

## Merryn and Sonja's Stretch Therapy Winter Term 2017

### Course Dates: Monday 17 July 2017 - Thursday 21 September 2017 (10 weeks)

### Enrolments for the Stretch Therapy Winter Term 2017 are now open!

Hi Everyone! We hope you have been enjoying the Autumn term of Stretch Therapy (ST) classes ☺ The ST Autumn term ends on Thursday 6 July. There will be a **1 week break** between the Autumn and Winter terms; *no regular* classes will be held between **Monday 10 July 2017 > Sunday 16 July 2017**.

In relation our class offerings, the Winter term will be the same as the Autumn term. All of Merryn's classes are now offered to new students who may not have done an ST course before, and the first 2 weeks of the term will focus on ST basics including: principles of stretching, optimal body alignment, and the contract:relax technique. Sonja will continue to offer a specific Introductory course on a Tuesday evening. The Introduction to ST course is recommended for those who may not have undertaken a course of exercise (any type!) before, or who would like to spend more time exploring the basics of ST.

If you have friends or colleagues who have expressed an interest in stretching, this is their opportunity to discover the positive benefits that regular practice can bring to their body and life. Your recommendation is greatly appreciated, and will help us continue to build the ST community in Canberra ☺

Please see the attached information sheet concerning the Introduction to ST course and feel welcome to distribute it to anyone who might be interested in participating. We will be advertising all classes in the local community, and on Merryn's website ([www.strengthandmobility.com.au](http://www.strengthandmobility.com.au)).

#### WINTER 2017 Term Course Details:

| Day and Class Type            | Time                   | Teacher      | Location                                      |
|-------------------------------|------------------------|--------------|---|
| Monday - ST                   | 6:00pm - 7:15pm        | Sonja        | O'Connor Uniting Church Hall, O'Connor        |
| Monday - ST                   | 7:15pm - 8:30pm        | Sonja        | O'Connor Uniting Church Hall, O'Connor        |
| Tuesday - ST                  | 4:00pm - 5:15pm        | Merryn       | O'Connor Uniting Church Hall, O'Connor        |
| Tuesday - ST                  | 6:00pm - 7:15pm        | Sonja        | O'Connor Uniting Church Hall, O'Connor        |
| <b>Tuesday - Introduction</b> | <b>7:15pm - 8:30pm</b> | <b>Sonja</b> | <b>O'Connor Uniting Church Hall, O'Connor</b> |
| Wednesday- ST                 | 4:30pm - 5:45pm        | Merryn       | O'Connor Uniting Church Hall, O'Connor        |
| Wednesday- ST                 | 5:45pm - 7:00pm        | Merryn       | O'Connor Uniting Church Hall, O'Connor        |
| Thursday - ST                 | 4:00pm - 5:15pm        | Merryn       | Les Explorateurs Scout Hall, Ainslie          |

#### Enrolments:

Please contact Merryn or Sonja as soon as possible to secure your place in a Winter term ST course, indicating your preferred class time. Phone and email enrolments commence 12 June 2017. In person enrolments commence 3 July 2017, and will take place on the following days:

##### **Week 10 Autumn Term 2017**

- 1) Monday 3 July 2017 - from 6.00pm – 7.30pm (Sonja's classes)
- 2) Tuesday 4 July 2017 - from 3.45pm – 4.00pm (Merryn's O'Connor classes)
- 3) Tuesday 4 July 2017 – from 6:00pm – 7.30pm (Sonja's classes)
- 4) Wednesday 5 July 2017 - from 4.15pm – 4:30pm (Merryn's O'Connor classes)
- 5) Thursday 6 July 2017 – from 3:45pm – 4:00pm (Merryn's Ainslie class)

### **Week 1 Winter Term 2017**

- 6) Monday 17 July 2017 - from 6.00pm – 7.30pm (Sonja’s classes)
- 7) Tuesday 18 July 2017 - from 3.45pm – 4.00pm (Merryn’s O’Connor classes)
- 8) Tuesday 18 July 2017 - from 6:00pm – 7.30pm (Sonja’s classes)
- 9) Wednesday 19 July 2017 from 4.15pm – 4:30pm (Merryn’s O’Connor classes)
- 10) Thursday 20 July 2017 – from 3:45pm – 4:00pm (Merryn’s Ainslie class)

### **Makeup classes:**

Sonja and Merryn work together to provide students with the opportunity to makeup missed classes during the 10 week Winter term course. Should you not be able to attend your enrolled class time, you may makeup that class in any of the class times offered by Sonja or Merryn. Makeup classes are offered in good faith, and may only be taken within the course dates 17 July 2017 > 21 September 2017. Makeup classes are not refundable or transferable.

All students are welcome to do makeups at all class times, including in the Introduction to ST course with Sonja. Students who attend classes at the OUC Hall are welcome to do makeups at the Les Explorateurs Hall, and vice-versa.

### **Locations:**

The O’Connor Uniting Church Hall is the red brick building next to the ‘A-Frame’ church, corner of Brigalow & Scrivener Streets, O’Connor. Parking is available from both the Scrivener and Jarrah Street entrances.

The Les Explorateurs Scout Hall is the ‘eucalyptus green’ brick building at the corner of Ebden and Hassall streets, Ainslie. Parking is available from the Hassall Street side.

### **Fees:**

Our fees are increasing by \$10 for the term (= \$1 per class). This will bring our fees in line with other ST courses and providers in Canberra. The 10 week course fee is now \$180 per person; your fee of \$180 has been calculated to cover 10 classes. Should you not be able to attend a class, no refund will be provided. No pro-rata course attendance is offered, and enrolment is not transferable to another person without prior consultation and the express permission of your teacher.

### **Statement of Inherent Risk**

ST is a form of exercise and physical activity. When deciding if ST is an appropriate activity for you, you must consider your individual condition, including: Age, Injury History and Fitness Level. For example, you will need to be able to get up and down from the floor with ease, be able to move onto your hands and knees, and be comfortable with your balance.

During an ST class you will be given the opportunity to participate in a variety of stretching techniques including: static holds, dynamic movements, proprioceptive neuromuscular facilitation (PNF), fascial work (aka ‘roll stretch’ using tools like dowels and balls), balancing, and partner work using the coaching model. It is your choice and responsibility to determine whether or not you want to participate in any particular activity, and remember that we can always give you alternatives if you decide that a certain activity does not suit you.

### **Medical Disclosure and Privacy:**

Your health and safety is of primary concern to us, and we respectfully request that you keep us informed of any medical condition or injury which may impact your capacity to undertake exercise programs. You will be asked to provide details of any medical condition at enrolment time. Your privacy is of utmost important to us, and we commit to handling your private enrolment information in absolute confidence. No private information will be shared with any other party.

### **Contact:**

If you have any questions about any of the information above, please don’t hesitate to call or email Sonja or Merryn using the information below; we’d love to hear from you.

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| Sonja Schmid | 0422 988 669 | <a href="mailto:sonjaschmid6691@gmail.com">sonjaschmid6691@gmail.com</a>               |
| Merryn Brown | 0439 511 226 | <a href="mailto:merryn@strengthatmobility.com.au">merryn@strengthatmobility.com.au</a> |

