Programme

Sessions

Gymnastics

Our gymnastics sessions are aligned to NZ Gymnastics Gym For All (GFA) programmes with activities that introduce and develop gymnastics skills. We offer a range of session times, grouped by age.

EXCEL - By invitation only these classes are for those looking to develop advanced skills & compete - gymnasts need to work on building and maintaining strength and flexibility more than once a week. EXCEL classes are in addition to weekly foundation classes.

Pop-Up Sessions and Events

- School Gym Festival
- Club Competitions / End of Year Displays
- Junior GfA Competitions
- Competition Preparation

NRG - *Not currently available*
Primarily aimed at keeping kids active and having fun. This can include parkour and related activities such as 'Ninja Warrior' style circuits and courses, and circus activities - but anything (safe) goes

Term Dates & Public Holidays

Term 1: 02.02.2026 - 03.04.2026

Term 2: 20.04.2026 - 03.07.2026

Term 3: 20.07.2026 - 25.09.2026

Term 4: 12.10.2026 - 11.12.2026

Public Holidays:

- *6 February - Waitangi Day*
- *27 April - ANZAC Day*
- *1 June - Kings Birthday*
- *10 July - Matariki*
- *26 October - Labour Day*

For all enquiries please email us at:
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