



September 2021

Dear Member

### **ANNUAL GENERAL MEETING.**

This year, once again, because of the COVID pandemic it has been decided that it is in our best interest not to hold the Annual General Meeting.

However, we are pleased to inform you that classes will recommence as from 1st October 2021.

### **REGISTRATION FOR ALL CLASSES 2021/2022:**

- If you were attending a class on a regular basis during the year 2020/21, your instructor will already have contacted you informing you that you will continue as part of that group for 2021/22. **They will inform you of the dates and times that their classes will be held.**
- If you were not attending any classes regularly during 2020/21 and wish to do so this year, or if you wish to join an additional class, you will need to, either contact the class instructor directly, or send a message via our Facebook page (Paamoa Admin) or the PAAMOA website ([www.paamoa.gi](http://www.paamoa.gi)). You will then be allocated a space in the class, subject to availability, or be placed on a waiting list.
- If you know of anyone who wishes to become a member of PAAMOA and attend a class, please inform them that this can be done through a class instructor, our Facebook page or via our website.
- A Health form is attached to this letter. You will need to fill in a separate one for each class. The health forms will need to be filled in and handed in to your instructor(s) upon commencement of classes
- The lists for Aqua, Aqua-Zumba, Pilates and MM classes are also attached.
- A list with classes provided by GSLA is also attached.

**Registered Charity Number 228**

**[www.paamoa.gi](http://www.paamoa.gi)**



**Physical Activities Association for Mature Older Adults**

## **INFORMATION REGARDING PAYMENT**

- **Classes are free for members over 60.**
- **Members under 60 need to pay £30 in advance** for each class: - Aqua-Aerobic, Aqua-Zumba, Aqua-Fit, Pilates and MMM (3 terms a year at £10 per term for each discipline).
- Payments may be made in cash to your instructor(s) when classes commence, or direct to our bank account via bank transfer. **If paying via bank transfer, please ensure you include your FULL NAME as reference as this will allow us to allocate your payment correctly.**
- PAAMOA bank account details are as follows:

Account Name: **PAAMOA** (Physical Activity Association for Mature Older Adults)  
Account Number: **06610001**  
Sort Code: **60-83-14**

## **VERY IMPORTANT**

- Instructors keep an attendance register. Please note that after two unexplained absences your name will be struck off the list and your place given to someone on the waiting list. If you are unable to attend a class for a valid reason, please ensure you let your tutor know as soon as possible, otherwise you may lose your place in the class.
- It is vital that when you attend a class you are feeling well enough to participate in the exercises, as all classes are attended at your own risk.

## **ADVANCE NOTICE:**

We are hopeful that we will be able to hold our annual Christmas dinner and have already made a provisional booking.

Christmas Dinner: Thursday 25<sup>th</sup> November 2021 at 8.30pm at Hall of Fame – MEMBERS ONLY.

We will send further details in respect of this at a later date.

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