

May 2018

Committee Message & Club News

Welcome to Term 2!

We hope you've all had an awesome break for the holidays & are ready to jump back into the gym?

Term 2 runs from Monday 30th April to Sat 7th July, with the gym closed on Monday 4th June for Queens Birthday Weekend.

On-line re-enrolments opened on April 9th and seems to be working well for everyone. We hope you managed to avoid any disappointments & booked early to secure your favourite day and time at:

www.waitakeregymnastics.co.nz/collections/all-classes

You will no longer receive an emailed invoice from the office.

If you have any difficulties with this new process please contact Louise in the office on Email office@waitakeregymnastics.co.nz or Ph 827-5394.

Home School classes – we have a Monday homeschool class from 11.15am to 12.15pm. This class is based on our popular Gym Fun and Beginner programs, however we can tailor the activities to suit the needs of the participants. Cost is \$115.00 per term or you can purchase a concession card \$60.00 for 5 visits for added flexibility. Great indoor sports time for the winter months & a good chance to get out & meet other home-school families too.

Beginner Girls Tuesday time change - This term Tuesday's Beginner Girls class time has changed to be **4.30pm to 6.00pm**.

Move Mprove Delivery at local schools - We will have coaches at Blockhouse Bay Primary and St Dominic's Primary for 4 weeks starting mid-May, no doubt they will see some of our club members.

In-School visits - Many local schools have already booked for visits in Term 2 and 3, hopefully we will see many of our members when their schools visit. Last year we had 4,617 local primary school children come into the gym during the day.

Facebook - Are you on Facebook? Do you have a child at Waitakere Gymnastics? Don't forget to check out our club page for all our latest news & club details: <https://www.facebook.com/WaitakereGymnastics/>

Do you have a child in Rec Comp? Come join our Rec Comp group to keep up to date with competition details, training & gossip: <https://www.facebook.com/groups/1235356426541682/>

Do you have a child in the STEPS Competitive program? Come join our facebook group to stay in the know about training, comps and connect with other parents: <https://www.facebook.com/groups/143908999349096/>

INSIDE THIS ISSUE:

Committee Message ...	1
Competitive & Rec News.....	2
Holiday Program.....	3



2018 TERM DATES:

- **Term 2**
30th April - 7th July

*Gym Closed for Queens B'day:
Mon 4th June*

- **Term 3**
23rd July - 29th Sept

- **Term 4**
15th Oct - 15th Dec

*Gym Closed for Labour Day:
Mon 22nd October*

Your caring health professionals...



Avondale Family Physiotherapy

Call us for an appointment

09 869 2913 or 021 0229 6836

63A Rosebank Road, Avondale

www.avondalefamilyphysio.co.nz

ACC Registered

Our former club member Casey Irving is a Physiotherapist & works locally. So if you find yourself in need of a great Physio who also understands gymnastics (as a coach & ex gymnast) give her a call at Avondale Family Physiotherapy.

Remember to like us on Facebook:

Waitakere Gymnastics

And stay up to date with all the latest news





COMPETITIVE NEWS

WAG & MAG Competition season

Our Competitive squads have been working hard at the gym over the break, training doesn't stop for school holidays with competition season fast approaching! The training times relax a bit for holidays but that usually just means no weekends & we try to fit it all in during the week!

Now that the floor music & routines are organised all our gymnasts are able to focus on perfecting those movements & building confidence with their skills.

Our season starts with the MAG & Steps 1-3 squads attending the Tristar Early Bird competition on 19th/20th May – entry information will be coming out soon.

After that the next competition our club will attend is the Kerrin Bishop Memorial comp at Counties Manukau on 2nd/3rd June. Our MAG squad and all Steps levels will attend.

REC COMP NEWS

The start of term 2 will see our Rec comp squads working hard getting ready for the next competition which is at GymCity Papatoetoe on Saturday 26th May – entry information will be coming out soon for this.

“Wake up every day knowing that today is a new day and only you can determine the outcome of that day. So dream big, accept the challenge, and never look back.”

- Alicia Sacramone - the second-most decorated American gymnast in World Championship history



RECREATIONAL NEWS

Incentive Awards Testing

Incentive awards testing will be in term 2 on Sunday 10th June.

All Beginner, Intermediate and Advanced classes are already working on the skills to be tested on the day.

Please see the details below for your level time:

Incentive Awards Testing Day
Sunday 10th June

- Level 1 - 10.00am start
- Level 2 and 3 - 11.00am start
- Level 4, 5, 6 and 7 - 12.00pm start

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

Incentive Awards Testing Day is open to all Beginner Girls and Boys, Intermediate and Advanced classes.
(Does not include GymFun or Competitive classes)

Logos for Aerobics, Gymnastics, Rhythmic, and Trampoline are shown at the bottom, along with the GymSports New Zealand logo.

Kiwi Gymfun Badge Testing

In Term 2 we are running badge testing during class time all term. There will be badges and certificates awarded the last week of Term 2 to all those that successfully pass the required skills.



Holiday Programme!

Check out the fun that happened at our April School holiday programme here at the Gym:

