

# Term 1 2025 starts Monday 10th feb



## 1. Be prepared

Drink bottle - Hair tied up  
Gym clothes on

No skirts, denim, buttons, zips, jewellery or r watches

## 4. Mark your attendance:

If you are late, check in with the  
office or session manager

## 2. Arrive on time:

Put your things away, head  
upstairs and wait for instruction

## 5. Spectators:

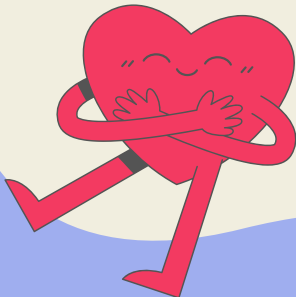
Please remain upstairs, do not  
enter the gymnasium floor.

## 3. No coach No play:

Please stay off the equipment unless  
you are with your coach.

## 6. Enquiries:

See the Session Manager before or  
after class or email  
[thamesgymsports@gmail.com](mailto:thamesgymsports@gmail.com).



[www.thamesgymsports.co.nz](http://www.thamesgymsports.co.nz)

