

Date: 8<sup>th</sup> 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

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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 Nenaar; Elizabeth Cameron Smith (CEO)

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Workshop</b>	<b>Target group/ workshop content</b>	<b>Coordinator</b>
13/1/2010	18h00 – 19h00	Turfhall, Athlone Cape Town	GNS	Senior citizens GNS group	Barbara Murphy 083 227 3543
15/1/2010	15h00 – 17h30	Phillipi Sports Centre, Cape Town	Acro	Low/Intermediate level gymnasts	Daphne September 084 550 5327
16/1/2010	09h00 – 16h00	H F Louw PS, La Colline Rd Stellenbosch	GNS	Training for WP GNS squad	Barbara Murphy 083 227 3543
18/1/2010	15h00 – 18h00	Dolphins Gymnastics Club, de Bult High School, George	Mini tramp	Intermediate level gymnasts	Riaan Swanepoel 074 226 5482
21/1/2010	15h00 – 18h00	Gym Stars Gym Club PortElizabeth	Mini tramp	Level 1- 3 gymnasts	Jean van Dyk 082 657 6930
22/1/2010	15h00 – 18h00	Gym Stars Gym Club PortElizabeth	Mini tramp	Level 4 upwards gymnasts	Jean van Dyk 082 657 6930
23/1/2010	09h00 – 16h00	Ankervas PS, Rockland, Uitenhage	GNS and mini tramp	All involved in GNS	Louisa Hendricks 084 444 9041
25/1/2010	15h00 – 17h30	Esikhawini Indoor Centre, (near Richards Bay)	GNS	Club gymnasts and Hub participants	Caron Henry 082 327 3823
28/1/2010	15h00 – 18h00	Cleremont Community Hall	Body conditioning	Community club gymnasts/Rope skippers	Sandile Ntombela 083 743 2481
29/1/2010	15h00 – 17h30	KZN Academy Lello Rd, Pinetown	Artistic – body conditioning	Selected KZN Squad members	Allan Chadwick 083 661 2810
30/1/2010	09h00 – 15h00	KZN RG Academy, Durban Bartle Rd, Glenwood	Acro and GNS	All Provincial GNS gymnasts	Caron Henry 082 327 3823
3/2/2010	15h00 – 18h00	TUKS – Sports Hall	Trampoline	HP trampoline gymnasts	Helen vd Walt 082 921 6301
4/2/2010	12h00 – 14h00	TBA	GNS	Eastern Cluster gymnasts	Anton Jordaan 082 484 3941
5/2/2010	15h00 – 18h00	Benoni School of Gymnastics, Belvedere School, Benoni	Acro	High level Acro gymnasts	Adri Koekemoer 084 505 4336
6/2/2010	08h00 – 12h00	Mat Sport Centre, Pretoria	GNS	Gymnaestrada Artistic presentation	Anton Jordaan 082 484 3941