

2017



KHR AEROBICS TEAM 2018

Want to try Aerobics?

We have an opportunity for primary, intermediate and secondary 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 training and competition environments. We have a very good reputation of students from Otago Schools competing in the past so it would be great to continue with this in 2017.

Auditions: late January/early February

Training season: February-September

For more information email Kerry Hockley-Remon (Head Coach and Choreographer at KHR Aerobics for the past 5 years):

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