



Howick Gymnastic Club | Term 3 Newsletter

Welcome back to Term 3 here at HGC. As we have many new members we thought that we would take the time to remind everyone of our class procedures so that everyone is informed.

- *Parking:* Please make sure that you are not parking in front of the building as this is reserved for our staff who come and go throughout the night. We also ask that you are not parking down our neighbours side of the driveway as they have trucks coming at all hours and need their carparks for this.
- *Arrival & Departure:* We also ask that your gymnast only arrives five minutes before class and is not playing on any equipment or furniture while they are waiting and please come into the gymnasium to collect your child.
- *Attire:* Make sure that your gymnast always comes to class in appropriate attire, with long hair tied up and that they not wear any watches or jewellery in the gym. We ask that they leave in warm clothing after their sessions.
- *Comments & Feedback:* During class times our coaches are busy and we ask that you please email our customer service team if you have any questions. As always we would like to thank you all for your endless support and we would like to remind you that we are always happy to receive feedback from our members.



Message from the Board

Thank you to everyone who attended our AGM last term. It was an full agenda this year where we had a special goodbye and thank you to Alan Piper for his contribution over the last 5 years on the board - Alan's leadership and guidance as chair of the board has been instrumental in helping turn the club around and he departs with the club holding solid management and strong financial stability. We are grateful that Alan will remain close to the club as he represents our needs as part of the Lloyd Elsmore Community Hub board. Karen Leach and Anna Dinneen also stepped down, having graciously given us their time over the past 4 years on the board and I would like to take this opportunity to once again thank them for their work. With their departure leaving us with some needed elected members, we welcomed Olga Rudyeva, Aimee Hillary and Adelle Livett, who along with Gordon Peel, Pamela De Afonseca, Penny Magud and Matthew Leach will form our board for the next year. Our Board is voluntary and unpaid, so I take this opportunity to acknowledge and thank the team for putting their hands up and being elected. Our featured agenda item was seeing an update on the progress of the proposed Sports and Community complex and our future gymnasium with an update from the Lloyd Elsmore Community Hub (LECH) project manager - the current plans were shared and are on track for submission to council for consent, so a very exciting time! As our club enters a new phase and in consideration of our new members on the board, a competent management and coaching team, the club being in a better financial position, and the opportunity of our future gymnasium becoming a little closer, we have committed to reviewing the club strategy in alignment with Gymnastics New Zealand's 2024/25 strategy. I look forward to sharing details on opportunities for contribution and updates as this evolves.

**New
Class
Alert!**

Give Gymnastics A-Go

Our two Adult GymFit classes that happen on a Monday & Thursday from 7.15-8.45pm have been a complete success in the first two terms. With each class costing \$22 (and a discount for those that book in for the term), this is the perfect way to get fit and have fun. No gymnastics experience is necessary, and brand new or ex-gymnasts alike will take something away from these sessions run by our very own coach David, an ex-Commonwealth Games medalist. Contact enquiries@howickgym.co.nz for more information.

Holiday Programme

Bookings will be open for the October Holidays on Monday 26th August. To book your children in you must head to our website and click on our *Programme Bookings* tab. The programme runs from 8.00am to 5.00pm daily and costs \$50.00 per day to attend.

Our programme caters for all children 5 years old and over with no gymnastics experience required. Activities include baking, crafts, team challenges, scavenger hunts, nerf wars.

HGC Class Discounts

A quick reminder that for all of our recreation classes, you will need to rebook your child each term. While you are online rebooking, why not book in a second class or sibling!

We offer a 10% discount (on your lowest class fee) when booking 2 or more classes and we also offer a 10% sibling discount if you have more than 1 child enrolled in classes in a term at the Howick Gymnastic Club.

Contact our customer service team for more information.

Progression Levels

For those of you who are new to our club, in terms one and three our gymnasts get tested for our progression levels in our Recreation All Stars, Tumbling, and Trampoline classes work towards. Our progression levels are based on the Gymnastic New Zealand Gym for All programme. There are 26 levels of achievement that encourage our gymnasts to progress quickly through. Each level has a set number of skills that each gymnast will have to achieve in order to move onto the next level. Upon completion they will receive a certificate at their first class of the following term. All gymnasts will be ability tested in their first few weeks of class and have been grouped according to skill level so that they are practicing these skills in each lesson. Our development programme is not designed to be passed each term, and we ask that as parents you support and encourage them to keep working at their skills if they do not pass the first time and the structure of the programme also leads to routine learning that happens in term two where our gymnasts are able to compete at a friendly competition should they wish to.



Our Recreation All Stars Class receiving their certificates at the end of the term.

HPPA Schools Gymnastics Festival 2024

We have over 650 students coming to participate in the HPPA gymnastics festival happening on the 21st – 23rd August from 18 different local schools. We are so excited to see so many non-members competing and getting involved in our sport. For those who might want to have a small group practice session on the equipment before the competition, we have a routine practice session running next Sunday 11th August from 9.15-10.00am for year 3 & 4 gymnasts and 10.00-10.45am for year 5 & 6 gymnasts. Spaces are limited and booking is essential on our [website](#).

HGC GymFest & Competition Sponsors

We would first like to congratulate all the gymnasts who competed in either our GymFest or our Competition back in June. We would like to give a special mention to our amazing group of volunteers who helped over the two weekends. To our life member Gillian, we would like to give special thanks for her incredible donated spot prizes that were given out to the participants. We would also like to give a massive thank you to the incredible businesses who generously sponsored our competition by donating judges gifts, raffle items and provided services as well. Our next competition will be coming up in December and if you enjoyed being a part of the fun don't forget to register for this one!



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