

## Acro-Gymnastics

Acro-gymnastics is a class aimed at helping gymnasts gain the correct strength, skill and technique to perform acrobatic moves. It will include a lot of drill work starting with the basics like springing, hurdle steps and round offs, and moving up to front/back tucks and even twists, depending on the level of each of the gymnasts.

This class is a great add on to cheer leading or dancing that require acrobatic moves. Porirua GymSports offer a coach who is qualified through GymSports NZ, and will focus on ensuring the gymnasts are taught the correct techniques. The class runs for 1.5 hours.

### **Bookings**

Bookings are essential for these classes. To register or be put on a waitlist phone Lynda on 2373811 or email [lmcandrew@pcc.govt.nz](mailto:lmcandrew@pcc.govt.nz)

### **Prices**

Acro-Gymnastics costs \$110 per child, for 8 sessions a term. This fee is payable before the first session starts.

### **Class Times**

Wednesday 4.30-6.00pm

### **Age**

9 – 16 years

All classes are held in the NZ Community Trust Stadium unless otherwise advised.

For further information or to make a booking, please contact or Lynda McAndrew / Jess Singh direct on 04 237 3811 or [lmcandrew@pcc.govt.nz](mailto:lmcandrew@pcc.govt.nz)

# Booking Form

Participants Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent/Caregiver Name \_\_\_\_\_

Address \_\_\_\_\_

Class Day/Time \_\_\_\_\_ Email \_\_\_\_\_

Mobile \_\_\_\_\_ Work Phone \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Signature \_\_\_\_\_

## Notes

- Please notify the Gymnastics Head Coach if your child has any medical conditions or disabilities to allow us to provide the correct coaching assistance and support.
- Please notify the Gymnastics Head Coach if your child has had previous gymnastics experience to ensure we place your child in the correct class.

*We understand that by enrolling in the programme we abide by any rules and policies of Te Rauparaha Arena (parent body Porirua City Council) and Porirua GymSports (and parent body of GymSports NZ).*

For further information or to make a booking, please contact our friendly team on 04 237 1521 or Lynda McAndrew direct on 04 237 3811 or [lmcandrew@pcc.govt.nz](mailto:lmcandrew@pcc.govt.nz)  
Please only fill in these details if you are posting

Please charge my      VISA      Mastercard      (please circle)

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Name on Card \_\_\_\_\_ CSC Number \_\_\_\_\_ Signature \_\_\_\_\_

## FOR OFFICE USE ONLY

Date \_\_\_\_\_ Amount Paid \_\_\_\_\_ Staff Initial \_\_\_\_\_ Receipt No. \_\_\_\_\_