

## ESGC NEWSLETTER TERM 3 2025



Welcome to Term 3! The last term was a busy one, with the Circus Show, Rainbowfest and start of the competitive season. In Term 3 the focus is on fun and fitness, learning and practicing gymnastics skills and working on fundamental movement patterns in our recreational classes.

A reminder that we have our AGM on 20th August where we will be asking for feedback on the building plans for the current premises.

### Important Dates

Tuesday 22nd July:	Eastern Zones Intermediate Schools comp (afternoon classes as usual)
Monday 28th July:	Eastern Zones Primary Schools comp (afternoon classes as usual)
Saturday 2nd-3rd August:	ESGC Levels Competition
Sunday 17 <sup>th</sup> August:	Whanau Open Play at the gym
Wednesday 20th August:	Club AGM with ESGC Board
Sunday 7th September:	Whanau Open Play at the gym with Fathers day Sausage Sizzle
Monday 15th September:	Priority Re-enrolments open to re-book current class for Term 4
Wednesday 17th September:	General Enrolment opens
Sunday 21st September:	Term 3 ends

Office Hours Term 3:

Mon - Fri 3pm - 5pm

Email Kate: [admin@esgc.co.nz](mailto:admin@esgc.co.nz)

Or phone (09) 528 0941 and leave a message - we will return your call.

## HOLIDAY PROGRAMME

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The ever popular holiday programme was in full swing again over the winter break. From crafts to cartwheels, games to goals, the holiday programme has something for everyone.

Aftercare was extremely popular, with children working collaboratively to create entire towns out of soft play equipment. This is also a good time to work on specific skills or routines with coaches.



## PROGRAMME UPDATES

### Competitive

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The STEPs girls have been busy, travelling to competitions and achieving outstanding results this season - check out their banners hanging on the wall in the waiting room! STEP 1 has been first team at all six of their competitions so far - what an incredible achievement for their first competitive season!

STEPS 3 and 4 represented ESGC in Christchurch for the CSG Classic, and travelled to Northland along with Step 1 for the Northland Championships. Travelling to a competition, spending quality time with teammates, guest training in other gyms and competing at these events are such memorable experiences.



The Levels gymnasts opened their season with some beautiful routines at their Mock competition at ESGC, and followed up with podium results at the Howick competition. The girls and boys came away with 11 individual medals and 4 team medals! Preparations are underway for the next competitions at ESGC, Waitakere and NHG.



## Competition Dates Term 3

- 26-27th July: Steps 1-4 at Northland Championships, Whangarei
- 2-3rd August: Levels at ESGC, Auckland
- 23rd August: Levels at Waitakere (girls)
- 30th-31st August: Steps 1-4 at KM Memorial Elementary, Counties Manukau
- 6-7th September: Levels at Counties Manukau (boys)
- 13th-14th September: Levels at Mason Gillespie Novice Comp and Gymfest, Tristar (girls&boys)
- 20-21st September: Levels at NHG, Auckland (girls&boys)

ESGC families are always welcome to come along to competitions to support our teams!

## Rainbow Gymnastics

### Matariki Rainbowfest

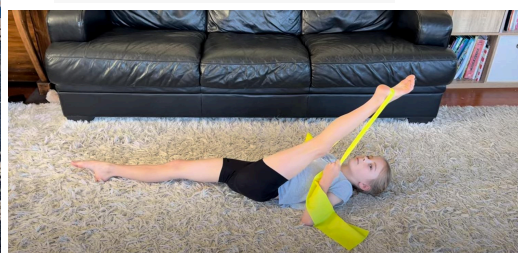
The Rainbowfest held over Matariki weekend was full of sparkle and shine! Well done to all the gymnasts who attended and performed your skills and thank you to all our volunteers who helped make the day happen. Thanks to our fantastic sponsors Gymstuff, each gymnast took home a gift bag with resistance bands or balls. The QR code in these bags linked to ideas and exercises for using this equipment, which you can find on our youtube channel: <https://www.youtube.com/@easternsuburbsgymnasticsclub>



*Busy helpers packing the goodie bags*



*The resistance bands in action*



**Colouring competition:** We had some stunning entries for our Matariki colouring competition and are pleased to announce the following winners. Please pick up your prizes from the office:

Danika Hamilton, Avni Joshi, Olive Robertson, Raon Kim, Daisy Cheung



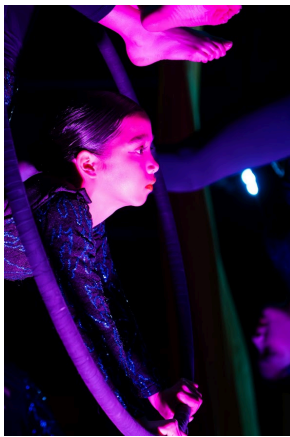
## Springboard Programme

Gymnastics NZ has launched a new recreational programme called Springboard, designed to align learning fundamental movement patterns with the New Zealand curriculum. Springboard is intended to provide all participating children with a good foundation of physical strength, balance, coordination and confidence which they can then utilise in gymnastics or other sports.

At ESGC we already work with fundamental movement patterns (swing, locomotion, landing, balance) in our Playgym and Red and Orange classes. We are excited to have new resources and ideas for how to incorporate these into our classes thanks to Springboard, and you might see your children enjoying some different circuits, games or activities.

## Circus

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What a spectacular event the Carnival was! We'll let the photos speak for themselves...



Thank you as always to our volunteers working behind the scenes and front of house!

## Parkour

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Parkour kids have been practicing safety rolls, step over vaults, rope climbs and all manner of jumps and flips. Curious? Come and try out a class! These run on Saturday afternoons with three levels available.



## Playgym

Playgym is offered on weekdays and weekends, and is a wonderful way for children to become familiar with the gym whilst developing confidence in movement, in a safe environment. This term children will be doing circuits, some new and old games and working on coordination and fundamental movement patterns.

## CLUB UPDATES

### Job Opportunities - Join our Team!

#### Are you our next Admin superstar?

We are looking for someone capable and friendly to become our new Receptionist/ Front of house/ Admin person. Kate continues to do a stellar job remotely from Whangamata, and we would like to have another someone like her to be onsite.

The role is part time, and there is potential to job-share.

Hours are somewhat flexible but ideally include being in the office between 3pm and 5pm to help support our families.

Administrative skills, Problem solving, and a heart for Customer Service are all essential. Accounting skills would be a great bonus.

Please get in touch with Andrea ([andrea@esgc.co.nz](mailto:andrea@esgc.co.nz)) if you are interested!

### Membership survey

The annual membership survey is out now! Complete using the link or QR code below:

<https://forms.gle/LErW4ZcbBC59WH8k6>



### Wellbeing with Maxine

Maxine reminds everyone that in the middle of the winter season for sports and competitions, everyone is busy and under pressure. It's therefore all the more important to be kind and support each other, inside and outside the gym.



## Whanau activities

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The Whanau group continues to help coordinate and run events at the gym. We always have a great time running the cafe, taking door sales, ushering guests to their seats and making sure the day runs smoothly. In addition last term Whanau members helped to remove old beam matting and replace it with our brand new mats from Gym Mats NZ. We picked up, transported, set up and returned 90 chairs to Kohi school (who generously hired them to us) for the circus show.

Fundraising efforts in 2025 have included the Cafe, raffle tickets, sausage sizzles, weekend open play sessions and leotard sales. These have enabled us to buy the water cooler for the waiting room, and our dance room renovation project is still planned despite some delays. Fundraising will also go towards small ticket equipment items and upgrades.

### How you can help:

Join the Whanau facebook group. Here you'll see announcements about when events are coming up, what we need help with and opportunities to join working bees.

**Sausage sizzles:** We need a couple more keen parents to (wo)man the barbeque on event days.

Come to **Whanau open play** and catch up with Andrea and Jess. Talk to us about what's going on for your gymnasts, if you have any ideas for the club, keeping ESGC a family focussed space.

**Sponsorship:** We appreciate any offers of sponsorship, whether this be one-off (for example to print certificates or donate to an event), providing equipment (chairs, gym equipment, paint/tiles/flooring for renovations, a coffee machine for the waiting room???) or expertise (marketing, sewing, costumes, admin etc etc).

## Collection for REAF refugee centre

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Organised by one of ESGC's own fabulous coaches, Eva, and her friends at Selwyn College, our club community donated baby and children's items for the REAF refugee centre. The office was full of your kind and generous donations, which were gratefully received by families at the refugee centre. Kapa! ESGC Whanau, this is what community is all about.

*Have a great Term 3, see you at the club!*

Jessica Brosnahan, Whānau of ESGC Coordinator, [whanau@esgc.co.nz](mailto:whanau@esgc.co.nz)

&

Andrea Penman, General Manager.



Eastern Suburbs Gymnastics Club  
(Public Page)

&

Whānau of ESGC group  
(Private to ESGC families)



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&

@whanauESGC