

08 January 2010

To: All Provincial Chairpersons

Acrobatic Gymnastics, Trampoline, Gym For All, Men's Artistic  
Gymnastics

Programme Managers

All Club Leaders

### **Workshop Schedule – Viktor Saaron January/February 2010**

Viktor Saaron from the Estonian Gymnastics Federation will be in South Africa from the 11<sup>th</sup> January till the 6<sup>th</sup> February, conducting workshops in Acrobatic Gymnastics, Trampolining, Artistic Gymnastics and Gymnaestrada.

These workshops will be conducted in 4 Provinces – Western Cape, Eastern Cape, KwaZulu Natal and Gauteng. SAGF members outside of these Provinces are welcome to attend any relevant workshop, should they so wish. The schedule of workshops is below.

You are asked to contact the relevant coordinator, should you be interested in attending or require further information.

Many thanks

**SAGF**



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**SPORT AND RECREATION  
SOUTH AFRICA**



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#### **BOARD MEMBERS:**

Jerry Masia (Pres); Allan Chadwick (1<sup>st</sup> Vice Pres); Shirley Watson (2<sup>nd</sup> Vice Pres);

Clive Naidoo (Transformation Rep); Tim Neanor; Elizabeth Cameron Smith (CEO)

Date	Time	Venue	Workshop	Target group/ workshop content	Coordinator
13/1/2010	18h00 – 19h00	<b>Turfhall,</b> Corners of Belgravia and Kinders Way Belthorn Estate, Athlone, 7764	GNS	Senior citizens GNS group	Barbara Murphy 083 227 3543
15/1/2010	14h30 – 17h00	<b>Phillipi Sports Centre,</b> Cape Town	Acro	Low/Intermediate level gymnasts	Daphne September 084 550 5327
16/1/2010	09h00 – 16h00	<b>A F Louw La Colline</b> Stellenbosch	GNS	Training for WP GNS squad	Barbara Murphy 083 227 3543
18/1/2010	15h00 – 18h00	<b>Dolphin Gym, De Bult High School</b> George	Mini tramp	Intermediate level gymnasts	Christo Swanepoel 082 571 2098
21/1/2010	15h00 – 18h00	<b>Gym Stars Gym Club</b> Port Elizabeth	Mini tramp	Level 1- 3 gymnasts	Jean van Dyk 082 657 6930
22/1/2010	15h00 – 18h00	<b>Gym Stars Gym Club,</b> Port Elizabeth	Mini tramp	Level 4 upwards gymnasts	Jean van Dyk 082 657 6930 082 657 6930
23/1/2010	09h00 – 16h00	<b>Ankervas PS,</b> Uitenhage	GNS and mini tramp	All involved in GNS	Louisa Hendricks 084 444 9041
25/1/2010	15h00 – 17h30	<b>Esikhawini Indoor Centre</b>	GNS	Club gymnasts and Hub participants	Caron Henry 082 327 3823
28/1/2010	15h00 – 18h00	<b>Cleremont Community Hall</b>	Body conditioning	Community club gymnasts/Rope skippers	Sandile Ntombela 083 743 2481
29/1/2010	15h00 – 17h30	<b>KZN Academy</b>	Artistic – body conditioning	Selected KZN Squad members	Allan Chadwick 083 661 2810
30/1/2010	09h00 – 15h00	<b>KZN RG Academy,</b> Durban	Acro and GNS	All Provincial GNS gymnasts	Caron Henry 082 327 3823
3/2/2010	15h00 – 18h00	Benoni	Acro	High level acro gymnasts	Adri Koekemoer 084 505 4336
4/2/2010	12h00 – 14h00	TBA	GNS	Eastern Cluster gymnasts	Anton Jordaan 082 484 3941
4/2/2010	15h00 – 18h00	Tuks	Trampoline	HP trampoline gymnasts	Helen vd Walt 082 921 6301
6/2/2010	10h00 – 13h00	TBA	GNS	TBA	Anton Jordaan 082 484 3941