



ACTING DEPUTY PRINCIPAL'S MESSAGE

*A Mother's love is something
that noone can explain,
It is made of deep devotion
and of sacrifice and pain,
It is endless and unselfish
and enduring come what may
For nothing can destroy it
or take that love away . . .
It is patient and forgiving
when all others are forsaking,
And it never fails or falters
even though the heart is breaking . . .
It believes beyond believing
when the world around condemns,
And it glows with all the beauty
of the rarest, brightest gems . . .
It is far beyond defining,
it defies all explanation,
And it still remains a secret
like the mysteries of creation . . .
A many splendoured miracle
not all can understand
And another wondrous evidence
of God's tender guiding hand.*

- Helen Steiner Rice



The St Edmund's community wishes all our mums, and other special women in the lives of our students, many blessings and a lot of joy as you celebrate Mother's Day this coming Sunday 14 May. On Thursday at our Mother's Day breakfast, we loved providing the opportunity to express the gratitude we extend for the love and support you provide your families on a daily basis. Thank you to the staff who were involved in coordinating and facilitating such a special event.

Mother's Day Stall

A massive thank you to Mrs Macdonald and our Year 10 students for their organisation and coordination of our Mother's Day Stall this week! Lots of wonderful 'goodies' were purchased and packaged and presented beautifully for students to buy. We are sure that those who receive the gifts, will very much enjoy them!

ACTING DEPUTY PRINCIPAL'S MESSAGE

Staff Thank You and Farewell

We received news recently that a valued member of staff, Wendy Scott, will be leaving us within the next few weeks, to pursue a role within the Health Sector. This is indeed a very exciting time for Wendy, and we are confident that all her wonderful attributes will serve well those people that she will work closely with, and extend care towards. I'm sure you will agree that, during her time with us, Wendy has been an integral part of bringing to life one of our core school values, that of Community! Many of the events she has helped to organise and facilitate have ensured that the Joy of our St Edmund's Community is experienced each and every time. She has left a wonderful legacy and provided us with many happy memories. Thank you Wendy! We wish you all the very best in your new role!

Illness

There does appear to be a sudden spike in illness and viruses within the community at large, and this has indeed impacted our staff and students here at St Edmund's, with many absences over the last week or so. We have had confirmed cases of both COVID and Influenza A, and so we will continue to monitor closely any symptoms that present in either staff or students on site during the school day. I thank our School Nurse, Ali, for always ensuring that the health and wellbeing of all is maintained as best as possible, especially during these cooler months. I thank you, as parents/carers, for understanding the necessary procedures we must undertake so as to continue providing a healthy learning environment for your children whilst they are within our care.

Mini-Woolies Filming

On Thursday 11 May, we were fortunate to have onsite key Woolworths personnel and associated film crews and technicians who engaged some of our Senior Retail Students in a film experience that will form part of a promotional video regarding the Mini-Woolies Program. Thank you to Susan Dickenson, Mark Fawcner, Amanda Keegan and Viv Gilkes, along with Athena, Teena, Byron and Nathan, who all contributed to a very successful experience had by all.



CSBB Cross Country

We were very proud of what each of our students was able to achieve at the representative level of Cross Country during the week! The school squad included 13 students from Year 7 through to Year 12, with incredible results that have enabled some of them to progress to the next level on June 13! Mrs Horne and Mrs Modra were so proud of the students' enthusiasm and active participation on the day! More details have been included in Mrs Horne's section of the newsletter below.

ACTING DEPUTY PRINCIPAL'S MESSAGE

Mr James' Long Run

You may remember that last year, one of our staff members, Ben James, participated in (and completed) a 50km run as part of the UTA Event. This weekend, Ben will be participating in the 100km UTA Event, in support of a friend recently diagnosed with brain cancer. I'm sure you will keep Ben in your thoughts and prayers as he aims to achieve what is an incredible feat – for a very worthy cause.

Year 11 Parish Mass

On Friday 19 May, our Year 11 students will attend the morning Parish Mass at Holy Name Church, Wahroonga. This is a regular event that all students participate in at least twice a year. Thank you to Terry who brings about such authentic connections and relationships with our local Parish!

Men's Group

A reminder that the combined St Lucy's and St Edmund's Men's Group, that is led by Warren Hopley, will take place this coming Thursday 18 May. Please see details below.

Wishing you peace and blessings,

Vanessa Dillon | Acting Deputy Principal

Dads, uncles and grandads of St Edmund's, St Gabriel's and St Lucy's

Our next get-together this year will be held at St Lucy's Wahroonga

When: Thursday May 18, 2023 6.30pm – 8.00pm

Where: St Lucy's, Wahroonga

What: Drinks and a light dinner from 6.30pm followed by discussion 7-8pm



At our last meeting we discussed aspects of the book "Making Parenting Enjoyable." The book was generously distributed for free. We will share a few key points of the book again but our main focus will be discussion about the emotional experience of being a sibling to a child with a disability. It is such a challenging issue so please come with any tips you may have for us.

Looking forward to another robust discussion!

For further information contact:

hopleywarren@hotmail.com, brendan.wingrave@gmail.com or familysupport@stlucys.nsw.edu.au

MOTHER'S DAY BREAKFAST & LITURGY



MOTHER'S DAY BREAKFAST & LITURGY





St Edmund's
COLLEGE

ST EDMUND'S COLLEGE & EDDIE'S MATES EXTEND A
WARM INVITATION FOR YOU TO ATTEND THIS YEAR'S

EDDIE'S BIG NIGHT OUT

TIME TO
Shine

Date	Saturday 3 June, 7pm - 11.30pm
Venue	Doltone House, Darling Island 48 Pirrama Road, Pyrmont
Tickets	\$190pp includes 3 course meal, beverages & live entertainment
Dress Code	After 5 with a touch of gold
RSVP	19 May
Booking	trybooking.com/CGMPS
Enquiries	events@stedmunds.nsw.edu.au



CORPORATE TABLES AVAILABLE

EDDIE'S BIG NIGHT OUT

Tickets

We are only three weeks away from the biggest night on the college calendar (3 June) and 1 week from our RSVP date (19 May). Visit <https://www.trybooking.com/cgmps> to book your tickets. Guests are asked to wear after five with a touch of gold. All money raised will help support the fit-out of our new hall, including lighting, staging and audiovisual.

Entertainment

Our Eddie's Entertainers will be performing a fabulous drumming/dance routine on the night, with your entrées being served by our Year 12 Hospitality students. The engaging, fun and vibrant band Let's Groove Tonight will be sure to get everyone on their feet by the end of the night. We are sad to say Paul Martell, our planned MC and Comedian was rushed to the hospital earlier this week. Paul is a wonderful person and artist, who was donating his services free of charge to benefit our College and students on the night. If Paul is no longer available we will make sure to organise another class act - but in the meantime we wish Paul a speedy recovery from his surgery and hope to welcome him on the night, or if need be at a future EBNO.

Corporate Tables

It isn't too late for local businesses to get involved with our [Mates Tables](#). Much of these costs are tax deductible (under sponsorship) and we provide great publicity to these generous supporters both on the night, as well as across social media and within our community.

Many thanks to the amazing businesses families who have already shown us support, including:

Top Mates: McCarroll's Automotive Group, Acrow, Kennards and the Epper Family.

Very Special Mates: Toyota Financial Services and Ampol

Great Mates: Austbrokers Commsure, Priority Advisory Group, Cadence and Co, Catholic Schools NSW, Unique Tinting and AAA Tyre Factory.

Tables/Additional Support: Snap Printing, ITSD, Champions Life Skills and Ku-ring-gai Council.

Raffles

Raffle tickets have been sent home this week, with the major prize a \$1500 Kims Beachside retreat (plus additional \$200 F&B voucher). Please email Cathy mcnally-sheppard@stedmunds.nsw.edu.au if you would like additional raffle booklets to be sent home. We will also be holding a diamond raffle in the room on the evening - only 200 tickets available! Kindly sponsored by Levendi Jewellers.

Silent Auction

It isn't too late to send in your [prizes for our silent auction](#)! All donations of any size are valued and welcomed. Please send to the College or email Wendy scott@stedmunds.nsw.edu.au with any questions. Our team of volunteers, (led by Wendy Scott) have been working hard putting together beautiful hampers. Galabid will open the week before EBNO for anyone in our community to view or bid on prizes. Thank you to the many community members who have donated and helped make this live auction so special.



Live Auction

Enjoy the opportunity to bid on prizes including stays in Hamilton Island and the Hunter Valley, play 18 holes with advice from PGA Pro Glenn Phillips, while enjoying a luxury Lexus RX 450 for the day, Chef's Table for 12, where Executive Chefs Alessandro Pavoni and Giovanni Pilu will cook a delectable

dinner in the commercial kitchen at St Edmund’s College, full day cruise for 10 on a Luxury Cruiser on Sydney Harbour and a fully catered box for 8 at the Sydney Swans vs Suns Game.

Parking & Public Transport

Eddie’s Big Night Out is occurring during Vivid. This will allow beautiful views of the lights around Sydney but may lead to increased demand on parking and public transport. Make sure to leave early and pre-book your parking - discounted parking is available at the Wilson Jones Bay Wharf Carpark using the promotional code ‘Doltone’. There is no onsite parking at Doltone House, Darling Island.

Venue Reminder

There are two Doltone House venues in Pyrmont. Our event is at Doltone House, Darling Island, 48 Pirrama Road, Pyrmont (directly opposite The Star, Waterfront Promenade Entrance). If you did find yourself at the other venue, it is a 300m/5 min walk.

DIRECTIONS · PARKING · MAP

48 PIRRAMA ROAD, PYRMONT NSW 2009
DIRECTLY OPPOSITE THE STAR, WATERFRONT PROMENADE ENTRANCE,

Parking

THE STAR PARKING STATION

Located on Pyrmont St, Pyrmont. For further information call (02) 9777 9000

WILSON JONES BAY WHARF CARPARK

Located on 19-21 Pirrama Rd Pyrmont (opposite Doltone House)

All day \$19* Wilson Carpark Ticket Validation available at our Pyrmont venues, please see staff for more information.

All day \$17* Wilson Carpark via pre-book parking at www.bookabay.com with promotional code ‘Doltone’.

Walking Distance

From Town Hall, take a short walk over the Pyrmont Bridge at Darling Harbour and Darling Island Wharf is located opposite The Star.

Water Taxi

Average cost of \$15* from the CBD Water Taxi. For further information call Water Taxis Combined 1300 666 484.

Train

Departs from Central Station to Town Hall Station regularly and operates 7 days a week. 1.5km walk from Town Hall Station.

Light Rail

Departs from Central Station to The Star every 10 to 15 minutes and operates 24 hrs per day, 7 days a week. For further information call 131 500 or visit www.transportnsw.info.

Park at the Harbourside Car Park and catch the light rail to The Star.

Bus

The State Transit Bus Route 389 regularly departs from City - Town Hall Park Street to Pirrama Rd. For route and timetable information, call 131 500 or visit www.transportnsw.info.

Ferry

Operates 7 days a week from Wharf No. 5 at Circular Quay and stops at Pyrmont Bay.

For route and timetable information on State Transit’s ‘Darling Harbour’ ferry to Pyrmont Bay call 131 500 or visit www.transportnsw.info.

Bicycle

The area is easily accessible by a bicycle, with several on and off road cycle paths and bike racks nearby.



MAP LEGEND	
	Doltone House Darling Island
	Doltone House Parkview
	Signorelli Gastronomia
	Biaggio Cafe
	Doltone House Jones Bay Wharf
	Jones Bay Wharf car park
	The Star car park
	Harbourside car park
	Light rail line
	Bus stops
	Separate dedicated cycleways
	Dedicated cycling lanes
	Bicycle-friendly roads

WELLBEING

Happy Mother's Day

At this time of year, I enjoy reflecting on the amazing journey of motherhood both as a daughter and a mother. Oprah Winfrey describes it well when she said 'I believe the choice to become a mother is the choice to become one of the greatest spiritual teachers there is.'



Wishing all our mums and special friends a very happy Mother's Day.

Year 7 and 8 Camp: A reminder to all parents/carers of Year 7 and 8 students that notes went home with your child/children on Monday 8th May regarding the upcoming Year 7/8 Camp from June 7-9. If you have not received these notes, please contact Bernie and let her know.

KYDS

KYDS help young people understand and manage difficult issues in their lives. KYDS are running a free webinar called "[Living and thriving with ADHD](#)" for parents, teachers and young people on 17 May at 6:30pm, then repeated on 23 May at 1:30pm.

eSafety

The eSafety Commissioner is regularly updating its site with new resources to keep our young people safe. There are new respectful relationship resources for secondary school students at this [web address](#)

See all eSafety resources for young people at this [web address](#)

Judith North | Acting Head of Wellbeing

AWARDS

Students of the Week

7G	Aaliyah and Alex
7M	Ted and Elodie
8S	Ava and Sophia
8V	Daniel T and Daniel L
9C	Brendan and Isaac
9F	Sam and Bento
10M	Nathan and Bradley
10N	Jameson and Will
11J	Kate, Christian and Krish
11S	Tom and Annamieke
12G	Athena and Nathan
12O	Ben and Byron

Eddie's Best

7G	Dylan	10M	Adam
7M	Harley	10N	Toby
8S	Zara	11J	Moses
8V	Daniyal	11S	David
9C	Mia	12G	Mackenzie
9F	Riarna	12O	Dom

congratulations

LEARNING & TEACHING

With the ePlatform by Wheelers app, students have access to:

EBOOKS & AUDIOBOOKS AT HOME!

1. Download the app:



Apple



Google

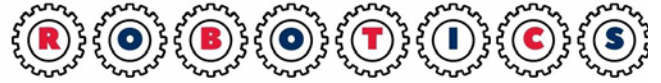


Windows

2. Look for Edmund Rice Special Education Services library
3. Login and start borrowing!



ABBOTSLEIGH



CLUB

STARTING 8TH MAY
MONDAY LUNCH
LAB 2

FIRST TO ARRIVE WILL
JOIN THE CLUB





Book Club

DON'T FORGET!



SCHOLASTIC
Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.
To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP

GET IT ON
 Google play

Download on the
 App Store

SCHOLASTIC
Book Club
orders are due:


15.05.23

LUNCHTIME

IN U5!

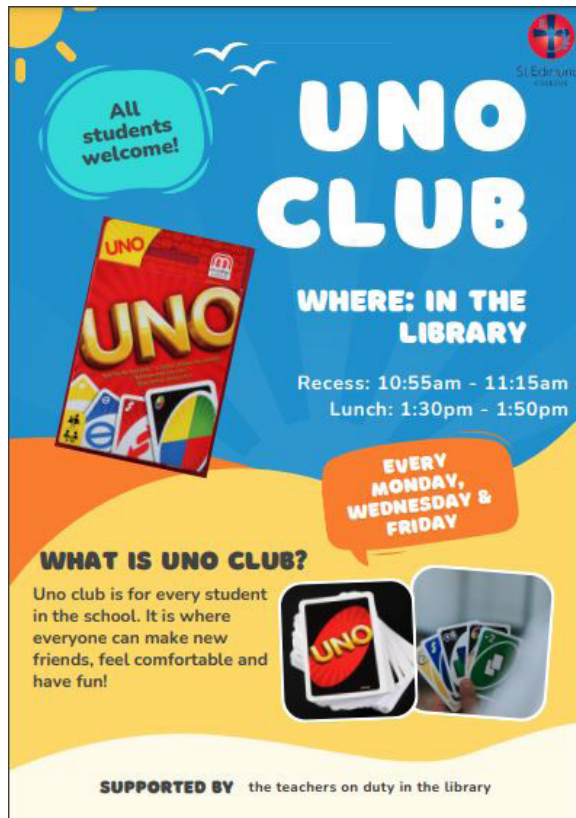
WEEK A:
TUES - FRI

WEEK B:
MON - FRI



MINECRAFT CLUB!

LEARNING & TEACHING



A colorful poster for the UNO Club. The top half has a blue background with a sun, birds, and a speech bubble saying "All students welcome!". The title "UNO CLUB" is in large white letters. Below it, "WHERE: IN THE LIBRARY" is written. Recess and lunch times are listed: "Recess: 10:55am - 11:15am" and "Lunch: 1:30pm - 1:50pm". A red speech bubble says "EVERY MONDAY, WEDNESDAY & FRIDAY". An image of a UNO card box is shown. The bottom half has a yellow background with the text "WHAT IS UNO CLUB?" and a description: "Uno club is for every student in the school. It is where everyone can make new friends, feel comfortable and have fun!". There are two small images of UNO cards. At the bottom, it says "SUPPORTED BY the teachers on duty in the library".

All students welcome!

UNO CLUB

WHERE: IN THE LIBRARY

Recess: 10:55am - 11:15am
Lunch: 1:30pm - 1:50pm

EVERY MONDAY, WEDNESDAY & FRIDAY

WHAT IS UNO CLUB?

Uno club is for every student in the school. It is where everyone can make new friends, feel comfortable and have fun!

SUPPORTED BY the teachers on duty in the library



A poster for ClickView. It features a large clapperboard with the text "VIDEO LIBRARY" on it. The ClickView logo is in the top right. A speech bubble says "GO TO: ONLINE.CLICKVIEW.COM.AU". At the bottom, it says "Watch documentaries, clips and interactives from home!".

ClickView

VIDEO LIBRARY

GO TO:
ONLINE.CLICKVIEW.COM.AU

Watch documentaries, clips and interactives from home!



A poster for \$1 Milkshakes. It lists the days and years: "Thursday Yr 7, 8, 9" and "Friday Yr 10, 11, 12". It also says "Lactose free & Rice milk available". There are four illustrations of milkshakes: Vanilla, Caramel, Chocolate, and Strawberry.

\$1 Milkshakes

Thursday Yr 7, 8, 9
Friday Yr 10, 11, 12

Lactose free & Rice milk available

Vanilla Caramel Chocolate Strawberry

PDHPE & SPORT

Catholic Schools Broken Bay Cross-Country Championships

The CSBB Cross Country Championships were held at St Ives Showground on Tuesday, May 9. St Edmund's College took 13 representatives to compete on the day. The weather was perfect and our students competed extremely well, displaying perseverance, determination, and consistent effort throughout the 3km run.

The students who competed as part of the St Edmund's Cross-Country Team were:

Harley, Daniel N, Sophia, Rachel, Ruby, Matthew, Isabella, Cameron, Ben F, Isaac, Bradley, Dominic, Ben P

The CSBB Cross-Country Multi-Class results are outlined below:

12-14 Boys	12-14 Girls	15-16 Boys	15-16 Girls	17+ Boys
1st Daniel N	1st Sophia	1st Cameron	1st Isabella	2nd Ben P
2nd Harley	2nd Rachel	2nd Bradley		3rd Dom
3rd Matthew	3rd Ruby	3rd Ben F		
		4th Isaac		

NSWCCC Cross Country Championships

Congratulations to Harley, Daniel N, Sophia, Isabella, Cameron, Ben F, Bradley, Dominic and Ben P for gaining selection into the Broken Bay Cross Country Team. These students will be participating in the NSWCCC Cross-Country Championships on Tuesday June 13 at Horsley Park.

Lois Horne | PDHPE and Sports Coordinator



PDHPE & SPORT



FROM THE PARENT GROUP

Only three weeks to go to the most anticipated event on our school calendar. Our only major fundraiser [Eddie's Big Night Out.](#)

What a fabulous night it is, showcasing all that St Edmund's is. The students have been busy preparing for the event. Working on art pieces to be auctioned at the silent auction, practicing dance and drumming for their performances and mastering their hospitality skills. They know what an important event this is and they are doing all they can to make it a success. What can we do to support them? Purchase a ticket! We have a beautiful venue at Doltone House, Darling Island to fill and we need you there to support our students.



Be a part of this event. You do not want to experience the FOMO of not attending. The entertainment, the three course meal with drinks, dancing, the chance to mix with friends and the fun, the absolute fun of the evening are really good reasons to attend. However the best reason to attend is to see that our students are supported, not just by our school community but by a much broader community rallying together to donate and raise money for our students. This year to purchase stage lighting and entertainment equipment for our new hall so that our students can shine even brighter.

RSVP is 19 May. So time is running out to secure your ticket to this wonderful event! Trust me you do not want to miss it.

Thank you to the staff of St Edmund's for the beautiful celebration of all of Mothers and special people for Mother's Day on Thursday for breakfast. It was lovely to have the opportunity to spend this special time at school with our children.

Wishing all the mothers in our school community a very special Mother's Day on Sunday. I hope you all feel loved, celebrated and appreciated.

Janine Eastham | Parent Group Leader, Tom's Mum (Year 12)

KEY DATES | TERM 2

Thursday 18 May

Men's Group -
St Lucy's

Friday 19 May

Eddie's Big Night Out
RSVP Date

Saturday 3 June

Eddie's Big Night Out

Wednesday 7

- **Friday 9 June**
Years 7 & 8 Camp

Tuesday 13 June

Staff Day

Friday 23 June

Last Day of Term



St Edmund's
COLLEGE

you are invited to our
**POST SCHOOL
INFORMATION EVENING**

For Year 11 & 12 Parents & Carers

THURSDAY 25 MAY • 6PM–8.30PM
ST EDMUND'S COLLEGE

**Hear about post school options available
to St Edmund's graduates and past
parents speaking about their experiences
moving into post school services.**

We will be serving light refreshments so
please RSVP by 22 May at
www.stedmunds.nsw.edu.au/post-school

Please email any queries to Jacqui or Zoe
work@stedmunds.nsw.edu.au

COMMUNITY

Please note any external events or organisations listed in the Community section are not necessarily endorsed by the College, but are included as they may be of interest to our families.



JOIN US FOR
LUNCH ONLY \$80
OR BREAKFAST,
18-HOLES AND
LUNCH \$185

Register Now

Charity Golf Day + Lunch

Tuesday, 23rd May 2023
Castle Hill Country Club Golf Course
stgabriels.nsw.edu.au/golfing-for-gabes
(corporate sponsorships still available)



EST. 1997
**GOLFING
FOR GABE'S**



St Gabriel's Castle Hill is a registered charity with DGR status.
All donations over \$2 are tax deductible.



St Gabriel's School
EXCELLENCE IN SPECIAL EDUCATION K-12

Leap in plan management has created a number of resources that families and carers can access to help understand the NDIS and have also partnered with Source Kids to produce in collaboration multiple NDIS e-magazines. All these can be accessed for free via their website in over 30 different languages.

[Resources - ebooks](#)

[Weekly news](#)

This week our weekly news content discusses [What Happens when an NDIS participant turns 18](#), which could be insightful for your parents who have year 11 and 12 students.

Leap in!

\$2 CLEARANCE SALE



45,000
books & nothing
over \$2

**Huge range
of fiction &
non-fiction**

**CDs, DVDs
& vinyl
records**

**Easy-access
categories
to explore**

SAT 27 to SUN 28 MAY
8am–4pm

Hornsby War Memorial Hall
2 High Street, Hornsby



More details



Head Heart Harmony

HHH Women's Circle

Welcome to HHH Women's Circle. A safe & confidential space where mothers/female carers of children with disabilities, and potentially isolated women, come together to offer each other support and encouragement.

Sometimes the best therapy can be from people who have travelled a similar journey. HHH Women's Circles are not simply chat sessions – they're therapeutic, controlled two-hour sessions, guided and with purpose. Participants are bound by an agreement of confidentiality – what's said in Circle, stays in circle. Everyone's view is respected.

The groups are facilitated by Counsellor, Terry Williamson, providing guidance and strategies for maintaining good mental health and self-care, reduce stress, increase overall wellbeing, and become a more resilient carer. Part of each session is dedicated to building your own community/support.

Guest speakers address topics deemed relevant by members, and part of every meeting is dedicated to building relationships and sharing in each other's experiences and wisdom.

Groups are held every three weeks - on Monday mornings, or on Monday evenings, for 6 sessions, at Holy Name Church, 35 Billyard Avenue, Wahroonga. \$45/2hour session, commencing 8 May 2023.

Group A: Mondays – 10:00am-12:00noon

Group B: Tuesdays – 7:00pm-9:00pm

Group sizes are strictly limited. To make an expression of interest, and for further details

Contact Terry at terry@headheartharmony.au or 0414 843 235

The Support Society is thrilled to be offering a school leavers transition to day program! This school leaver program will include 5 hours of observation at school or in home so we really get to know each other and how we can best support your child! The STRIVE Skills Program for over 18's, run from Narrabeen Community Centre, is designed to work on building social and independence skills through fun and engaging activities.

Tuesday



We spend our morning volunteering at OneMeal, which entails building sustainable herb gardens, general maintenance and packing of goods to be distributed to those in need within our community. After that, we grab our chefs hats and get to planning meals, using money skills buying ingredients & cooking lunch!

Wednesday

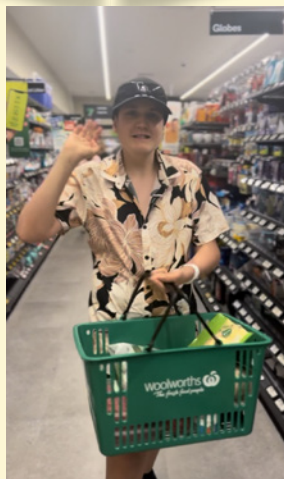


Focused on movement and wellbeing, Wednesday's are all about exploring different ways to be active, including kayaking, tennis, bush walks and more. Each month has a roster of sports and activities that we are learning, all picked by our clients. Once we have moved our bodies, we all head to the local cafe for a healthy juice or smoothie together!

Thursday



Focused on expression through creative outlets, on Thursdays we attend a local dance class in the morning and then continue on to a drama class in the afternoon. We are working towards putting on an end of year production, combining dance & drama.



Expressions of Interest: Get in touch today!



olivia@supportsocietysocietyaus.com.au



0449500933

Active Ku-ring-gai

2023 TERM 2 PROGRAM



Gym without Walls

Outdoor circuit-style exercises using weights, resistance bands and floor based movement.

Bicentennial Park

Tuesday 6am - 7am

Wahroonga Park

Wednesday 9:30am - 10:30am

Friday 9:30am - 10:30am

Mums and Bubs

Specially for new mums, building back full body strength and cardiovascular fitness and socialising with others. Your babies are welcome!

West Pymble Community Hall

Thursday 9:45am - 10:45am

Junior Golf

For children aged 6-12 years. Learn chipping, putting and on course etiquette while having fun and making new friends along the way!

Gordon Golf Course

Monday 4pm - 5pm

Tuesday 4pm - 5pm

Intermediate Golf

Designed for 12-16 year olds, this program covers basic skills to advanced techniques, plus learning how to assess and play different holes.

Gordon Golf Course

Wednesday 4pm - 5pm

Social tennis

Practice your tennis skills in a non-competitive environment while receiving feedback and tips from our tennis coach.

St Ives Village Green Tennis Courts

Thursday 7pm - 9pm

Tai-Chi/Qigong

A free flowing form of ancient Chinese martial art that can help increase mobility and balance. Learn relaxation techniques such as visualisation and deep breathing.

St Ives Community Centre

Thursday 11:30am - 12:30pm



Yoga

Improve your flexibility, strength and balance and learn breathing techniques to de-stress. Suitable for beginners through to advanced.

Gordon Library Meeting Room 1

Wednesday 5:30pm - 6:30pm

Wednesday 6:30pm - 7:30pm

Thursday 9:45am - 10:45am

Active Ku-ring-gai classes are a great way to meet new friends, have fun while getting active and reach your fitness goals in 2023! Classes start from \$12 per session.

Contact: recreationbookings@krg.nsw.gov.au or 9424 0754

krg.nsw.gov.au/active

