



EMPOWER ACADEMY NEWSLETTER

October 2024

TERM 3 ROUND UP

What an incredible term we've had! From intense training sessions to empowering moments, the dedication and growth we've seen has been nothing short of inspiring. Our Term 3 Grading was a massive success, with 30 students grading and earning their new coloured belts! Each and every one of you showcased your hard work, perseverance, and commitment to martial arts. Watching you grow in strength and confidence is what Empower Academy is all about.

GET IN TOUCH

021 235 5431

info.empoweracademy@gmail.com

www.empoweracademy.nz





SPARRING CLASS

A special mention to those who took part in our sparring class. These sessions are an amazing opportunity to sharpen your skills, build strength, and develop discipline. As always, the aim is to provide Empower Academy students with more opportunities to challenge themselves, and these additional sparring classes are designed to do just that!



**MORE
SPECIALISED /
FOCUSED
CLASSES COMING
SOON, WATCH
THIS SPACE!**

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 large 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. Please make **Term 4 payments** (for Mini's & Juniors) ASAP to secure your spot in class.
2. A minimum of **70% attendance is required for Academy** students to be eligible for grading in December.
3. **Full uniform must be worn to every Academy class.**
4. **Higher belts** are expected to **attend more classes**, as gradings become more challenging and maintaining the integrity of the martial art is essential.
5. 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

SUNDAY CLASSES

We're thrilled to share that our Sunday classes are gaining momentum and growing in popularity! These sessions offer great flexibility for students and have opened up a few more spaces in our **Juniors and Adult classes**. If you know anyone interested in kickboxing or fitness training, now's the perfect time to spread the word and invite them to join us, it's a great way to stay active and empowered. Let your friends and family know so they can give it a try too!

Sunday Timetable REMINDER:

Mini's class is currently FULL

9:10am: Juniors (8 to 11yrs)

10am: Academy & Fitness (12+ to Adult)

Venue: The flexible learning space @ Gulf Harbour School

Sunday classes resume on **20th October 2024**

To book a spot / enquiries: email Tara
info.empoweracademy@gmail.com



TIMETABLE

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 STUDENTS AND FAMILIES FOR YOUR ONGOING COMMITMENT AND ENERGY THIS TERM. TERM 4 PROMISES EVEN MORE OPPORTUNITIES FOR GROWTH, FUN, AND EMPOWERMENT. KEEP PUSHING YOURSELVES—WE CAN'T WAIT TO SEE YOU BACK IN ACTION!

GRADING

1. The next grading is **Sunday 1st December**
2. Confirm and agree with your coaches that you want to grade at least 2 weeks before the grading.
3. Uniform, perfect etiquette and 100% effort is required for grading
4. For Academy (12+ to Adults) - If you want to participate in contact sparring as you progress through your grades you will need to build up a full sparring kit.
5. If you have any questions about the next grading please email or text Tara.

EMPOWER

ACADEMY



SAVE THE DATE

EMPOWER ACADEMY CHRISTMAS PARTY

**7 DEC 2024
1PM TO 5PM**



We're so excited to celebrate the end of an amazing year with our Whanau at the Empower Academy Christmas Party on **Saturday, 7th December from 1pm to 5pm!**

Join us for a fun-filled day with food, sweets, soft drinks, and festive decorations all included. Plus, there are tennis courts, BBQ's, and a swimming pool at the venue - perfect for an afternoon of activities, relaxation and a ***belt presentation!***

All whanau and kids are welcome!

Cost: \$20 per ticket, \$10 for kids under 12, and free for under 5s.

After Party: We'll keep the fun going at Tara's house afterward!

Get your tickets now and don't miss out on this festive celebration!

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