

Northern United Junior Hockey Club

The Northern Suburbs' home of hockey for school years 3-8

Yrs 3-6: 6-a-side; Yrs 7-8: 11-a-side

2018 Registrations (online) open 1 Feb

11-a-side trials: 3x 1.5-hour trials between 2-5 pm, Sun 11 March, Sat 17 March and Sun 25 March

Pre-season training: Mon afternoon/evening, 19 Feb to 26 March

Have a Go Hockey: 3x weekly no-obligation sessions for beginners all ages, 3-4 pm, Mon 19 Feb, 26 Feb, 5 March

Official 2018 season runs from start of term 2

Info: www.nujhc.org.nz

New Year, New Habits!

Kids and Teen Yoga classes for Term 1 begin in February in 3 locations - Lower Hutt, Johnsonville, and Eastbourne. Come to one of our 'Taster' classes and give it a go!

Yoga is a form of movement that can be gentle or athletic and is non-competitive. It builds strength of body and mind, balance and flexibility. The yoga teachings include principles of compassion for self and others, discipline and self-study. Kula Kids Yoga classes are playful, imaginative and weave games, song, and story into the practice of the poses.

Yoga for older students fosters positive self-awareness and teaches tools to safely manage stress.

Contact Jeanne of Kula Kids Yoga with questions or to book

kulakidsyoga@yahoo.com

[facebook.com/KulaKidsYoga/](https://www.facebook.com/KulaKidsYoga/)

kulayoga.gettimely.com

Fencing classes for children with Wellington Swords Club

Children 6 – 11yrs Tuesdays 6 – 7pm Tanera Park, Brooklyn (Old Bowling Club)

 Wednesday 6 – 7pm Tanera Park, Brooklyn (Old Bowling Club)

Children 11+ Saturdays 9 – 10.15am Wellington High School gym, Taranaki Street

Other classes and individual lessons, college, adults, social, beginners to international

Contact Head Coach: Vicci Lamb (T) 970 7496 or bishop.lamb@pistingaround.com

LEARN A NEW LANGUAGE THE FUN WAY? FUN French language classes 5 - 12 years olds

- Lots of fun activities, drama, music & games taught in a relaxed and friendly atmosphere!
- Language resources available to support parents at home.
- Free Trial Lesson Available
- After-school, lunchtime and pre-school French classes available throughout Wellington.
- Spanish classes planned in 2018
-

Contact: Annick on 021 462 042 or email annick@lcclubs.co.nz or visit www.lcclubs.co.nz for more information.

Easyswim Swim School Term One Lessons

- Term one lessons have started, however it's not too late to book. Early Childhood from 3 months – 3 years, Pre School and School age lessons are all go. We have waiting lists on some levels, times and days but also the odd space here and there.
- Easyswim's Splash Attack - a fun, non-contact water polo programme which involves learning and developing game sense plus passing & catching skills. Splash Attack is starting soon at the Plimmerton School pool on 14th February and Johnsonville School pool on 9th February.

To book call on 2347946 email book@easyswim.co.nz or visit www.easyswim.co.nz for more information.



Is your daughter looking for something a little different?

We still have spaces available in our recreational classes this term. Come along and try out our new badge programme. Your daughter will work through Levels 1 to 10 over time. We have classes available from Mon to Sat, min. numbers apply. Our classes are in Thorndon, just opposite the Botanical Gardens.

Rhythmic Gymnastics is a mix of dance and gymnastics. It develops hand-eye co-ordination through the use of apparatus – rope, hoop, ball, clubs and ribbon. We are the only Rhythmic Gymnastics Club in the Wellington region.

If your daughter loves to dance and is looking for something a little different, then come along to a class and give it a try! Email info@rhythmicgym.nz to arrange a FREE trial.

For more information about Elements and our classes, visit www.rhythmicgym.nz

BIGAIR GYMSPORTS TAWA

If you have a child who loves doing handstands, cartwheels, walkovers, flips, or cheerleading, then they will love Bigair Gym! At Bigair Gymsports, kids love **Gymnastics, Trampolining, Tumbling, Parkour, and Cheerleading!** We have classes to support children of all levels and interests. As children learn new gym skills they will increase their flexibility, balance, coordination, strength, and fitness. The benefit for our children is that they learn extensive personal skills from Gym, which includes; increased self-confidence, self-reflection, listening skills, persistence, self-pride, and so much more! It is highly recommended that children start gymnastics from 3yrs, as it provides excellent preparation for starting school. Once children are at school, gym is beneficial as it replicates the fundamental learning processes which supports children's learning at school, so the advantages and rewards are substantial. Did you know that Bigair Gym also offer Birthday Parties? To find out more, please call our Bigair Gym Tawa on 2323508 or email office@bigairgym.co.nz