



Dear Principal/Head of Physical Education,

On behalf of Gymnastics Australia, I would like to take this opportunity to invite your school, to embrace and be involved in, the AEROSkools program. AEROSkools is an initiative of Gymnastics Australia which aims to significantly increase the participation levels of school aged children and youths in Sport Aerobics.

Gymnastics Australia (GA) is the national governing body for the sport of Gymnastics in Australia. In 1996, Gymnastics Australia welcomed Sport Aerobics as an official discipline of Gymnastics and has assumed management responsibility for this exciting new sport.

AEROSkools is a grass roots Sport Aerobics *participation program* conducted in schools by teachers.

A key outcome of the program is to not only have school aged children and youths take part in an active and challenging sport aerobics participation program within the school but to also encourage them to *represent their school or state* in the annual State and National AEROSkools Championships.

Gymnastics Australia recognizes the importance of schools and the role they play in allowing many thousands of Australians of all ages and abilities, to take part in regular physical activity. With the support and endorsement of the Australian Sports Commission's (ASC's) Active Australia program, Gymnastics Australia is committed to supporting schools and assisting them in delivering safe, challenging and enjoyable Sport Aerobics programs.

Gymnastics Australia has seen the enormous participation opportunities that exist within Sport Aerobics and have spent a considerable amount of time and research developing a successful program to increase the participation levels of Sport Aerobics, within the school environment.

With focus not only on the development of sound levels of health and fitness, the program aims to foster team spirit and school morale by providing students, their teachers and the entire school, with state and national event opportunities, run in conjunction with the program. Please find included with this letter of introduction, a brochure outlining the AEROSkools Program and how your school can become involved.

I strongly encourage schools throughout Australia, regardless of size or location, to take part in the AEROSkools program and join Gymnastics Australia as we work together with you and the Australian Sports Commission, to make Australia, a vibrant, fit and healthy nation.

A handwritten signature in black ink, appearing to read "Karon Williams".

Karon Williams  
National AEROSkools Co-ordinator

Men's Artistic

Women's Artistic

Rhythmic

General Gym

Sport Aerobics

Trampoline Sports

Sports Acrobatics