



# קפיץ קפוז

המרכז להתעמלות מכשירים לבנות

מאמנת תהילה פרנקל – מוסמכת מכון וינגייט

שאוול אביגור 36, ירושלים 93122. טל': 0-7788-4-7788. פלאפון: 0505-778899. פקס': 077-5008798

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## Kislev Newsletter (December)

Hello Gymnasts and their parents,

### ***Makeup classes that were canceled due to the war***

Kfetz Kfetz tried to return to normal as soon as possible, while observing the instructions of the Home Front Command. We found that the gymnasts were happy to return, and the routine was most welcome.

In total, there was only one week lost (at Har Homa branch - two weeks).

We will makeup the missed classes during the Hanukkah holiday to everyone who missed the classes\*.

The hours and location of the classes are the same as the regular classes.

Makeup Date	Branch
(10/12)	Katamon Sundays
(7+11/12)	Katamon Mondays/Thursdays
(13/12)	Katamon Wednesdays
(13/12)	Kiryat Moshe (Wednesdays)
(30/6/24), (10/12)	Har Homa (Sundays)

\* Gymnasts who started after 10/14/23 (the registration date appears in the confirmation email), did not pay for these classes in advance, but are invited to join by paying 65 NIS for regular class (80 NIS for double class). There is no discount for siblings. The payment will be made through the existing standing order, for those who do not have a CC on file, please contact our registration coordinator, Yael: 058-6127788 (possible on WhatsApp).

Hanukkah holiday - Thursday, 2nd of Tevet (12/14). No class.

### ***What to bring to the chug***

- **A bottle of water** - Its very important to send to every class!
- **A bag for personal items** - In order to maintain order and prevent losses, the gymnasts are asked to put all their belongings in a bag, and hang the bag on a hook in the hallway. **A gift for every gymnast!!!** In the near future, bags will be distributed to all gymnasts. Gymnasts who have not completed the registration - hurry up - the bags are distributed to registered gymnasts only.

### ***Important dates***



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Please reserve: Year-end performance, please check with the school that there are no activities on these days. (In past years there were conflicts with annual trips, please coordinate with them). Location will be at Heichal HaSport, Malcha.

General rehearsal on Wednesday 19.6.24 at 3:40-9:30 p.m., parents are not allowed into the hall that day. Exact hours for each group will be provided at a later date.

Year-end performance on Thursday 20.6.24 for women only at 17:30-19:30 Exact details will be provided at a later date.

\*\*\* Kindergarten groups, in all branches. and the Katamon branch gymnasts on Sunday (kindergarten+first grade), and the boys' group - will not participate in the general rehearsal or the Year-end performance.

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## Parents

Parents are asked to accompany the children to the entrance of the hall. Please do not enter the hall, and please do not let children into the hall who are not part of the class.

Each branch has a coordinator, who will be happy to be in contact with parents. It is important for us to know about your daughter. For any question, comment or clarification, you are welcome and encouraged to contact the coordinator *outside of chug hours*. You should send a WhatsApp to coordinate a time to talk.

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## Leotard

Reminder: every gymnast needs a uniform leotard. Details on the website [at this link](#).

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## Kiryat Moshe branch

Many thanks to Michal Lieberman, who coordinates the Kiryat Moshe branch until Hanukkah. After Hanukkah, Karen Hadad, an instructor at the Kiryat Moshe branch, who knows the gymnasts, will take over.

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## The branch coordinators

Har Homa branch (Shoham) 054-7770219.

Kiryat Moshe branch (Karen) 058-7337089.

Katamon branch (Tehila/Morasha) 0505-778899.

Happy Hanukkah,  
Tehila Frankel  
0505-778899