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# Dunedoo Central School NEWSLETTER

31 January 2012 (Week 1 Secondary Timetable)



## UPCOMING EVENTS

### Week 1

Monday, 30 January

- Years 1-6, 7, 11 & 12 commence school

Tuesday, 31 January

- Kinder, Years 8, 9 & 10 commence school

Wednesday, 1 February

- Secondary Sport - every Wednesday afternoon - Pool

Thursday, 2 February

Friday, 3 February

- Infants/Primary Sport - every Friday

### Week 2

Monday, 6 February

Tuesday, 7 February

Wednesday, 8 February

Thursday, 9 February

Friday, 10 February

- Swimming Carnival - All Secondary & Primary students

## PRINCIPAL'S NEWS

Hello everyone. Welcome to a new school year, which promises to be exciting, educational and enlightening. The Chinese Year of the Dragon, a Leap Year, an Olympics Year and to top it off, the National Year of the Farmer, suggests that this year promises strength, growth, vitality and prosperity, with a little bit of magic thrown into the mix.

We welcome all the new students to our school. We know you will enjoy your Dunedoo experience and congratulations to the parents of these students, you've chosen a great place to live and a wonderful learning experience for your children.

We have two new teachers this year - both primary and both male. Mr Wilson, from Gilgandra Primary School, will be acting Assistant Principal for term 1 and Mr Kline will be teaching Year 3/4. Mr Wilson has expertise in technology, welfare programs, literacy, music and sport. Mr Kline, who was a prac teacher at our school two years ago, was the manager of a number of PCYC gyms and facilities in Sydney, which sup-



*New Teachers L-R: Joel Wilson & Ben Kline*

ported students in the community. We extend a warm welcome to both teachers.

We also welcome our new Kindergarten class. It is always very exciting for these students to start school and they were chuffed by the warm welcome the rest of the school gave them at today's assembly. Mums and Dads can relax, all Kindergarten students seemed settled when they visited my office this morning as part of their "grand tour" of the establishment.



## Kindergarten 2012

Back Row L-R: Teacher Mrs Libby Yeo, Rebecca Redding, Jack Rawling, Jayden Martin, Callum Wham, Thomas Martin, William Bampton, Harry Cluff, Nick Stoddart, Deakyn Smith, Mia Gallagher & Ailsa Brydon Teacher Aide

Front Row L-R: Eva Hogden, Eliza Caldwell, Tesharna Smith, Brooke Cooke, Alice Fergusson, Sophie Kensit, Montana Marshall, Makaylah Tonkin & Chloe Stanford

**PLEASE  
REMEMBER  
WE ARE A  
NUT FREE  
SCHOOL**



# PRINCIPAL'S NEWS - CONTINUED

Congratulations to Year 7 , you have made the successful transition from Primary to High school. Everyone loves year 7, it's so different, and promises the excitement of travelling into the unknown.

If any parents have concerns in relation to their child, please don't hesitate to contact the school. Your child's classroom teacher is the best person to contact, as they will know more about what is happening from first hand experience. In the Secondary School, we have an excellent group of Year Advisors, who are caring, responsible people who see your child everyday, they may also be able to help, and can certainly pass information onto other secondary teachers. If you have greater concerns, or feel that you need to contact a manager, then the Assistant Principals in the Primary and the Head Teachers in the Secondary School should be able to help. If it is really serious then it is important to contact either Mrs Lane, our Deputy Principal or myself . I'm sure we can solve most problems.

In this Newsletter there is a copy of the Core Rules of Education. These are the expectations of the State Government as to how schools, parents and students should behave. They are an excellent set of rules which have been developed over a number of years for the benefit of all.

Parents prefer their children to wear a school uniform - it's simpler and less costly in the long run, plus it adds to the notion of a successful team. Our P&C want us to be a "Uniform" school. Therefore, we expect all students to wear the proper uniform. This includes "black shoes". Our staff regularly monitor uniform and if students consistently flaunt the uniform rule, they will miss out on special privileges offered to all students.

Lockers are available to all students from Year 7 to Year 11. They are available from the office for a refundable key deposit of \$10.

Year 9 Laptops will arrive in school this week and be distributed as soon as possible. They are all very excited about this prospect.

Next week is our school swimming carnival. Our students become very involved in House preparations for the day, by dressing up and practicing chants & songs to motivate each other. It's great fun! We have a very high attendance rate at the carnival with the majority of students participating in the many events. Parents and community members who attend, enjoy the day as it is very social, exciting and entertaining. Hope to see you there!

*Mr Peter Campbell, Principal*

Our school is held in high regard by our community and by many who come into contact with it from further afield. This reputation has been won in many ways such as academic and sporting success but also through the way our students conduct themselves and the way they dress. This is particularly important when out of the school.

We would like to maintain this high standard that the school has achieved.

In very recent times our students have conducted themselves with great dignity and poise, bringing great credit to themselves and the school.

For the most part our students were also dressed in full school uniform. It is apparent however, that this area could be strengthened and we are seeking your support in ensuring that your child comes to school each day in full school uniform.

The School's P&C have made the decision that our school is to be a school uniform wearing school and as such support our actions.

Students support funds are made available by the Department of Education for people who genuinely require assistance in affording uniforms. Please contact the school if you feel you need assistance in this way.

Once again we seek your support here so that we can further enhance our school's excellent standing in the community.

A copy of the uniform code is enclosed.

## **IMPORTANT NOTICE**

**Please return to the front office ASAP the permission notes which were sent home with every student. Being Medical Information and Excursion/child protection/photographs and head lice.**

# INFANTS IN FOCUS

## KINDER, YEAR 1 & YEAR 2

Welcome back to school. A special welcome to our Kinder children and their parents, grandparents and friends. We are very happy that you chose DCS for your child's formal education.

A few things to note:

- ☺ The parent surveys regarding Infants Intensive Swimming Program have been received and as a result this program will take place in the final weeks of term 4. Further information in term 4.
- ☺ Mrs Kylie Turnbull and Mr Brent Budden will be taking the Teacher Release times in the infants School this year. Mrs Elizabeth Abbott will be taking LOTE (French) and Library, Mrs Armstrong will also be involved in Reading Groups.
- ☺ We will be continuing with the Crunch & Sip" program this year. The children must bring a drink bottle (water) and a piece of fruit (which will need to be cut up into smaller pieces).
- ☺ Fruit Friday will continue again this year. On Friday children can bring in a piece of fruit to share which will be sent to the canteen to be cut up for all the Infants children.
- ☺ Please make sure all belongings are marked clearly with your child's name.
- ☺ Mrs Yeo will be organising infants Sport this year which will be held every Friday at 11.10am.
- ☺ Now that school is back it is really important that good routines are established. A regular bedtime (no later than 8.30pm is recommended), healthy eating habits (not too much processed or packaged food in their lunch boxes please) and that children are punctual to school (they like to have a play in the mornings before school if possible.).
- ☺ All children will be required to wear a hat during summer months.
- ☺ Please remember if you have any concerns, please do not hesitate to contact me.

*M Abbott , Assistant Principal Infants*

**Kindergarten:** Welcome all Kinder children and parents to "big school". I know we are going to have a fantastic year together and I am looking forward to teaching your child in 2012. This week we will have a 'settling in' time getting used to bell times; playtimes and general school routines. We will also familiarise ourselves with important spots around the school such as the canteen, library, front office etc.

Our Jolly Phonics program begins this week and the two sounds we will look at are 's' and 'a' and our shared big book is "Hairy Bear". In Maths we will begin looking at numbers and counting with one to one correspondence.

Please try and ensure all items of clothing (including hats), bags, lunch boxes, drink bottles etc are named to avoid confusion. Early bedtimes are also advisable. If you would like to be involved in changing home readers in the classroom please let me know a day and time that would suit you. Some parents buddy up so they come in once a fortnight. If you are a first time parent to DCS and are unfamiliar with anything please don't be afraid to ask — remember nothing is too trivial. Please contact me at school on 6375-1489 or at home 6375-1273. Mrs Yeo

**YEAR 1/2:** Welcome back to DCS and the 2012 school year. I am very happy to be teaching back in the Infants school and look forward to a happy and productive year.

This week we will be learning about the FISH philosophy which our school follows and talking about our school and class rules.

We have commenced a unit of work on Traditional Fairy Tales in Literacy. We will be reading many stories and discussing their features. We will also be writing our own fairy tale in the next few weeks. Mathematics will be run this year in straight year groups. I will be taking year 1 and Mrs Armstrong will be taking year 2. Mr Budden will take year 2 Maths on Mondays and also for Music and Drama, Mrs Kylie Turnbull will be taking Science and Mrs Elizabeth Abbott will be taking LOTE (French) in Library.

I will be sending readers home this week for all students. If you would like to be involved in the reading program, changing the readers please let me know what day suits you best.

Formal Spelling and Homework will commence next week.

I will be holding a class meeting very soon where I will discuss class procedures and expectations.

Please contact me if you have any queries or problems (school - 6375 1489 or home - 63751311). Have a great week.

**Mrs M Abbott**



# PRIMARY NEWS

## Years 3, 4, 5 & 6

Hello and welcome back to school to all our parents and students. My name is Joel Wilson and I am delighted to be working at Dunedoo Central School this year. I wish to thank Mr Elith for all his hard work over the years at DCS, and hope to continue the excellent standard of education that has been set into the future.

We also welcome Mr Ben Kline to the school this year, and we wish him the best as he starts his teaching career.

Primary classes for 2012 are:

Year 3/4	Mr Kline
Year 4/5	Mr Wilson
Year 5/6	Mrs Elith

Primary classes will be swimming for sport on Fridays in Term 1. Please make sure your child has their swimmers, towel, hat, sunscreen and pool money each Friday.

Please feel free to make an appointment to see me, or catch me before or after school at the gate. All the best for a successful Term 1!

***Mr Joel Wilson, Relieving Assistant Principal Primary***

**Year 3/4:** Hello, my name is Ben Kline and I am the new year 3/4 classroom teacher. I am very excited to be here at Dunedoo Central School.

I moved here over the new year from Sydney with my wife (a Dunedoo local) and two young children. I have come from managing several Police and Community Youth Clubs in Sydney over the past 7 years, with the last 2 years at Redfern PCYC. I loved the work I did, dealing with fantastic groups of people and now welcome the career change to teaching.

This week the class are doing a unit on “getting to know you” where we are all learning what expectations and responsibilities each will have.

I am looking forward to this wonderful year and hope to meet you all soon. **Mr Ben Kline**

**Year 4/5:** Mr Joel Wilson

**Year 5/6:** Welcome to 2012. I am delighted to be teaching your children and to be working with you to help your child reach their full potential this year. This week will be spent with the children getting to know my expectations and me finding out exactly where they are at so we can move forward productively. Thus your child will be doing a number of tests so they can show me what they know and what we need to work on. You can support your child by ensuring they get enough sleep and eat healthy food.

Soon I will be holding a class meeting [I will let you know when this is via the newsletter]. I will then outline our plans for 2012. I will also let you know their test results so you can help support their learning. I do allow a drink bottle in the classroom but water only and in a small container if it has been frozen—this helps with the condensation. Also, I will be encouraging crunch mid morning so a small piece of fruit or vegetable in a container would be welcome. No homework yet. I am looking forward to working with you. **Mrs Jan Elith**

**Year 6 Mathematics:** This week we will be learning about addition of 4-digit numbers. **Mrs D Lane**



# School Canteen Volunteers

## HELP NEEDED...PLEASE

The School Canteen is run as a service to the children, parents and the school. Volunteers for the canteen are always very welcome and encouraged. Without the assistance of volunteers, the school canteen cannot fully function. The day that parents are at canteen becomes 'a special day' in your child's life for something of 'theirs' is brought from home to school.

This is also a great opportunity to meet new people. Your assistance at our school canteen would be hugely appreciated. A canteen volunteer helps out with preparing lunches, helping with re-heating food, serving students at recess and lunch. If you could help at the canteen, please return the attached form.

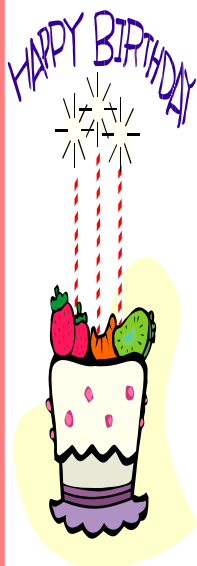
I look forward to working with you.

Jenny Farley (Canteen Supervisor)

### TO BE RETURNED TO JENNY FARLEY, CANTEEN SUPERVISOR:

Name \_\_\_\_\_ Tel No. \_\_\_\_\_

I can assist at the canteen \_\_\_\_ days per term. Preferred day/s MON/TUES/WED/THURS/FRI



# HAPPY BIRTHDAY

Wishing you all a great day!

Thomas Martin, 5	10 January	Kinder
Josephine Rains, 10	23 January	Year 4
Roy Watton, 8	31 January	Year 3
Tammy Martin, 15	2 February	Year 10
And staff.....		
Raelene Sweeney	5 February	



## 2012 SCHOOL TERMS

Term 1: Last day of Term 1 - Thursday, 5 April 2012.

Term 2: Monday, 23 April 2012 to Friday, 29 June 2012

Term 3: Monday, 16th July 2012 to Friday, 21 September 2012

Term 4: Monday, 8th October to Friday, 21st December 2012.

**Staff Development Days** (pupil free days): Term 2 (23/4/12), Term 3 (16/7/12) and the Last 2 days of Term 4 (20th & 21st December 2012).

# CANTEEN NEWS

- ⇒ Welcome back for a brand new year.
- ⇒ I am excited to add a few additions to the menu for this year. I am introducing a summer and winter menu to take advantage of seasonal produce and tailor the menu towards eating patterns influenced by the weather. I have introduced 2 Meal Deals for some added value.
- ⇒ I am starting a class competition to promote healthy eating. The concept is for each lunch order that has a selected healthy item which is marked on the new menu as a ☺ earns a point for their class. For example, if a lunch order has 3 items but only 1 has a ☺ that student earns 1 point, and if a lunch order has 3 items and all of those items are marked with a ☺ that student earns 3 points and so on. Each class will have a chart in their classroom and it is their responsibility to keep their chart updated. Teachers can get involved too! This will commence week 2 and finish the second last week of this term. The winning class will receive a class prize at the end of the term. More details next week.
- ⇒ I apologise for uniforms not being back in time. The company assured me last year that they would be back in time before school resumed. However they have disappointed me as much as they have disappointed you.
- ⇒ I will be putting an order in soon for winter uniforms to avoid the same issue. Order forms will be sent home soon, I would be greatly appreciated if you could take 5 minutes to fill it out and drop it to me at the canteen, office or even your child's class teacher.
- ⇒ Thanks so much for your understanding on this issue. I hope you like the new menu and if you have any suggestions or concerns please contact me. **Many thanks - Jenny Farley**

## CANTEEN ROSTER TERM 1

30/01		06/02	N Squire
31/01		07/02	A Copeland
01/02	R Squire	08/02	Help Needed
02/02	Help Needed	09/02	N Squire
03/02	N Squire	10/02	N Squire

## LIBRARY NEWS

Welcome to 2012 in the Library! Borrowing begins this week. Please remember to bring a library bag. Students who participated in Holiday Reading is Rad can bring their reading diaries in this week. Library monitors are needed from Years 5 and 6. Thank you to this week's volunteers: Paige, Amelia and Bella. Borrowing days may change as the timetables across the school are adjusted. Borrowing this week is:

Tuesday: Mr. Kline's 3/4 and Mr. Wilson's 4/5

Wednesday: Mrs. Abbott's 1/2

Thursday: Mrs. Yeo's Kindergarten & Mrs. Elith's 5/6

**Mrs Elizabeth Abbott**



## Fruit Salad Slice

### BASE:

2 Cups of SR Flour  
1 Cup Sugar  
1 Heaped Tablespoon of Custard Powder  
1 Egg beaten  
113grams Butter melted

### TOPPING:

Large Tin Fruit Salad (800g)  
3/4 Cup Sugar  
2 Tablespoons Custard Powder

### METHOD:

1. Mix all base ingredients in a bowl and press into a slice tin.
2. Cook in Moderate (180 °C) oven for 15 minutes.
3. Put Fruit Salad in a saucepan together with Sugar.
4. Bring to the boil and stir.
5. Blend Custard with some juice from the fruit salad.
6. Add Custard mixture to fruit salad. Heat if required.
7. Pour onto base and cool.

**RECIPE OF THE  
WEEK**



# SWIMMING CARNIVAL

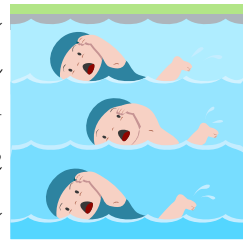


Friday 10th February 2012  
Secondary & Primary Students



Our School swimming Carnival will be held on Friday 10<sup>th</sup> February at the Dune-doo Pool. A short assembly will be held at school at 8:55am and then students will walk to the pool, with the first event of the carnival to start at approximately 9:30am.

The program is as follows: all 100m events, then all individual freestyle, breaststroke, backstroke, butterfly, medleys and then the eagerly anticipated relays to finish the afternoon. All students will leave school from the pool (buses will pick-up from the pool). Students from years 3 to 12 will attend the carnival all day.



Students will be asked to nominate for events prior to the day. Please discuss with your child which events they wish to enter.

Students in year 2 who are turning 8 in 2012 and are capable of swimming a full lap of freestyle are able to walk to the pool in their house team and then return to school immediately after their age race. Please let Mrs Maria Abbott know if your child would like to swim in the 8 years free-style event.



Students are to wear house colours and please remember to cover up and bring a hat, sunscreen and plenty of water. Pool entry is \$1.00 for non-season ticket holders. If students wish to colour their hair with hairspray it must be washed out before entering the water. Crepe paper streamers are not allowed.



Lunch orders will be available from the school canteen (please hand your order in before school) or may be purchased from the pool canteen (orders in before 10:30 please). We look forward to a great day and hope to see all students participating.



Please remember that parent and family supporters are very welcome to come along for the day!

EVANS



BASS

STURT

All students intending to swim at the Swimming Carnival, please ensure you have returned your swimming permission note for the 2011/12 season.



# UPDATE

**IF YOU HAVE MOVED OR HAVE NEW CONTACT DETAILS, PLEASE ADVISE THE FRONT OFFICE ASAP.**

Student/s name: ..... Year:.....

Home Address: .....

Phone contact: Home ..... Work ..... Mobile .....

**Please complete and return to the front office.**

## Email Copy of Newsletter

If you would like to receive an emailed copy of the school Newsletter every Monday. Please complete and return to the Front Office:

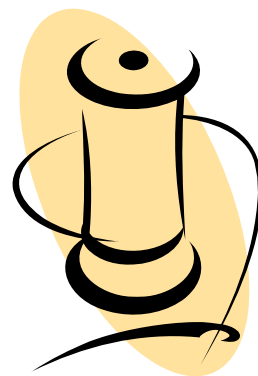
Name: .....

Email Address: .....

## ADULT SEWING CLASSES 2012

The adult sewing class will commence on Thursday, 2nd February 2012. If you would like to enrol, please obtain an enrolment form from the front office.

If you have any queries, please do not hesitate to contact the school.



**DON'T FORGET TO CHECK OUT OUR SCHOOL WEBSITE.**

[www.dunedoo-c.schools.nsw.edu.au](http://www.dunedoo-c.schools.nsw.edu.au)

*A reminder to all Parents/ Caregivers.*

If your child is ABSENT from school or LATE. You must provide a note to explain their absence.

**COMMONWEALTH BANK**

**\$ STUDENT BANKING**

*Please collect application form from the front office.*





# SECONDARY NEWS

## SECONDARY SPORT

Will be swimming for the next 2 weeks. Please come prepared and ensure your permission notes are signed and handed in.

**Mathematics:** Welcome back to school for 2012! We hope you have had an enjoyable holiday and look forward to a productive and rewarding year. Classes have been allocated as follows:

12 General Mathematics	Mrs Gallagher
11/12 Mathematics	Mrs Lane
11 General Mathematics	Mrs Hogden
10 Mathematics	Mrs Gallagher
9/10 Mathematics	Mrs Lane
9 Mathematics	Mrs Hogden
8 Mathematics	Mrs Gallagher
7 Mathematics	Mrs Hogden

Generally classes will be given homework on a nightly basis as well as a weekly revision sheet to complete. The nightly homework should take approximately 10–30 minutes to complete, depending on the year level, and will be a continuation of the work covered in the classroom that day. Weekly revision sheets will tend to be more general questions on topics covered previously in class. Please feel free to contact class teachers if you have any questions regarding your child's Mathematics.

*Mathematics Department*

## Community News

### D.J.R.L.N

*(Dunedoo Junior Rugby League & Netball)*



- \* The first meeting for 2012 will be held on Monday, 20th February 2012 commencing at 7.00pm at the Sports Club. Everyone welcome to come along to discuss the upcoming 2012 season.
- \* Please be advised the draw in the Dunedoo District Diary for Junior League & Netball is not complete. A finalised copy of the footy/netball draw will be advised shortly, or at the latest at the time of registration.
- \* Please be reminded that we are still seeking a Treasurer, Canteen Coordinator and Netball Coordinator. If you are interested in any of these roles, please come along to the meeting on 20th February, or contact Mel Bampton—0429 040 679 or Dale Hogden—0429 041 958.
- \* We look forward to seeing your support at our first meeting, in anticipation of a great 2012 season!!!

### SQUASH REGISTRATION



**Junior Squash** – Registration will be held this Friday 3<sup>rd</sup> February at 4:00 pm at the Dunedoo Sports Club. Fees are \$15 for the Competition.

For further information contact Donna Lane 63751028

**Senior Squash** – Grading for the senior squash competition will be held this Thursday 2<sup>nd</sup> February at the Dunedoo Squash Courts at 7:00 pm. Names can be put down at the Sports Club, Dunedoo Newsagency or with Darron & Donna Lane. New players should attend grading at 7pm on Thursday 2/2/2012.

# Community News

## Dunedoo Touch Football

**Junior Touch Football:** *Commencing this Wednesday 1st February, 5.00-5.45pm at the Sports Club.  
Please pack a hat and water bottle.*

### SENIOR TOUCH—Wednesday, 1st February 2012

6.00pm	Ladies & Gents v Bezzy's Bulldogs	Mark Stanford, Daniel Trengove, Ashley Johnstone
6.00pm	Sports Club v Wog Rock	Sam O'Leary, Todd Gallagher, Darron Lane
6.45pm	Pumped Up Wood v Sullivans	Ed Abbott, Jake Fergusson, Lucy Besgrove
6.45pm	DRH v Elong Runaways	Jess Solberg, Brent Budden, Mark Fitzgerald
Duty Team:	Ladies & Gents	

## SWIMMING CLUB

Welcome back after the Christmas and new year break.

We are having a meeting on Tuesday, 7th February at 6.30pm at the Sports Club to discuss our Championships. Just remember you must have five swims per stroke to qualify for the Championships in that stroke.

Training and Timetrials have recommenced for 2012 and we look forward to seeing you all there! Hope to see you at the meeting.



A friendly reminder that School of Tennis is now taking enrolments for Term 1 2012. Tuesday and Fridays in Dunedoo, Wednesday in Coolah and Thursday in Gulgong. Group and private lessons are available.

For further information please contact either Andrew 0428751757 or Kylie 0427637266 or e-mail [schooloftennis@bigpond.com](mailto:schooloftennis@bigpond.com)



Dunedoo Rugby League Football Club would like to invite any male who is 17 or older and interested in playing Rugby League for the Dunedoo Swans in the 2012 season to join us for our first training session on Friday, 3<sup>rd</sup> February 2012 at Robertson Oval commencing at 6.30pm. We look forward to seeing you there!

Also we would like to let everyone know that we are seeking sponsorship and have packages available, if you are interested please contact Lisa Sheldon on 0263751969. The packages have been designed so people know what they will be getting for their money however any donation is appreciated. Thank you very much.

# Community News

## AQUA AEROBICS

COMMENCING AT THE DUNEDOO POOL ON  
TUESDAY, 31ST JANUARY.

CLASSES WILL RUN ON TUESDAY EVENING AT 6PM &  
SATURDAY MORNING AT 11AM

*Aqua Aerobics is a great way to exercise without stress and strain on muscles and joints!*

**COST IS \$10 PER SESSION (PLUS POOL ENTRY)**

Please bring water to drink, towel, sun protection, sunglasses and pool noodle if you have one.

For more information please contact Jenny on 0477-084-258,  
6375-1461 or [aqua\\_action@hotmail.com](mailto:aqua_action@hotmail.com)

## BACK ON TRACK...

### “Healthy Lifestyle Program”

*Welcome to a One Month to a Healthier, Fitter YOU!!!!!! This program is a combination of low impact exercise, High energy Aqua Aerobics and Nutrition ADVICE to get you back on track. Learn what to eat, find out what makes Aqua Aerobics such great fun, keep muscles, joints and bones strong with the “Walk & Weight’s sessions, learn how to make healthy food choices by attending 2 evening nutrition talks and a practical supermarket tour. Easy to follow food guidelines, daily food diary, healthy picnic, weekly handouts & much much more!!!*

The program will commence on Wednesday, 1st February (for one month). It is designed for both men and women. There are 7 various classes during the week and it is a requirement that you attend at least 3. The cost involved is \$120 for the month (That’s only \$30 per week!). Please note pool entry not included in this amount. If you are interested, or would like more information please contact JENNY on 6375-1461, 0477-084-258 or [aqua\\_action@hotmail.com](mailto:aqua_action@hotmail.com).

WEEKLY TIMETABLE

DAY	TIME	CLASS
MONDAY	6.00am to 6.45am	Walk & Weights (DCS)
TUESDAY	4.30pm to 5.30pm	Strength & Conditioning (DCS)
	6.00pm to 6.50pm	Aqua Aerobics* (Dunedoo Pool)
WEDNESDAY	6.00am to 6.45am	Walk & Weights (DCS)
THURSDAY	5.30pm to 6.30pm	Strength & Conditioning (DCS)
FRIDAY	6.00am to 6.45am	Walk & Weights (DCS)
SATURDAY	11.00am to 12.00pm	Aqua Aerobics* (Dunedoo Pool)

\* Please note there is an additional \$2 pool entry required for this session, payable at the pool.