

YMCA Centre NEWS



The Benefits of Yoga

Yoga is an ancient Indian philosophy that dates back thousands of years and was originally designed as a path to spiritual enlightenment. More recently, researchers have discovered that participating in regular yoga classes can result in health benefits, including increased fitness and muscle strength.



Other health benefits include:

- Improves your flexibility
- Builds muscle strength
- Perfects your posture
- Prevents cartilage and joint breakdown
- Increases your blood flow
- Drops your blood pressure
- Improves mental well-being
- Helps you focus
- Improves your balance
- Helps relieve stress

YMCA Epping now runs **5 Yoga classes each week** - Tuesday 6:45-7:45pm and 8:00-9:00pm
Wednesday 8:00-9:00pm, Thursday 9:15-10:15am and Saturday 9:30am-10:30am – **bookings are essential!**

8 Week Challenge Winner

Congratulations to everyone who participated in our Summer Bodies are Made in Winter Challenge. It is so good to hear that so many of you have smashed your goals. Clare can now hold a plank for 2 ½ minutes with a 10kg weight on her back, Emily is able to walk on her hands and Nat can now do 20+ sit ups. Many more have lost kilos, while others have built strength.

Congratulations to Mimi on winning a free 1 hour PT session. During the challenge Mimi not only improved her strength and fitness, she lost 5 kgs.



Meet the Trainer

Introducing - Danni

Qualifications

- Children's Yoga Teacher certificate
- Adult Yoga Teacher certificate
- Pre Natal Yoga certificate
- First aid & CPR

Experience and Primary Focus

- Teaching yoga and life-skills
- Helping students find inner peace, through asana/postures, breath work or meditation
- Helping members feel welcome
- Yoga is for everybody

Achievements

- Teaching in a way that the student can feel their own light within

Favourite Foods

- Avocado, Carrot cake, Chocolate and raspberries, Coconut water

Fitness Quotes

"You are the sky, everything else is just the weather." – Pema Chodron.



YMCA Epping Notice Board

IMPORTANT Health and Fitness Notice

Please note that children under the age of 16 are not permitted in the gym unless they are accompanied by a responsible adult. Children aged 11-15 are allowed on the gym floor only if they are participating in our TEENGYM or GYMFIT programs.

Oval Redevelopment

The Epping Oval re-development is progressing well and should be completed by mid December. Thank you everyone for your understanding while the front door access was blocked.

Fitness Timetable

We now have an additional yoga class on Tuesday evenings and the Thursday morning yoga class will now begin at 9:15am. Bookings essential. Visit our website for the full fitness timetable. www.ymcansw.org.au/epping

Save the Date

The end of the year can be a busy time for everyone so please make a note of the following dates for our LTP and Gymnastics programs. More information about these activities will be available soon!

11th – 16th December

- Kinder Gym party week
- Recreational Gymnastics in class presentations
- LTP in class presentations.

15th December

- Last day of LTP classes

16th December

- Last day of Gymnastics classes
- Levels presentation
- Gymnastics and LTP End of Year Disco (school aged children only)

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Level 3 State Championships

Well done to our Level 3 gymnasts, Orla, Lara, Amelie, Olivia, Gabriella and Piper, who competed in the Level 3 State Championships last weekend. They had great fun and displayed great routines across all apparatuses. Our gymnasts walked away with five silvers and a gold overall medal and great apparatus scores, with some personal bests!

All gymnasts should be congratulated on their hard work, sportsmanship and great results they have shown throughout this competition season.



2017 MAG Junior State Championships

On the weekend of the 21st and 22nd of October, eleven boys from YCMA Epping, across 4 different levels competed at the 2017 MAG Junior State Championships. Jeremy Harrison and Jonah Hill took part in the Level 1 Junior division. Jeremy placed 18th with a score of 52.998, while Jonah took out 3rd place overall, coming 1st on both rings and parallel bars, with a total score of 56.131.

Seven boys competed in the Level 2 Open division - Joshua Coble, Samuel Crisp, Julian De Burgh, Dylan Halliday, Daniel Photios, Caelin Su, and Sebastian Wookey. Julian came 12th with a score of 55.198, Daniel finished 13th with 54.965 and also came 1st on vault with a perfect 10.000 score. Josh was equal 15th with a score of 54.831, Sam had a total score of 54.431 placing him 21st. Sam also came 1st on parallel bars. Up next was Sebastian placing 39th with a score of 51.766, then came Dylan coming 51st and Caelin coming 54th with scores of 50.365 and 50.265, respectively.



In the Level 3 Open division, Joubran Amer came 40th with a final score of 50.650. Finally, in the Level 5 Open division, Ion Best came 6th overall with a score of 56.733.

All in all 2017 has been a very good year for our MAG gymnasts at YMCA Epping. Well done boys!

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Karate

Success at the SKIA National Seminar & Championships.

YMCA Epping Shotokan has 3 new black belts! Congratulations to Ronnie Dong, Emerick Agahari and Michael Buckton who successfully passed their Black belt grading under the watchful eye of Nobuaki Kanazawa, Head of Shotokan Karate International Federation (SKIF), during the Shotokan National Seminar held on 27-29 September 2017. The results speak for their many years of determination and training to achieve their goals.

Following on from the National Seminar, 10 members from YMCA Epping Shotokan Karate represented NSW at the Shotokan National Championships on 30 September 2017, held in Sydney. The team won a staggering 18 medals, with the majority of competitors placing in more than one division! Leading from the front, was Epping Resident Instructor Alistair Fell, who won a Gold and Silver in his events, and Assistant Instructor, Josie Ngan, who won two gold medals, and the award for Best Female Performance.

The inspiring performance is a result of the team's consistent dedication, strong sense of discipline and drive to improve their karate, one step at a time.

Congratulations to all the members of Epping YMCA Shotokan Karate! Next stop World Championships 2019!

Epping Shotokan Karate holds classes at the YMCA on Tuesday, Thursday and Saturdays, enquire at the front desk for more information.



Staff News

Women's Masters National Hockey Championships

Congratulations to our fabulous Fitness Coordinator, Kristie and her team on winning GOLD in the recent Women's Masters National Hockey Championships in Newcastle - go NSW! Kristie has also been chosen as shadow for the World Masters Championship in Barcelona in July 2018. This means that Kristie will train with the national squad and hopefully travel to Barcelona next year.



Farewell Clare and Olivia

This month we farewelled our fabulous Programs Coordinator, Clare. During her time with us Clare refined our LTP program, greatly improved our School PE classes, introduced regular staff training sessions, and ran the BEST birthday parties ever! YMCA Epping will miss her energy, enthusiasm and passion. We wish her well for the future.

We also farewell Gymnastics coach Olivia. Olivia has coached at YMCA Epping for 8 years, trained as a levels gymnast for 4 years before that. "I have always considered the Y a major part of my life. I have had the opportunity to work with so many amazing coaches, children and families," says Olivia. We will miss her and wish her all the best for her new adventure!

