

IN THIS ISSUE:

REMINDERS
FACEBOOK
BEREAVEMENT
COMPITITION

SATURDAY CLASS
BIRTHDAYS
XMAS PARTY
CHANGE OF DETAILS

NETWORKING
PUBLIC HOLIDAY
COFFEE CLUB

BEAUMARIS AQUA AEROBICS

Spring is here. Welcome to our Spring newsletter. We have had a cold, wet and windy start to spring, however, our numbers are starting to increase in some classes. This is a timely **REMINDER** to not only book in for your class, but also please remember to call or text if you need to cancel a class. Numbers in each class are limited, so if you call to cancel, then someone else will be able to take your place. We have had many new members join us recently, so I would like to extend a very warm welcome to you all.

SATURDAY CLASSES will be starting again soon. I am in a dilemma regarding when to start these. What I would like to find out is, how many of you would support a Saturday 12.30pm class on a regular basis during the summer months? I will need 8-10 participants to make this class work.

NETWORKING. Our numbers are always increasing, so it goes without saying that there is a wide range of talents between us all. Our participants include accountants, real estate agents, students, social workers, and there is even a 'Domestic Goddess' within our midsts! I am happy to put a list together of names and occupations, so if you are interested in **NETWORKING**, then please email me your name, occupation, and contact details, or give me your business card. You never know....the person you have been aquacising next to, may be able to offer you the service you have been looking for.

COFFEE CLUB. As well as networking, we also like to socialise. Often, on a Wednesday and Friday, we will gather for coffee after our midday classes at Sensations Cafe in the shopping centre. Please feel free to join us, even if it's just for a good old chat. I'm also on **Face Book** if you want to look me up.

BEREAVEMENT. On a more sombre note, one of our members passed away suddenly on 5th August. Betty English was not only a member, but also a close friend to some of us. Thank you to our Friday class members who gave generously towards flowers that were sent to Betty's husband, Simon. Thank you also to Laura and Coralie, from The Swim School, who organised a sympathy card for Simon and family. A large funeral was held at Pinnaroo on 14th August to celebrate the life of this very special lady. Betty would have celebrated her birthday on October 2nd. We'll have a "snowball" with you, Betty.

She 's not gone, just shifted home.

PUBLIC HOLIDAY is coming up on Monday, 28th September. The scheduled midday class will be cancelled for that day. Normal timetable will resume on Tuesday, 29th September.

We've had a few members go on overseas holidays over the last few months. It was lovely to get postcards. Thank you!

Christmas time's a comin'!.... Christmas time's a comin'...Christmas time's a comin'...ya-d-ya-d-ya. Ok, I guess most of us still want to bury our heads in the sand at the mention of Christmas, but, like it or not.....it gonna happen!! Xmas parties are being planned and I have planned for us to all get together and socialise rather than exercise! December is such a huge month for functions, so, I thought we'd to get together near the end of November to start off our festivities. The tentative date will be Saturday, November 28th from 3pm till 6pm at The Old Bailey. Please let me know ASAP if you would like to attend so that I can get an idea of numbers. Partners welcome.

BIRTHDAY CALLS.

For the month of September;

Pauline Robinson	3 rd	Chanelle Brooker	14 th	Anne Newman	20 th
Karen Gwilliams	22 nd	Liz Walker	23 rd	Chris Chapman	24 th
Rose Clarke	24 th	Lyn Davies	30 th	Rawya Fram	30 th
Paul Gristwood	30 th				

and for October;

Doreen Waggon	4 th	Anita Hurley	7 th	Janet Maley	11 th
Diana Martin	16 th	Amanda Gilling	24 th	Rosemary Saunders	29 th

From us all at BAA Club, have the happiest of birthdays. Congratulations.

COMPITION for October 2009 I have a jar of Jelly Beans. How many jelly beans are in this Jar? Don't be fooled.....these Jelly Beans are different sizes. So for those of you who are math wizards, sorry, but this is guess work only. I will give you a hint. There are between 1 and 500 in the jar. This jar of Jelly Beans will be sealed and you will be able to view it before class. You will get one free guess for each class you attend in October. At the end of October, the person who guesses the correct amount, or the person closest to that number, will win the jelly beans and one free Aqua Aerobics voucher, to keep for yourself or to give to a friend. In the case of a tie, as usual, those names will go into a hat, and from that, the winner will be drawn.

CHANGE OF DETAILS If you have had ANY change of details since you filled out your PRE-EXERCISE QUESTIONNAIRE, please ask me for a change of details form. Change of details include: address, phone, e-mail, emergency contact, health and medication. These details need to be updated if you are still attending/intending to come to Beaumaris Aqua Aerobics. Please note, these details are confidential, but necessary in the event of an emergency.

Things to do.....Please respond with one answer in each of the next 3 sections.

Feedback on Saturday classes 12.30pm.

Yes, I will attend on a regular basis in summer.....

Yes, I will attend periodically during summer.....

No, sorry....I'm off to the beach !.....

Feedback on Christmas in November

Yes, I would love to attend.....

No, sorry....I'm still at the beach!.....

Please respond ASAP on both points before the end of September either by email or by completing the form above and giving it to me at class.

I need a change of details form

Please email me this form.....

I will pick up the form from you at class.....

Don't worry...I'm still at the beach, but I'll let you know when/if anything changes.....

That's all for now folks. See you at the pool

warm regards

Shirl

