



Dec '09; e-mail; enquiries@mkspringers.com

**Christmas Fun & Fitness
@
Kiln Farm Club**

**Monday 21st Tuesday 22nd Wednesday
23rd December.**

We are offering fun & fitness from **9am – 3pm**, (8.30 drop-off is available on request) Not only will we be covering the usual gymnastic skills and badges but we will also cover team games i.e. bench ball, football, air track races. Arts & Crafts, and talent show.

Parents need to supply a packed lunch, snacks and lots to drink.

Alternatively we are also running our **10am -12noon** sessions; covering badge work and gymnastic skills.

Parents need to supply a small snack & drink

So if you have some last minute shopping or some bored children on your hand, we will make sure they are in safe hands and kept well occupied.

* Booking forms for all of the above are available on www.mkspringers.com

More medals for MK Springers

The Bucks County General Gymnastic competition was once again awash with a sea of blue leotards, as 35 MK Springers gymnasts warmed up to compete. The competition is split into different levels depending on the ability of the gymnast. General Gymnastic coach Sarah Carey was delighted on the day as the gymnast brought home a total of 23 medals. The gymnasts taking part were from not only our Kiln Farm club but also our Roade venue.

A full write up and names of those taking part can be seen on our web site, click on "news& events"

**Kiln Farm
Official Opening.**

It was standing room only as the Mayor and the 200+ audience were hugely entertained by a range of exciting routines from MK Springers gymnasts of all levels, together with performances from S.N.U.G.S gymnasts (many of them medal winners at the Special Olympics held in Leicester) and cheerleaders from MKT group.

The mayor of Milton Keynes, Cllr Euan Henderson presented a certificate and leotard to Kia Rose Maloney, MK Springers 400th gymnast. Gerry O'Donnell, on behalf of the Trustees of the Charity, welcomed the Mayor and praised the hard work and unshakeable belief of joint club managers Felicity Candler-O'Donnell and Jean Heffer-Rahn. "It is amazing to see how far the club has come in just a few short years. In addition to the 400 gymnasts who train at club sessions every week, there are also 200 who train at after-school clubs, a further 200 who attend Parent & Toddler sessions and about 500 children who are taught in schools by our Community Coaches." Felicity thanked the coaches and fundraisers for all their hard work and also mentioned the vital Grants received from Youth Bank, Milton Keynes Community Foundation and Sport MK, not forgetting the generous donations received from local employers Mouchelle, John Lewis and Shell.

Christmas Party & Sleepover

All club members, sibling & friends are invited to our Christmas Party & Sleep Over.

Where; **Kiln Farm**

When; **December 19th from 5pm.**

Ask your coach for tickets.

* All sessions resume
Week beginning 5th January 2010.