

2023



Merinda Calisthenic College

W: www.merindacc.com.au

E: info@merindacc.com.au

Calisthenics is a sport that combines dancing, gymnastics and ballet. It promotes great team involvement in a fun environment.

Founded in 1980 by Principal Mrs Pat Marsh and now administered by a committee of management, Merinda Calisthenics College has grown to be one of the most respected colleges in the state.

Located within a short distance from the Western Ring Road and the neighbouring suburbs of Mill Park, Mernda, Laurimar Estate and Whittlesea, the college is located at 1A/19 Enterprise Drive, University Hill, Bundoora.



Classes and times for 2023

Tots	Saturday 8:30 - 9:30am	4 years and under	Commencing Sat 4 Feb
Tinies	Saturday 8:45 - 10:30am	7 years and under	Commencing Sat 4 Feb
Subbies	Saturday 10:45am - 2:15pm	10 years and under	Commencing Sat 4 Feb
Juniors	Saturday 2:15 - 6:15pm	13 years and under	Commencing Sat 4 Feb
Inters	Friday 6 - 10pm	16 years and under	Commencing Fri 3 Feb
Seniors	Wednesday 6:30 - 10:30pm	16 years and over	Commencing Wed 8 Feb

Enrolment

Enrolment details are taken by each Section Secretary at the beginning of each year. Calisthenics Victoria (CV) requires all pupils to be registered and insured. The cost of the CV registration is \$85. The College also requires a medical information sheet to be completed and returned within 30 days of commencement of class.

Coaches

All coaches at Merinda CC Inc. are fully qualified trained level 1. They are required to update their skills, including first aid, and attend coaches meetings and training seminars on a regular basis.

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Come and try day

Saturday 12 November 2022

Tots and Tinies - 7 years and under 9:30 - 10:30am

Subbies - 10 years and under 10:45 - 12:15pm

Juniors - 13 years and under 12:30 - 2:30pm

Merinda Studios

1a/19 Enterprise Dr, University Hill Bundoora



Summer School

Monday 23 - Wednesday 25 January 2023

Merinda Studios

1a/19 Enterprise Dr, University Hill Bundoora

Summer school times

Tinies - 9:30 - 11am (every day)

Mon 23 Jan

Subbies - 11am - 2pm

Juniors - 12:30 - 3:30pm

Inters/Seniors - 2 - 5pm

Tues 24 Jan

Subbies - 12noon - 3pm

Juniors/inters/Seniors

1:30 - 5pm

Wed 25 Jan

Subbies - 10:30am - 1:30pm

Juniors - 12:30 - 3:30pm

Inters/Seniors - 2:30 - 5:30pm

Note: Tuesday Summer School - Juniors will be split depending on numbers and ability



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Competitions

Merinda is a competitive College and we take all teams to competitions. Attendance at all competitions is required by all pupils in all competing sections.

Uniforms

For competitions

- Blue and White Merinda tracksuit top
- Black Merinda Dance pant
- Black sneakers

For class

Plain black leotard, tights and crossovers are optional. Hair is to be tied back at all times.



Fee Structure 2023

Payment of fees must be made at the beginning of each Calisthenics term. Fees include class fees and equipment usage.

Section	Term x 4 instalments
Tots	\$150
Tinies	\$210
Subbies	\$235
Juniors	\$235
Inters	\$265
Seniors	\$265

Dates for instalments

- 25 February
- 29 April
- 15 July
- 16 September

Costumes

Costumes are provided by the College. Parents are required to add additional trimming. The Costume Coordinator is always available at class to guide you with your costumes.

Costume fees

Tots - \$60 Tinies - \$80 Subbies - \$120

Juniors, Inters and Seniors will receive a costume account at the end of the year but must pay a costume levy each term for Terms 1, 2 and 3 which will be deducted from the final account.

Juniors and Inters \$100 per term, Seniors \$120 per term.

Additional costs

- Make-Up
- Hair pieces (wigs)

Uniform (2022 prices)

Pants - Adults \$55 & Kids \$47

Jacket - \$85

Polo - Adults \$35 & Kids \$30

Singlet - Adult \$34 & Kids \$30

Leggings - Adults \$65 & Kids \$55

Tinies can hire a tracksuit jacket



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Camp (Juniors, Inters and Seniors only)

Juniors/Inters - \$180

Seniors - \$200

(student prices)

2023 Junior and Inter Camp

ADANAC Camp, Yarra Junction

Monday 17 April - Wednesday 19 April 2023

2023 Senior Camp

Don Bosco Camp, Dromana

Friday 16 June - Sunday 18 June 2023

2023 Subbie camp day at studios

Tuesday 18 April

10:30am - 4pm



Attendance and punctuality

Calisthenics is a team sport. It is important that all pupils attend each class for the year and arrive at the scheduled commencement time.

If any pupil is unable to attend a class, your Section Secretary should be notified as early as possible prior to the commencement of the class.

Perfect attendance will enable each pupil to reach their potential and form strong friendships within their team. Attendance at every class is recognised annually by the awarding of a medal.

Classes are not held on the long weekend in March, Good Friday or Easter Saturday. However, classes and competitions are held through September school holidays.

Stage practice

Merinda will have stage rehearsals for each section throughout the year. Attendance at these is compulsory:

Sunday 21 May

Monday 26 June

Concert

A demonstration concert and medal presentation is scheduled to take place on **Sunday 5 November 2023** at the Besen Theatre, Burwood. This is a culmination from all the age levels of the work performed throughout the year. Pupils will perform all their items at this wonderful event.

Enquiries

All enquiries please contact:

Sue Harding on 0412 113 160 or email sue@merindacc.com.au

Find us online

Visit our website - www.merindacc.com.au

FACEBOOK - <https://www.facebook.com/MerindaCC/>

INSTAGRAM <https://www.instagram.com/merindacalistheniccollege/>
(or simply search merindacalistheniccollege)

