

Action Sport Aerobics

Langwarrin | Mount Waverley | Cheltenham

actionsportaerobics@hotmail.com



Action Sport Aerobics is one of Australia's leading Sport Aerobics Clubs, offering classes in Sport Aerobics, Fitness, Singles, Pairs and 100% cheer. Head Coach Brie-anna Howson was awarded the 2013 School Aerobics Coach of the Year and with a passion for Aerobics has over 13 years choreography and coaching experience across a State, National and International level.

Sport Aerobics incorporates gymnastics moves, flexibility, strength and fitness, whilst our 100% Cheer classes use poms, drills, and dance all put together into a fun and energetic 90 minute class.

Action Sport Aerobics caters for all types of students ranging from littlies and beginners all the way through to International level elites. With classes running in Langwarrin, Mount Waverley and Cheltenham we are sure to have a location close and convenient for you.

Tryout sessions for all 2016 Sport Aerobics & 100% Cheer teams are held over 2 weeks. This includes a Trial 1 session for all new and current athletes where we will look at flexibility, strength and skills as well as learning a small mini routine. Our second week of tryouts will then look towards placing athletes in groups and categories that reflect their age, ability, and experience level.



*Don't miss out on the chance to be apart of one of Australia's leading Sport Aerobics clubs! We are currently taking registrations for our 2016 Tryouts! **Express your Interest today!***

Where: Langwarrin Park Primary School Dance Studio – Northgateway Langwarrin 3910

When: Wednesday 4th & Thursday 5th November **TRIAL # 1**
Wednesday 11th & Thursday 12th November – **TRYOUT**

*Please select the day and appropriate **age group you will be in 2016***

- **4:30 – 6:00 Prep – Grade 6 All Sport Aerobics sections, fitness & 100% Cheer**
- **6:00 – 7:30 Year 7 & higher (including Seniors) All sport aerobics sections Fitness, 100% Cheer**

If you have any queries or would like more information on 2016 classes please email Brie: actionsportaerobics@hotmail.com

NEW IN 2016



DANCE CLASSES COMING SOON!



In 2016 we have some exciting new classes available for our amazing Action athletes. As one of Australia's most successful Sport Aerobics clubs we have achieved incredible things over the years at all levels of competition from state level through to our international world championship successes.

But in 2016 we will be branching out and offering a whole new range of classes! We have sourced some amazing choreographers and coaches for this new stream of classes and we know you are going to love them!

We are now taking expression of interest for the following classes for all age groups so we can then formulate our dance timetable for 2016. From Hip Hop, Contemporary & Lyrical and Tumbling and Yoga our aim is to provide you with professional teaching along with superior choreography so our performers can be the best they can be! Please tick below if you would be interested in participating in any of the following classes in 2016!

HIP HOP

LYRICAL / CONTEMPORARY

TUMBLING

YOGA

NAME: _____

YEAR LEVEL _____ AGE IN 2016 _____

AVAILABILITY _____

