



**Gymnastics**  
Australia



Issue 7: Term 4 2016

## 2017 DATES

### AeroSchools Australian Championships

20-21 September – Bendigo, Victoria

### AeroSchools State Championships

**NEW SOUTH WALES** - Friday 21 July

**QUEENSLAND** - *Tentative* Sunday 13 – Monday 14 August

**SOUTH AUSTRALIA** - Sunday 30 July

**VICTORIA** - Thursday 3 - Friday 4 August

**WESTERN AUSTRALIA** - TBC



## AUSTRALIAN CHAMPIONSHIPS

Schools that attend their State Championships are eligible to attend the Australian AeroSchools Championships.

**Ulumbarra Theatre, Bendigo,  
Victoria**

Wednesday 20 – Thursday 21  
September 2017

Please plan to be available both days of competition, as Gymnastics Australia will not be able to release a competition schedule until after entries have closed. It is anticipated that competition would start around lunch time on the Wednesday and conclude mid-afternoon on the Thursday.

## AEROFUN & AEROSKILLS

AeroFun and AeroSkills is an exciting taste of aerobics, and as a teacher or coach, you don't need to be able to dance to successfully deliver the programs.

AeroFun is aimed at 5 – 8 year olds and AeroSkills is for 8 – 12 year olds. Each program has six lesson plans, at the end of which, students and athletes will be able to perform a complete aerobics routine. These programs also lead into AeroSchools, a competitive pathway of aerobics.

The AeroFun program builds upon skills learnt from week to week incorporating elements of effort, space, time, objects and people performing simple movement sequences. AeroSkills is the next step where students perform choreographed aerobics routines to some current and funky music.

### **The AeroFun & AeroSkills resource kit includes:**

- The AeroFun and AeroSkills Teachers Guide
- Overall unit plan
- Lesson plans
- Instructional DVD
- Music CD
- Activity Cards

To order the AeroFun and AeroSkills kit and get involved in this exciting program – [click here](#) for the order form.

## AEROSCHOOLS RELEASE



Teaching  
Guidelines

Rules and Regulations

RELEASE 17



AeroSchools – 2017 Release is available to order! It includes a DVD demonstrating the newly choreographed routines, a CD with all the tracks you need and a manual to understand the ins and outs of the program.

[aeroschools.gymnastics.org.au](http://aeroschools.gymnastics.org.au)



## 2016 AeroSchools Australian Championship Results

Have you checked out your schools results yet? [Click here](#) to head to the AeroSchools website to have a look!

Congratulations to our Overall winning Schools – **Melbourne Girls College** and **Loreto Toorak!**



### Want to Become a Club?

Affiliation with your state or territory gymnastics association can bring many benefits including;

- insurance for your facility, your club, coaches and participants (parents, volunteers, school students, birthday party participants)
- APRA and PPCA licencing (music and photography)
- access to state and national events, regular communication from the state and national bodies
- assistance with HR for your club, database and website management, a network of like-minded business owners/operators
- discounts to purchase resources or attend professional development and accreditation courses/workshops/seminars

Check out some more information on our website by [clicking here](#) and [contact](#) your local state or territory office for more details on how to become affiliated today!

### Who to Contact?

#### AeroSchools Development Officer

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#### VIC State Contact

Various

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