



19 January 2015.

Subject: New Aerobic Level 1- 3 and Step Manual, DVD and CD.

Attention: SAGF Board Members, SAGF Provinces, Aerobic Clubs, Aerobic Coaches and Aerobic Judges.

Good day to all,

As mentioned in our notice on 31st October 2014, the Aerobic Level 1-3 Routines and Coaches Manual were being changed. This has now been completed and also includes a Step Routine.

Aerobic Step and Dance is part of Aerobic Gymnastics being introduced in 2012. It was decided to add a Step routine to our levels programme.

The Coaches manual, DVD of the routines and the CD of the music will be available for download from the SAGF website from 1st February 2015.

Alternatively all will be available to order from SAGF offices in Johannesburg. The order form is on the SAGF under Aerobics also from 1st February 2015.

The new judges L1 manual is being revised and will be presented at the Judges courses to be held as per the calendar.

The Zone Competitions for L1-3 will be held on 7 November 2015, this gives the Coaches sufficient time to teach the new programmes.

As per the Aerobic Calendar for 2015 Please find when Coaches workshops and Judges Courses will be held.

Kind regards,


Stella Stewart
PM Administrator
AEROBIC GYMNASTICS