

2017



KHR AEROBICS

Want to try Aerobics?

We have an opportunity for intermediate students to be involved in Aerobics again this year. It is a high energy sport with an element of dance and basic gymnastics. Aerobics is a competition sport that has two big competitions a year, NZCAF (New Zealand Competition Aerobics Federation) Otago Regionals and Nationals. Your child can be a part of a team, or an individual, learn new skills and help each other in a training and competition environments. Training sessions will be on Thursday or Sunday afternoons. We have a good reputation of students from Tahuna competing in the past so it would be great to continue with this in 2017.

For more information email Kerry Hockley-Remon (Head Coach and Choreographer at KHR Aerobics): kj.h.remon@gmail.com