

November 2025

# NEWSLETTER



**SOUTHWEST STARS**  
ROLLER SKATING CLUB

NOVEMBER / 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 1:30-2 Warm up/Fitness 2:30-3 Dance 3:30-4 Turns 4:30-5 Spins 5:30-6 Jumps 1-2 All level routines
2 10:30-10:50 Warm-up + Fitness 10:50-11 Turns 11:30-12 Dance 12:30-1 Jumps 1-2 All level routines	3 5:30-6 Warm up 6-7pm All level routines	4	5	6	7 4-4:30 LS/KB 5:30-6 Warm up/Fitness 6-6:30 Development 6:30-7 Skills 7-7:30 All level routines	8 1 1:30-2 Warm up/Fitness 2:30-3 Dance 3:30-4 Turns 3:30-4 Freeskate 4-5 All level routines
9 10:30-10:50 Warm-up + Fitness 10:50-11 Turns 11:30-12 Dance 12:30-1 Jumps 1-2 All level routines	10 5:30-6 Warm up 6-7pm All level routines	11	12	13	14 4-4:30 LS/KB 5:30-6 Warm up/Fitness 6-6:30 Development 6:30-7 Skills 7-7:30 All level routines	15 1:30-2 Warm up/Fitness 2:30-3 Dance 3:30-4 Turns 3:30-4 Freeskate 4-5 All level routines
16	17 5:30-6 Warm up 6-7pm All level routines	18	19	20	21 4-4:30 LS/KB 5:30-6 Warm up/Fitness 6-6:30 Development 6:30-7 Skills 7-7:30 All level routines	22 Alessandra camp
23 Alessandra camp	24 5:30-6 Warm up 6-7pm All level routines	25	26	27	28 4-4:30 LS/KB 5:30-6 Warm up/Fitness 6-6:30 Development 6:30-7 Skills 7-7:30 All level routines	29 1:30-2 Warm up/Fitness 2:30-3 Figures 2:30-3 Dance 3:30-4 Turns 3:30-4 Freeskate 4-5 All level routines
30 10:30-10:50 Warm-up + Fitness 10:50-11 Turns 11:30-12 Dance 12:30-1 Jumps 1-2 All level routines	1	2	3	4	5	6

## Important Notice

### Rebecca Freeskate Focus Classes @ Morley Rollerdrone

**8th November**

**We have the bus booked for this one. If you would like a seat, let us know.**

### Allessandra Dance Camp @ Kingsway Indoor Stadium

**We haven't forgotten this. No info is available at the moment but as soon as we know more we will communicate via email and Facebook.**

## Uniforms

Uniforms are here! Yippee 😊

We have the orders bundled and ready to hand out when you next come to class. Please check your orders and if there are any issues, let us know so we can follow up with the company.

**We are hosting the first development comp of the 2026 season**

**Saturday 7th February 12-4**

**We are looking for as many club members to come and help as possible. We are also looking at fundraising ideas for the day. Suggestions welcome. Set up and pack down helpers will be needed.**

**If you are available to help, please let us know.**



info@southweststars.com.au



Donnybrook Rec Centre

## PT Session with Jan

We were lucky to have personal trainer Jan from the DRC join us for a PT session after classes. He gave us many tips and tricks for refining our fitness classes to boost strength and power for our skating. Looking forward to welcoming him back again for a follow up session.



## Free Learn To Skate

In the school holidays, we held 3 free Learn to Skate classes to invite people to come and have a go. The turn out was great and we had skaters of all ages come along and join the fun. Big shout out to Noodle, Lucy, Charli, Rachel and Chiara for coming along to help. If anyone knows someone looking to get into skating or improve on their skills, learn to skate lessons are no on Fridays at the DRC from 4-4:30pm



## Sponsors

We have been working hard behind the scenes to reach out to local business for potential sponsorship opportunities. At this stage, we are looking for funding to assist with parts, servicing and repairing the hire skates at the DRC to ensure these are available for use now and in the future. Updates will follow once we have an outcome. If you have any sponsorship suggestions, please reach out to Katherine or Sami and we can explore options.

## Skate Australia Affiliation

The paperwork has been completed and submitted and fee paid to get our Skate Australia affiliation. This means that we will be able to register under SWSRSC for the 2026 season. Registration packs will be sent out prior to the registration period. Please reach out to KAtherine if you have any questions.

# STAR SNAPS

