you to all the students who entered the spelling bee at school. Ms Whitty.



The Erina Learning Community is proud to present you with our very first Creative and Performing Arts Festival, showcasing all of the amazing talent of students in our local schools! Before the show commences you will have the opportunity to be immersed into a world filled with unique multimedia, visual art and textile and design creations.

Feeling hungry before the show? Then why not grab a good old sausage sizzle, with the Erina High School students hosting a barbecue to get you ready for the entertainment to follow in the school hall. The spectacular show will take you on a musical journey filled with dance, choir and band performances which are sure to keep you captivated until the very end. Please join us in celebrating our local talent and supporting our local schools. Be sure not to miss out, buy your ticket October 4th!

Selected students from Chertsey Primary School will be performing as part of our choir, dance and drumming groups! See the attached poster for more information, or see Miss Gay or Ms Blumer.



The poster is for the 'Creative & Performing Arts Festival 2016' presented by the Erina Learning Community. It features a dark blue background with a light blue diagonal stripe. At the top left is a logo for the festival. The main title 'Creative and Performing Arts Festival' is in large white letters. Below the title, there are three columns of performance times: Monday 7th Nov Evening Show 6:30pm, Tuesday 8th Nov Morning Show 10:30am, and Tuesday 8th Nov Evening Show 6:30pm. Above these times are categories: Visual Art, Textiles and Design, Multimedia, Choir, Dance, and Instrumental. Below the times, it says 'Performances by:' followed by logos and names of six schools: Erina High School, Brisbane Public School, Chertsey Primary School, Holgate Public School, Woodport Public School, and Gosford East Public School. The venue is 'Erina High School'. The ticket section says 'TICKETS ON SALE TUESDAY 4TH OCTOBER 2016 AT WWW.STICKYTICKETS.COM.AU' with prices: ADULTS \$10, CHILDREN 12 YEARS AND UNDER \$6, and CHILDREN 3 YEARS AND UNDER ON LAPS FREE. The StickyTickets logo is at the bottom.

 Erina Learning Community Presents

Creative and Performing Arts Festival

Visual Art Textiles and Design Multimedia **Choir** Dance Instrumental

Monday 7th Nov
Evening Show
6:30pm

Tuesday 8th Nov
Morning Show
10:30am

Tuesday 8th Nov
Evening Show
6:30pm

Performances by:

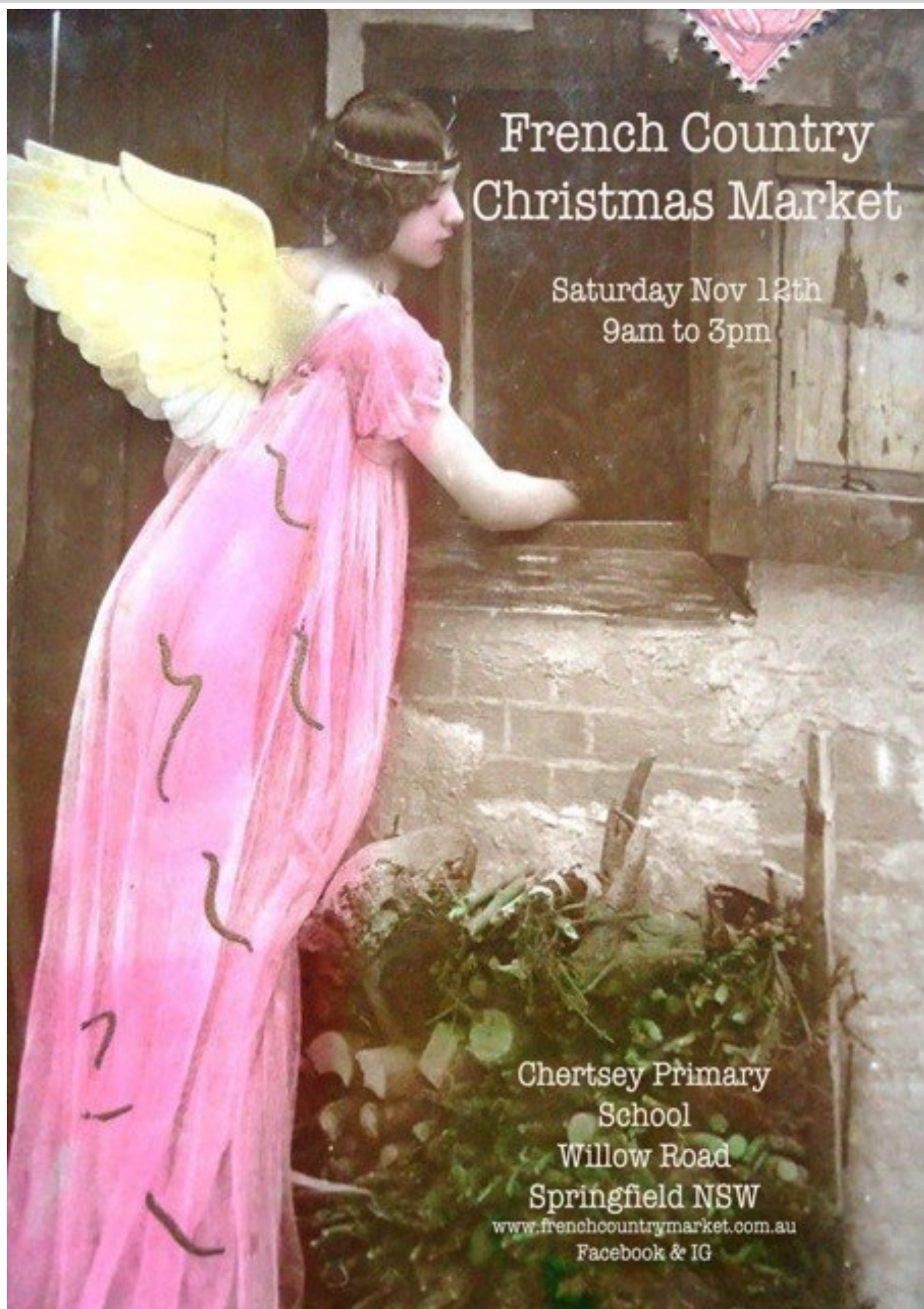
 Erina High School  Brisbane Public School  Chertsey Primary School
 Holgate Public School  WOODPORT PUBLIC SCHOOL  Gosford East Public School

VENUE Erina High School

TICKETS

ON SALE TUESDAY 4TH OCTOBER 2016
AT WWW.STICKYTICKETS.COM.AU
ADULTS \$10
CHILDREN 12 YEARS AND UNDER \$6
CHILDREN 3 YEARS AND UNDER ON LAPS FREE

 a proud supporter



French Country Christmas Market

Saturday Nov 12th
9am to 3pm

Chertsey Primary
School
Willow Road
Springfield NSW

www.frenchcountrymarket.com.au
Facebook & IG

SCHOOL BANKING TERM 3 COMPETITION

Keep saving to discover the Prize Lights

Simply make three or more School Banking deposits during Term 3 for a chance to win one of the Star Saver prizes, including camping kits, instant cameras and magazine packs.

What's more, if you complete the fun Stargazing online activity, along with making three or more deposits during Term 3, you'll also have a chance to win one of 50 Supernova prizes – PlayStation 4 packs.

To complete your Stargazing online activity, or to find out more, visit commbank.com.au/prizelights

Rewarding regular savers with spectacular prizes.

We're bringing the exciting news that Prize Lights have appeared in the Outback sky, and the Dollarsmites are giving students who demonstrate regular savings behaviour the chance to win spectacular prizes.

How to enter

Students must simply make three or more School Banking deposits during Term 3 for a chance to win one of the Star Saver prizes, including camping kits, instant cameras and magazine packs.

What's more, students who complete the fun Stargazing online activity, along with making three or more school Banking deposits during Term 3, will also go in the separate draw to win one of the Supernova prizes – a PlayStation 4 pack. Students can complete the Stargazing activity online at any time during Term 3 by visiting commbank.com.au/prizelights

Win a bag of sports equipment for your school

We're also giving schools participating in the School Banking program a chance to win one of 75 bags full of sports equipment, valued at \$200, when students make three School Banking deposits during Term 3.

To complete the Stargazing activity, or to find out more, visit commbank.com.au/prizelights

90 Instant Cameras

200 Magazine Packs

50 Camping Kits

50 PlayStation 4 Packs

OUTBACK SAVERS

CAN

Things you should know: Conditions apply. See commbank.com.au/prizelights. Promotion starts 9.00am AEST 11/7/16 and ends 11.59pm AEST 30/9/16. Student Element: Entry is open to all full-time students aged 5-18 years. Entry received into Star Saver draw when 3 deposits are made through the School Banking program. Entry received into Supernova draw when also completing a Stargazing activity at commbank.com.au/stargazing and submitting a fully completed entry form. Max of 1 entry per person per draw. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 360 prizes comprising the Supernova draw for 50 PlayStation 4 packs valued at \$607 each, and the Star Saver draw for 50 camping kits valued at \$234.93 each, 90 instant camera packs valued at \$114 each, and 200 12-month subscriptions to Total Girl or K-Zone magazine valued at \$40.95 each, will be distributed amongst the State/Territory groups. The SA/NT winners' names of the Supernova draw will be published in the public notice section of The Australian on 19/10/16. All winners' names will be published at commbank.com.au/prizelights on 19/10/16. School Element: Entry is open to all schools operating in Australia who participate in the School Banking program and have at least 1 student entered into the Student Element of this promotion. Limit of 1 entry per school. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 75 prizes of a bag of sports equipment to the value of \$200 for each winning school will be distributed amongst the State/Territory groups. Prize draw will take place at 12 noon AEST 12/10/16 at Commonwealth Bank, Level 3, 11 Harbour Street, Sydney. Total prize pool \$77,349.50. The Promoter is Commonwealth Bank of Australia ABN 48 123 123 124 of Level 3, 11 Harbour Street, Sydney NSW 2000. NSW Permit No LTPS16003453, ACT Permit No TP1600362, SA Permit No T161764.

Merit Awards

| | | | |
|----------|---------|-----------|---------|
| Chiara | KS | Declan | 2/3M |
| Corey | KS | Eva | 3/4M |
| Shyallah | K/1A | Lucy | 3/4M |
| Hayden | K/1A | Ethan | 4/5S |
| Tyler | 1G | Blayke | 4/5S |
| Leeara | 1G | Tate | K-6D |
| Tiffany | K-2F | Tye-Reece | 3-6G |
| Hayley | 2H | Jye | 5/6S |
| Lachlan | 2H | Kane | 5/6S |
| Matthew | K-6T | Joel | 5/6B |
| Jye | 2/3M | Anton | 5/6B |
| Dustin | Library | Kayla | Library |
| Bianca | Reading | Marshall | Reading |
| Joseph | Reading | Tanesha | Auslan |
| Chiara | Auslan | | |

Assembly times

K-6: Friday – Even Weeks
From 1:45pm – 2:45pm

K-2: Wednesday – Odd Weeks

From 9:15am – 9:45am

School Canteen

Our School Canteen is now open on:
Wednesday
Thursday
Friday

P&C

Meetings are held every second Tuesday of each month at 6:30pm.
All Parents are welcome.

Hire

School Community Hall and Chertsey Community Cottage for hire to the public. Please see Office for further details.

Dates to remember:

| | |
|------------------------|---|
| Wednesday 21 September | Regional Spelling Bee Ettalong Public School |
| Friday 23 September | Last Day Term 3 |
| Monday 10 October | School Resumes First Day Term 4 |
| Term 4 | Year 6 Mini Fair |

CHANGES TO ADDRESS OR CONTACT DETAILS

Please notify the school as soon as possible if there has been any changes to contact details, address and phone numbers etc.

ADMINISTERING MEDICATION AT SCHOOL

Dear Parents/Guardian

When medication is needed to be administered at school it is a departmental requirement that a form be filled out before we are able to administer the medication. Please see the office staff for a form when needed.

COMMUNITY GARAGE SALE & FETE

Friday 14th & Saturday 15th October 2016

NARARA UNITING CHURCH, Wyoming Road, Wyoming

Bring your goods for us to sell on commission: Friday 11am-6pm.

Please package items securely. No clothing or shoes, no items under \$2.00. Maximum of 20 items per person

Come and snap up a bargain:

Friday 11am – 6pm, Saturday 8.30am – 2pm

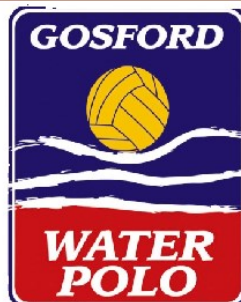
Garage Sale Items: white elephant, books, cakes & jams, baby items, plants, teas, BBQ & drinks

All funds raised are donated to charity projects in the Uniting Church

Your support is appreciated

Enquiries: Mrs. Heather Mogg Ph. 4323 9404

SEP
24
9-11AM



COME AND TRY WATER POLO!

**IF YOU ARE BETWEEN THE AGES OF
7-15, YOU CAN SWIM AND ENJOY A TEAM
SPORT... THIS COULD BE FOR YOU!**

Come and join an active and vibrant club of players, coaches, families and supporters.
Our competition season is from October to March. Training is at Gosford 50m outdoor pool.

Junior grades

Flippaball (7-9years– basic water polo skills to kids before they start competition games)

Under 12's (Mixed gender)

Under 14's boys and girls

Under 16's boys and girls

For more information check out our website for latest news and info

www.gosfordwaterpolo.net

Any enquiries email secretary@gosfordwaterpolo.net

Only pool entry and spectator fee applies for 'Come & Try' day

Youth Services School Holiday Program

OCT

September 26 -
October 7 2016

MONDAY 26

Idea to Screen: Short Film Program

The Hub, Erina
10am to 1pm

Workshop 1: Acting, text and subtext. Acting For Film.

For actor/directors who want to create their own films, TV, or YouTube channel. Develop performance-driven scenes and capture them for the screen. This is a drama class with professional film equipment.

Cost: \$90 for 3 x workshop series

Ages 15 to 25 years
To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

Kariong Vacation Care Indoor Sports Day

Kariong Youth Centre
10am to 2pm

Join us for a fun sports day - all primary school children welcome. Children can be dropped off and picked up from Kariong Neighbourhood Centre outside these hours (between 6.30am to 6.30pm). Parents must provide lunch, snacks, and a drink bottle. Cost: \$60 per child. Bookings via www.knc.net.au/oosh. For enquiries, call 4340 4561 or 4304 7039.

Skate, Scoot & BMX Skills Development Run by Slam Factory Coaches

Copacabana

12pm to 1pm: Ages 5+
Beginner Scooter Skills

1pm to 2pm: Ages 12+
Intermediate Scooter Skills
This workshop is to improve their skills and learn some new tricks.

2pm to 3pm: Ages 5+
Beginner Skate Skills
Want to learn how to drop into the bowl? Try this beginner workshop.

3pm to 4pm: Ages 12+
Intermediate Skate Skills
This workshop is for young people who would like to improve their skills.
To book, call 4325 8102.

TUESDAY 27

Grasshopper Soccer Holiday Fun Days

Kariong Youth Centre
9am to 3pm

Morning tea, afternoon tea and free water bottle included. Children will be fully supervised and no pass outs available. Ages 5 to 12 years. Cost: \$75 per day.

Sibling discount: Pay \$55 for second child per family. Three-day super special: Book three days for \$200 per child, saving \$25. To book, call 0438 207 103 or 4304 7039, or visit www.facebook.com/grasshoppercc

Idea to Screen: Short Film Program

The Hub, Erina
10am to 1pm

Workshop 2: Capturing your scripted dialogue to best effect on camera. Cost: \$90 for 3 workshops. Ages 15 to 25 years. To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

Music Jam Workshop

Kincumber Youth
Centre, 12pm to 3pm

Learn a musical instrument. Ages 10+ years. To book, call 4325 8102.

Beginner BMX Skills Workshop

Kariong Skate Park,
Mitchell Drive
12pm to 1.30pm

Ages 5+. Cost: Free. To book, call 4304 7039.

T-Shirt Making

Kincumber Youth
Centre, 1pm to 2.30pm

Create your own custom t-shirt, in a design you love. Ages 8+ years. Cost: \$3. Limited spots available - to book, call 4325 8102.

Intermediate BMX Skills Workshop

Kariong Skate Park,
Mitchell Drive
1.30pm to 3pm

Ages 5+. Cost: Free. To book, call 4304 7039.

WEDNESDAY 28

Amy Cash Fitness: Kids School Holiday Mixed Soccer Gala Day

Kariong Ovals Mini
Fields, 98 Mitchell Dr
School Years 3-6:
8.40am to 3pm

School Years K-2:
9am to 3pm

There'll be games and prizes on the day. Cost includes coloured team shirt, morning tea, fruit break, lunch and sunscreen. Cost: \$30 per child.

To book, call 0434 390 011.

Drama Workshop with Selena Maloney

Kincumber Youth
Centre

6-10 years: 9.30am to 11.30am
11-16 years: 9am to 3pm

Engage in confidence-building drama exercises and explore character-building virtues.

Cost: \$30. To book, call 4325 8102 or email shinemusicaltheatrics@gmail.com

Idea to Screen: Short Film Program

The Hub, Erina
10am to 1pm

Workshop 3: Editing your actors performances. Cost: \$90 for 3 workshops. Ages 15 to 25 years. To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

Surf Skills

Umina Beach
2pm to 3.15pm

Central Coast Surf Academy will teach you the basics of surfing and surf safety. Ages 10+ years. Cost: \$10. To book, call 4325 8102.

THURSDAY 29

Grasshopper Soccer Holiday Fun Days

Kariong Youth Centre
9am to 3pm

Morning tea, afternoon tea and free water bottle included. Children will be fully supervised and no pass outs available. Ages 5 to 12 years. Cost: \$75 per day.

Sibling discount: Pay \$55 for second child per family. Three-day super special: Book three days for \$200 per child, saving \$25. To book, call 0438 207 103 or 4304 7039, or visit www.facebook.com/grasshoppercc

Skate, Scoot & BMX Skills Development Run by Slam Factory Coaches

The Entrance

12pm to 1pm: Ages 5+
Beginner Scooter Skills

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Intermediate Scooter Skills
This workshop is to improve their skills and learn some new tricks.

2pm to 3pm: Ages 5+
Beginner Skate Skills
Want to learn how to drop into the bowl? Try this beginner workshop.

3pm to 4pm: Ages 12+
Intermediate Skate Skills
This workshop is for young people who would like to improve their skills.

To book, call 4325 8102.

DJ Bootcamp

The Hub, Erina
1pm to 4pm

Day 1 of a 2 day intensive training session in the fundamentals of DJing. Ages 12+. Cost: \$40 (2 workshops). To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

Mixed Martial Arts

The Hub, Erina
4pm to 5pm

Increase your fitness, learn the art of self-defence, build self-discipline, and develop your self-confidence and sense of community. Ages 12 to 18 years. Cost: Free. To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

FRIDAY 30

Vocal Master Class Workshop

The Hub, 10am to 12pm

This workshop is for singers looking to prepare for auditions, for performances, or for the recording studio. Ages 7 to 24 years. Cost: \$20. To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

Solo Artist and Bands: Free Recording Day

Kincumber Youth

Centre, 11am to 4pm

Whether you are a band, solo artist or rapper, come and record your songs for free! Ages 11+ years. To book your session time, call 4325 8102.

Anime Workshop

Kariong Youth Centre
10am to 12pm

Kariong Library and the Youth Centre presents Matthew Lin - well-known artist and illustrator - to show you how to draw your own anime characters. Ages 9 to 15 years. To book, call 4325 8155 or 4304 7039.

DJ Bootcamp

The Hub, 1pm to 4pm

Day 2 of a 2 day intensive training session in the fundamentals of DJing. Ages 12+. Cost: \$40 (2 workshops). To book, call 4304 7071 or email jennifer.dias@centralcoast.nsw.gov.au

Coding Club

Kariong Youth Centre
1pm to 3pm

This workshop will help young people learn to reason systematically and think creatively using interactive media, stories, games and animation. Cost: Free. To book, call 4304 7039.

Community Movie Night

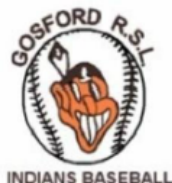
Kincumber Youth
Centre, 6pm

Bring your own comfy chairs down to the centre for a moving screening from 6pm. For enquiries, call 4325 8102.

Battle of the Bands

The Hub, Erina
6.30pm to 9pm

Hear some great locals musos battle it out. Cost: \$5.



COME AND TRY BASEBALL WITH
GOSFORD INDIANS BASEBALL CLUB

2016 – 2017 SEASON

Boys and girls, new and old players are invited to register

for our **MID WEEK** comp U8's – U14's.

Gosford Indians are looking for players to come and join the fun

For further information please contact

Kate Frost on 0416 177 016 or email: kfrost@optusnet.com.au

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Preparing you for life

MATH & ENGLISH
NUMERACY & LITERACY
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(K-12 INDIVIDUAL/GROUP SESSIONS)

To read is to enter a new world, one that is free and clear. Our minds race and grow with each new line... expanding our reach, gaining new ground.

TEXT/CALL: 047 543 6939
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SLSCC Club Registration Dates for 2016-17



| SURF CLUB | REGISTRATIONS DATES | TIME | VENUE |
|------------------|---------------------|----------------|---------------------------|
| The Lakes | 6th August 2016 | 10am – 2pm | Lakehaven Shopping Centre |
| | 21st August 2016 | 10am – 2pm | Lakehaven Shopping Centre |
| | 3rd September 2016 | 10am – 2pm | The Lakes SLSC |
| | 3rd September 2016 | 10am – 2pm | Lake Munmorah Woolworths |
| | 16th October 2016 | 10am – 2pm | The Lakes SLSC |
| Soldiers Beach | 10th September 2016 | 9am – 1pm | Soldiers Beach SLSC |
| | 18th September 2016 | 9am – 1pm | Toukley Pool |
| | 24th September 2016 | 9am – 1pm | Toukley Pool |
| North Entrance | 11th September 2016 | 9am – 12pm | North Entrance SLSC |
| | 18th September 2016 | 9am – 12pm | North Entrance SLSC |
| The Entrance | 13th August 2016 | 9am – 3pm | The Entrance SLSC |
| | 21st August 2016 | 10am – 2pm | The Entrance SLSC |
| Toowoomb Bay | 11th September 2016 | 9am – 12pm | Toowoomb Bay SLSC |
| | 18th September 2016 | 9am – 12pm | Toowoomb Bay SLSC |
| | 9th October 2016 | 9am – 12pm | Toowoomb Bay SLSC |
| | 16th October 2016 | 9am – 12pm | Toowoomb Bay SLSC |
| Shelly Beach | 3rd September 2016 | 10am – 2pm | Shelly Beach SLSC |
| | 10th September 2016 | 10am – 2pm | Shelly Beach SLSC |
| | 17th September 2016 | 10am – 2pm | Shelly Beach SLSC |
| | 17th September 2016 | 10am – 2pm | Westfield Tuggerah |
| Wamberal | 18th September 2016 | 9am – 12pm | Wamberal SLSC |
| | 7th October 2016 | 3.30 – 5.30pm | Wamberal SLSC |
| | 9th October 2016 | 8am – 10am | Wamberal SLSC |
| Terrigal | 11th September 2016 | 9am – 12pm | Terrigal SLSC |
| | 18th September 2016 | 9am – 12pm | Terrigal SLSC |
| North Avoca | 11th September 2016 | 10am – 4pm | North Avoca SLSC |
| Avoca | 10th September 2016 | 10am – 2pm | Avoca SLSC |
| | 16th September 2016 | 5pm – 9pm | Avoca SLSC |
| | 17th September 2016 | 9am – 12pm | Avoca SLSC |
| | 24th September 2016 | 9am – 12pm | Avoca SLSC |
| Copacabana | 9th September 2016 | 6pm – 9pm | Copacabana SLSC |
| | 16th September 2016 | 6pm – 9pm | Copacabana SLSC |
| | 8th October 2016 | 1pm – 3pm | Copacabana SLSC |
| MacMasters Beach | 24th September 2016 | 9am – 12pm | MacMasters Beach SLSC |
| | 9th October 2016 | 9am – 12pm | MacMasters Beach SLSC |
| Killcare | 28th August 2016 | 10am – 12pm | Killcare SLSC |
| | 11th September 2016 | 10am – 12pm | Killcare SLSC |
| Ocean Beach | 3rd September 2016 | 10am – 2pm | Deepwater Plaza Woy Woy |
| | 11th September 2016 | 9am – 11am | Ocean Beach SLSC |
| | 18th September 2016 | 9am – 11am | Ocean Beach SLSC |
| Umina | 28th August 2016 | 10am – 12.30pm | Umina SLSC |
| | 11th September 2016 | 10am – 12.30pm | Umina SLSC |
| | 18th September 2016 | 10am – 12.30pm | Umina SLSC |

SWIM BETWEEN THE RED AND YELLOW FLAGS



TRANSITIONAL

Health And Fitness

Changing minds, bodies
& health *forever.*

Call us today to book in your
free goal setting session!



0449 779 418



info@thfstudio.net.au



www.thfstudio.net.au



/thfstudio

Our fitness classes
are here for *you.*

BOOT CAMP

MONDAYS @ 9:30AM WITH
TRAINER SARAH!

Our Boot Camp is a specifically designed exercise group for all mums and dads of Chertsey! Consists of Boot Camp style training catering for all fitness levels. Includes HIIT and body weight and combined weight training. Designed to help take your fitness to a new level.

WHERE TO MEET

Meet at Chertsey Main Hall in the middle of Chertsey Primary school grounds.

ONLY \$12! (\$2 donated back to school!)

Mums & Bubs

FRIDAYS @ 10AM WITH
TRAINER KYLIE!

An exercise group specifically designed for new mums. Aimed at building strength, trimming and toning. Bubs and Tots included in the exercises making for a fun and interactive experience!


WHERE TO MEET

Meet at the rear of the Community Cottage on Chertsey Primary school grounds.

ONLY \$12! (\$2 donated back to school!)

www.thfstudio.net.au

Chertsey Primary School



日本空手道正晃会

Like us on Facebook:
Authentic Shito Ryu Karate-do Seiko kai N.S.W.

FREE KARATE LESSON
on presentation of this flyer

Chertsey Primary School
Tuesdays 4.30 – 5.30pm

Japan graded 7th Dan Instructor 40yrs. Exp.
www.centralcoastkarate.com.au

Learn Traditional Japanese Karate, Self Defense,
Discipline, Self Control, Confidence, Sport & Fitness.

Enquire Now! Ph 0413 456086
shobudojo@yahoo.com.au
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Authentic Shito Ryu Karate-do Seiko kai N.S.W.

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- Motor Vehicle Accident Claims
- Business and Commercial Law
- Industrial Accident Claims
- Workers Compensation
- Public Liability Claims
- Criminal Law
- Civil Litigation
- Personal Injury Law

Level 5,
131 Donnison Street
GOSFORD NSW 2250

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@ Kariong Youth Centre

9am-3pm

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The UNIFORM SHOP is located in the cottage opposite
the car park

Open on THURSDAY MORNINGS from 8:30am until
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