



Porirua GymSports



Gymnastics

Porirua Gymnastics Club is affiliated to GymSports New Zealand. We are committed to fair play in sport, having only trained and qualified coaches and using approved resources available throughout New Zealand Gymnastics.

General Gymnastics is a great base sport of all other sports. Gymnastics at this level is based on the Fundamental Movement Patterns. These are:

Swing
Locomotion
Landing
Manipulative Skills

Statics
Spring
Rotation



Depending on the age and ability of a child joining our general gymnastic classes we have a variety of streams that cater for their needs:

Kiwi Gym Fun

For gymnasts' aged 5 years to 7 years, we participate in Kiwi GymFun. Kiwi GymFun is a programme developed by New Zealand GymSports to establish core skills in each of the 7 fundamental movement patterns. We manipulate the Kiwi GymFun programme to how we think it is best used for our gymnasts. Gymnasts work their way through the programme progressing through each of the six levels once they have mastered the previous level.

Bookings are essential for these classes. These cost \$95.00 per child per term (\$5 discount for each extra child in the same family)

Incentive Awards

When the gymnasts have completed the six levels of Kiwi Gym Fun or if they are approximately 8 years when joining our classes, they placed in badge groups. The incentive award schemes have been run by New Zealand GymSports for many years and are constantly updated and reviewed. Gymnasts work through from Level 1 to Level 7

Bookings are essential for these classes. These cost \$95.00 per child per term (\$5 discount for each extra child in the same family)

Trampolining Information



Are your kids forever on the trampoline or jumping all over the furniture? Trampolining is definitely for you. Trampolining is fun and is an exciting sport.

Parents need to be aware that there is a requirement during Trampolining that children have down time. During this time children will watch each other, listen to instructions and learn how to spot each other.

Children start with the basics of Trampolining. The trampoline being used is very bouncy and therefore safety is very important. Socks need to be worn at all times.

Bookings are essential for these classes. These cost \$95.00 per child per term (\$5 discount for each extra child in the same family)

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.

Acro-Gymnastics costs \$110 per child, for 8 sessions a term. This fee is payable before the first session starts. (\$5 discount for each extra child in the same family)

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

**For further information or to make a booking,
Lynda McAndrew / Jess Singh direct on 04 237
3811 or lmcandrew@pcc.govt.nz**