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PRINCIPAL | Stuart Armistead M.Ed. (Educational Leadership), B.Ed., Dip.T.

Friday, 18 September 2020

Dear Knighton whānau,

We again have the opportunity to host *The Gymnastic Academy* during a lunchtime break in Term 4.

Why *The Gymnastic Academy*? Their ability to come into our school means:

- Parents don't need to worry about driving to a facility.
- They bring expert coaches and performance equipment to us at convenient school times.
- Children can improve their skills and achieve results at an accelerated rate in their comfortable school setting with friends.
- Children & parents can measure performance with the unique grading system where certificates are awarded as children increase their skills.
- The programme caters for school children of all ages
- Extra opportunities to take part in competitive events; placing, spot prizes and trophies for schools awarded - extra cost involved

As an independent program using our hall space, *The Gymnastic Academy* deliver comprehensive programs that will improve:

- Gym skills
- Flexibility
- Core function
- Balance
- Posture
- Speed & agility

For a preview and more information, feel free to watch the video <https://vimeo.com/407099872>

Day: Tuesday, 13 Oct (Week 1) - Tuesday 8 December (Week 9)

Time: 12.30 - 1.15 p.m.

Cost: \$95 for 9 weeks of Term 4

For this opportunity to be viable, we would require at least 6 - 7 students, with space for a maximum of up to 24 students. Focus on airtrack tumble skills - front somersaults, back somersaults, rolling, handstands, tumbling, cartwheels, handsprings, round offs.

Spaces filled very quickly last time this was offered, so get in quick to ensure a spot.

Registrations are limited, be in quick. Registration and payment is made directly with the Gymnastic Academy. Any questions, please feel free to contact me.

David Hannah | Sports Coordinator | dhannah@kns.ac.nz |

Register online: <https://www.thegymnasticacademy.com/registration/special-rate-sessions-hamilton/>

Select: 'School Program' 'Knighton School, Tuesday 12.30 - 1.15 p.m.'

Choose Term: Term 4

Fill out the rest of the information required