



March/April 2017

## Committee Message

We're almost at the end of Term 1 and the countdown to Easter has begun. In the last week all classes have end of term games & there may even be a few chocolates around the gym... Last day for this term is Thursday 13th April & the first week of Term 2 starts back on Monday 1st May.

The Weather is starting to turn 'Autumnal' so please make sure you remember all those jackets, boots, raincoats, hoodies & umbrellas that often get left behind at pick up time. We have a lost property bin in the foyer that fills up regularly & is cleared out at the end of term so please check it.

**Please note all Fees need to be paid up by end of term - If you have any outstanding fees owing please speak with Louise in the office.**

## Our Fabulous Staff

### Introducing Kira :

Our wonderful coach Kira should be a familiar face to most of you. She has been with Waitakere Gymnastics since she was 5 years old! She started as a cutie in the Gym fun classes before moving on to Recreational competitive classes. She competed for Waitakere until she was 13yrs old but continued with training for another few years until 2015.



**"I loved gymnastics back then because I loved the exercise and fitness, also being able to learn new skills that not everyone was able to do. Competing was a way of me trying to better myself and comparing my scores from each competition to see if I had done better than last time."**

She has been coaching for us since 2014 and has completed coaching courses to continue learning. She currently coaches Gymfun, Beginner, Intermediate, Tumbling & Adult classes. When she is not at gym she is studying Physiotherapy at AUT.

**"Now I love gymnastics because I enjoy expressing my knowledge of the sport to others who are also interested in learning new skills. I love teaching kids and also adults about what their bodies can do and seeing them progress over time."**

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### DATES TO REMEMBER:

- Good Friday - 14th April
- Easter Monday - 17th April
- Queens Birthday - 5th June

### 2017 TERM DATES:

- Term 1  
31st Jan—13 April
- Term 2  
1st May—8th July
- Term 3  
24th July—30th Sept
- Term 4  
16th Oct—16th December

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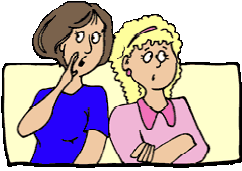
09 869 2913 or 021 0229 6836

63A Rosebank Road, Avondale

www.avondalefamilyphysio.co.nz

ACC Registered

**Our club member Casey Irving has graduated as a Physiotherapist & is now working locally. So if you find yourself in need of a great Physio who understands Gymnastics (as a coach & ex gymnast) give her a call at Avondale Family Physiotherapy.**



Got Some News you think the club would enjoy? Let us know & we'll include it in our next newsletter:  
alia.toby@kinect.co.nz



## COMPETITIVE NEWS

Our competitive gymnasts are now working hard preparing for the 2017 competition season.

The routines have now been confirmed by Gymsports NZ and apart from some last minute tweaks all the STEPS now know what they need to achieve. After the last few months of focussing solely on learning skills it's nice to see how they all go together.

The routines for Steps are brand new and have much stronger dance components compared to previous years.

You will be able to watch the girls learning, then practicing and perfecting these routines for most of the year. The competitive season starts in May with our very own in-house competition and carries on until Auckland Champs in August & Nationals in early Oct. Here's hoping we see lots of our Waitakere gymnasts at both these Champs!



"I don't run away from a challenge because I am afraid. Instead, I run towards it because

**the only way to escape fear is to trample it beneath your foot."** Nadia Comaneci



## RECREATIONAL NEWS

### KIWI GYM FUN BADGE TESTING - TERM 2

Testing will be held during normal Gym Fun class time Monday 22nd May through to Saturday 3<sup>rd</sup> June.

Basic gymnastics skills testing on vault, bar, balance beam, and floor exercise, as well as some sequence and movement skills testing

Kiwi Gym Fun certificates and badges will be handed out at the end of Term 4

\$5.00 will be invoiced with Term 2 fees to cover the cost of Kiwi Gym Fun Testing Program, Badge and Certificates.

### INCENTIVE AWARDS TESTING DAY

SATURDAY 27th MAY

- ◆ Level One at 4.00pm
- ◆ Level Two and Three at 4.45pm
- ◆ Level Five, Six and Seven at 5.30pm

Gymnasts will perform skills and routines from the Incentive Awards Program demonstrating strength and flexibility.

All Beginners, Intermediate and Advanced gymnasts will be invoiced \$7.50 with Term 2 fees to cover the cost of Incentive Awards Testing Day, Badge and Certificate.



**Current Committee**

**Members:**

**Chairperson:** Therese Irving

**Treasurer:** Andrea Barnes

**Secretary:** Jillinda Kenyon

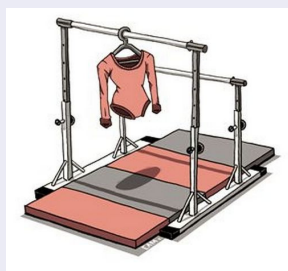
**Members:** Liz Balogh



Lou Bryant

Alia Murray-Smith

Remember to like us on Facebook:  
Waitakere Gymnastics  
 And stay up to date with all the latest news:



Country Originals leotards and sets are available in the office. All sizes.

# HOLIDAY PROGRAMME

It's time for April School holidays!

Our holiday programme is in hot demand - It runs from Tuesday 18th to Friday 28th April. As usual we will have lots of fun planned with a ninja circuit, Easter craft & an egg hunt, face painting, origami, pizza making, recycling workshop, sports like volleyball, soccer, baseball, mini golf, as well as the free gym & trampoline time!

The programme is suitable for children aged 5-12yrs & we run one every school holidays - info is available from the office or book with the new booking form on the website: [www.waitakeregymnastics.co.nz](http://www.waitakeregymnastics.co.nz)

Come and join in the fun!



Week 1	8:30-9:00	9:30 - 10:30	11:00 - 12:30	1:00 - 2:30	3:00 - 4:30
Monday	<b>Easter Monday</b>				
Tuesday	Individual Games	Easter Egg Hunt	Gymnastics	Easter Crafts	Board Games
Wednesday	Group Games	Ninja Warrior Circuit	Toasties	Volleyball	Face Painting
Thursday	Trampoline Games	Pirate ships	Gymnastics	Theatre & Drama	Water Colours
Friday	Foam Pit Games	Baseball	Ninja Warrior Circuit	Bowling	Movie
Week 2	8:30-9:00	9:30 - 10:30	11:00 - 12:30	1:00 - 2:30	3:00 - 4:30
Monday	Individual Games	Hut Contest	Ninja Warrior Circuit	Origami	Boulder Climbing
Tuesday	<b>ANZAC Day</b>				
Wednesday	Group Games	Tennis	Pizzas	Gymnastics	Recycling Workshop
Thursday	Foam Pit Games	Mini Golf	Ninja Warrior Circuit	Build Puppets	Drawing Contest
Friday	Gymnastics Games	Soccer	Fruit Kebabs	Gymnastics	Movie

## Time to Dance!

*Don't forget our Coach Carolina runs a great Dance 4 Fun class every Friday 7:30 – 8:30pm at the gym, which is open to anyone 7+yrs.*

*These Fusion dance classes are pay as you go on a casual basis & concession cards are available.*

*Give it a try with a Free first class as a trial.*

