

# GYM BOUNCES INTO ACTION



After careful planning, orientation and assessment, our Gymnasium is now opened for business!

"There was a need to provide such an area and activity for our senior students in particular. So with the help of some generous supporters and enthusiastic staff members, a group of six students gather each Tuesday at lunch time for a workout" said Sam Giles, Assistant Principal.

Staff members Sid Conte, Chris McIntyre and Donna Morrison have been trained to instruct the students on how to correctly use each piece of equipment.

Each student has been given a doctor's clearance and an individual exercise plan to follow, with development of their core strength and gross motor skills the priorities.

"For most of our students, this is the first time that they have ever used any exercise equipment" said Sid. "It is great that we can offer students this facility, in an environment where they feel safe to explore new things. Just as importantly, staff are also using the equipment too!"

Thank you to Campbelltown Catholic Club for donating four pieces of pre-loved equipment from their Aquafit Gym, Paul Hillbrick from Hillbrick Bicycles, Smeaton Grange for donating two brand new bikes and Magdalene Catholic High School, Narellan for decorating the walls of the gym.