



# EMPOWER ACADEMY NEWSLETTER

December 2024

## TERM 4 ROUND UP

### GET IN TOUCH

021 235 5431

[info.empoweracademy@gmail.com](mailto:info.empoweracademy@gmail.com)

[www.empoweracademy.nz](http://www.empoweracademy.nz)

As Term 4 comes to a close, we couldn't be more proud of what we've achieved together as a community:

- **Outstanding Classes:** Every session was filled with dedication, energy, and determination. It's been amazing to see all our students grow in strength, skill, and confidence.
- **Amazing Grading Success:** A huge congratulations to the 42 students who successfully graded this term! Watching you earn your new belts and take this important step in your martial arts journey was inspiring. Your hard work truly paid off!
- **Festive Christmas Party Fun:** Our Christmas party was a fantastic way to celebrate a year of achievements. With delicious food, some swimming and great company, it was the perfect way to wrap up 2024.

We're so proud of all our students for their commitment and perseverance throughout the term. Thank you to everyone who made this term so special—students, families, and supporters. Here's to an even bigger and better 2025!



## **BECOMING EMPOWERED**

We are so proud of our incredible student, Jade, who has created an inspiring video documentary titled "Becoming Empowered." This project beautifully captures the journey of self-growth, confidence, and resilience fostered through martial arts training at Empower Academy.

Take a moment to watch and celebrate Jade's hard work and creativity. It's a true reflection of what it means to be empowered! Watch it here: [Becoming Empowered](#)  
Amazing work, Jade!



**1:2:1 SESSIONS  
AVAILABLE OVER  
THE HOLIDAYS,  
CONTACT TARA  
FOR MORE INFO**

# UNIFORM REMINDER FOR ACADEMY STUDENTS!

Just a quick reminder about uniforms: All Academy students (Juniors & 12+ to Adult classes) must wear plain black bottoms with an Empower Academy t-shirt, and don't forget to have your belt on for every class - you have earned it! Hair should be tied up at all times, and please remove any jewellery for safety (studs and wedding rings are fine). These small steps help keep everyone safe and focused during training. Let's stay sharp and look the part!

## REMINDERS

1. **Mini's and Juniors** - please confirm your child's enrolment for Term 1 2025 via email to [info.empoweracademy@gmail.com](mailto:info.empoweracademy@gmail.com). Payment required by 20th January 2025 to secure their spot.
2. **Full uniform must be worn to every Academy class.**
3. **Higher belts** (Juniors and 12+ to adult classes) will need sparring gear (headgear, shin pads, mouth guard).
4. Follow Empower Academy on Instagram, Facebook or **join the WhatsApp group**—this is where all important communications are posted!



### KICKBOXING FUN FITNESS CLASS!

ALL LEVELS OF FITNESS WELCOME, NO EXPERIENCE NECESSARY.

**THURSDAYS 7PM**

**@ THE VINE IN GULF HARBOUR**

# START DATES 2025

We're so excited to kick off another year of growth, learning, and empowerment in 2025! Mark your calendars with these start dates so you're ready to jump back into action:

**Thursday Fitness:** starts 9th January 2025

**Monday 12+ to Adult Academy:** starts 13th January 2025

**Mini's, Junior's & all Sunday classes:** starts the week of the 10th February 2025

**Any enquiries:** email Tara  
info.empoweracademy@gmail.com



## TIMETABLE 2025

### Empower Academy Timetable:

Day	Venue	Time	Class	Who	
Monday	Manly Bowling Club	5:30pm	Mini's	5yrs to 7yrs	Term time only
		6pm	Juniors	8yrs to 11yrs	
		7pm	Academy	12+ to Adult	
Thursday	The Vine in Gulf Harbour	7pm	Fitness	12+ to Adult	
Sunday	Gulf Harbour School	8:30am	Mini's	5yrs to 7yrs	Term time only
		9:10am	Juniors	8yrs to 11yrs	
		10am	Academy	12+ to Adult	

# THANK YOU!

TO ALL OUR INCREDIBLE STUDENTS AND THEIR WHĀNAU—THANK YOU FOR MAKING 2024 AN UNFORGETTABLE YEAR AT EMPOWER ACADEMY! YOUR DEDICATION, ENERGY, AND SUPPORT HAVE BEEN THE HEART OF EVERYTHING WE'VE ACHIEVED THIS YEAR. HERE'S TO CONTINUING TO GROW STRONGER TOGETHER IN 2025!

**MERRY  
CHRISTMAS,  
HAPPY HOLIDAYS  
AND HAPPY NEW  
YEAR! SEE YOU IN  
2025!**



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ACADEMY**



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