





Introducing Jono

You may recognise this young man as one of our top gymnastics coaches but did you know that Jono is now a member of our fitness team? He runs our Monday evening group fitness classes & is available for personal training. Welcome to the fitness team Jono!

Qualifications:

- Certificate III & IV in Fitness
- Bachelor of Exercise and Sports Science •
- Advanced Mod. 1 Men's Artistic • Gymnastics Coaching.

Experience & Primary Focus:

- Resistance training & programming •
- Injury management •
- Muscular imbalance/posture correction
- **Beginners and Special Populations groups** •
- Calisthenics/body-weight training

Favourite Food

Nothing beats a T-bone steak

Favourite Fitness Quote

'Trust the process'

New Yoga Classes

Due to popular demand we have introduced a new yoga class on at 8:15am Saturday mornings. This class is for those who have practiced yoga before and is best suited to participants wanting to warm up the body and looking for more challenging postures. Classes will incorporate flowing movements, mixed with several Sun Salutations, breathing exercises and meditations and will run at a slightly faster pace than our other classes.

Our regular 9:30am Saturday class is suited to all levels, especially beginners. This class will be break down yoga postures and focus on fundamental poses. There will also be an emphasis on learning yogic breathing exercises and meditations with the aim to make all participants aware of yoga practice.





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Attendance Challenge

Congratulations to everyone who participated in our fitness attendance challenge. Katherine, Sharon and John were lucky enough to be drawn out for a prize. We also presented Mike with a special prize for being the first to complete the 14 visits!

YMCA Epping Notice Board

Winter Onesie Movie Night

- Saturday 30th June
- Wear your onesie and come along for a movie, dinner, dessert and loads of fun.
- Bring your friends.
- \$20 members, \$25 non-members
- School aged children only.
- Bookings essential.

New Yoga Class!

- A new faster flowing YOGA class has been added at 8:15am
- The regular 9:30am class will now be more suitable for beginners & beyond.

Saturday Classes are Back!

- Bootcamp 8:30-9:30am
- Teen Gym 9:30-10:30am.

Important Parking Information

New Gymnastics Leotards

• Only \$50.



Core Powerfoods

YMCA Epping is now a stockist of Core Powerfoods. These frozen meals are healthy, high protein, good value and delicious!

Please be aware that the three parking sports directly in front on the YMCA building are not for general parking. One is a loading zone and the other two are solely for drivers displaying a Disability Parking Permit. Please also be aware that this area is NOT A DROP OFF ZONE. Vehicles unnecessarily moving in and out of this zone is highly dangerous, especially to children.

City of Parramatta Council has provided two new parking areas, with capacity for over 140 vehicles, for visitors to the precinct. One can be accessed from Grant Cl (off Midson rd) and the other can be accessed from either Mountain St or Downing St (both off Rad Rd). Both these carparks are a short, easy walk to the Y.









Congratulations James

Congratulations to YMCA Epping gymnast and levels coach James Ogilvie on a very successful Australia National Gymnastics championships! James won the gold medal in the MAG Level 7 Open Vault and was part of the NSW MAG Level 7 team who took out the bronze medal at the 2018 competition held in Melbourne 21 May to 1 June.

Gymnastics has always played an important role in James' life. The 21 year old started gymnastics at the age of 8 at YMCA Epping and very quickly began



training for competitions. By the time he was 15 he had reached level 6 and had represented his club and NSW at various competitions and championships. At the age of 16 James took a break from training to take up coaching at Epping, but the urge to compete was too great and in 2016 James began training, this time at Level 7. An injury delayed his return to competition until 2018 but it did allow him some time to refine his skills and technique to ensure that he was ready to compete at a national level. "In hindsight the injury actually helped me to be as prepared as I could be to compete in 2018," says James.

James currently trains approximately 20 hours each week at YMCA Epping and is a MAG Levels 1-3 coach and well as a boys Colours and Stages coach. He is studying a Bachelor of Human Science majoring in Human Movement at Macquarie University with the goal of becoming a physiotherapist.

YMCA NSW Gala

A huge congratulations to our Stages girls who competed at the YMCA NSW Gala Championships at Caringbah recently! A swag of ribbons and big smiles all round - amazing work team YMCA Epping!











FreeG is Here!

Our FreeG program has kicked off with a bang with both the Monday and Thursday classes at capacity! These action packed classes encompass skills from a variety of disciplines including parkour, gymnastics, tricking and leaping. These influences are blended together to create high energy, obstacle course based lessons with a big focus on creativity. Our FreeG athletes have embraced the new free style of gymnastics and have been very quickly moved on to some of the more advanced skills – that's dedication!

New Coaches

Our YMCA mentor program is constantly providing a learning platform for up and coming gymnastics coaches to develop their skills and be able to provide the support ort young gymnasts need. We have recently had a few graduates from the program. Congratulations Charlotte and Michaela demonstrating great competency in their coaching abilities!

You will be able to spot their faces around the gym teaching both our Colours and Stages classes a few times a week! Both coaches members of our levels gymnastics program themselves, which allows them to bring their practical knowledge to every lesson.



Special Olympics

A huge congratulations to our Special Olympics representatives - Raymond, Chris and Nicholas who won a total of 21 medals at the recent Special Olympics National Games, held in Adelaide Raymond, Chris and Nicholas from YMCA Epping represented NSW as Gymnasts at the games. All three athletes performed extremely well with Raymond winning 6 gold and 1 silver medal, Chris winning 6 gold medals and 1 silver medal, Nicholas won 2 silver and 5 bronze medals.

These athletes proudly represented NSW, YMCA Epping and themselves with flawlessly routines, exceeding all expectations and demonstrated the true champions that they are. Coach Matthew Wotton says "The feedback I received from the Judges, other coaches and spectators was one of admiration and inspiration at what these athletes can do and for what they have achieved in their sport. They are true champions."

Overall the NSW Gymnastics team took home 54 medals, 31 Gold, 11 Silver and 12 Bronze - amazing and inspirational!



(1) 9869 8966





INDOOR SPORTS

Congratulations to Expected Toulouse (div 1) and Giroud Sandstorm (div 2) on winning the YMCA Epping Autumn Futsal competitions!

Division 1 team Expected Toulouse were undefeated for the season and are back again in our winter competition as defending champions.







The World Cup comes to YMCA Epping

As the best soccer players in the world gather in Russia for the FIFA world cup, our Learn to Play soccer players are joining in the excitement by playing in their very own tournament. Like the Socceroos, Denmark, France and Peru our players are training hard and working on their skills, teamwork, and fitness and are aiming to one day play like a Socceroo!





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