

Balance News February

Welcome Back to our New and Improved GYM!

Welcome back to all of our members for Term 1 2012. The past 7 weeks have been hectic for all. For those who do not know, on Christmas day, like many other houses and businesses in the surrounding area, our gym was hit very hard by the horrific hailstorm and suffered a substantial amount of damage.



The outlook was grim, however our team charged ahead, gutting the entire gym floor and office, as well as most of the upstairs area. Whilst the damage was quite severe, the event gave us a chance to work on some maintenance that we have been wanting to do for

awhile. As many have you have seen, the gym has been painted, and we now have a lovely orange Balance banner going around the gym walls. We have also moved the gym equipment around to make the gym safer and more economical and we have brand new foam in the pit (almost too much!!).

We'd like to thank all of the staff and members' families for generously helping out over the holidays, especially Josh and Kelsey Eades-Sedgers, Anthony Daoulas and Trent Cowan. Your help will not be forgotten. We'd also like to thank the HPC in Prahran, PIT Mill Park and The Eltham Martial Arts Academy for accommodating our competitive stream gymnasts during our School Holiday Training.

All programs are now up and running again! There is still some floor padding that has yet to arrive as well as another container load of mats and equipment. Thank you all for your patience during this time and we hope you enjoy our brand new facility! See page 2 for the before and after photos!



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

Inside this issue

Australia's Got Talent.....2
Off Balance In The Press.....3
Kindergym Program.....4

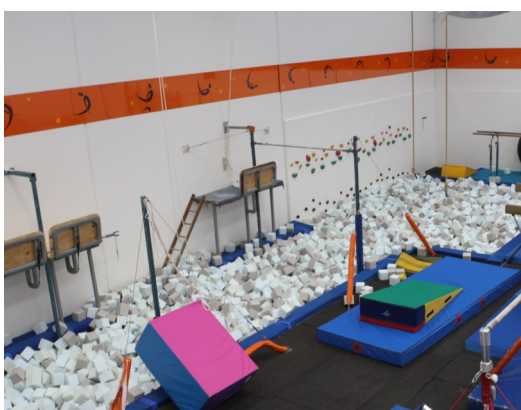
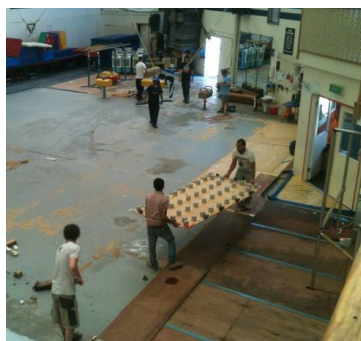
Important Dates

FEES ARE NOW OVERDUE!

12/3 Labor Day (No classes)
30/3 End of Term 1
6/4 Good Friday
8/4 Easter Sunday
16/4 Term 2 Commences
25/4 Anzac Day (No classes)

Balance News February

Balance Before & After!



Balance Gymnastics

11 Candlebark Court, Research

Ph: 9437 0777

admin@balancegymnastics.com.au

www.balancegymnastics.com.au

Office Hours

Weekdays: 9:30 - 6:30

Saturdays: 8:30 - 12:30

Balance News February

Australia's Got Talent Auditions

After all the chaos over the holidays the gym has been gearing up for an exciting event! On Friday 10th February the televised audition for our 'Off Balance' team on the reality TV show Australia's Got Talent was held. After wowing the producer's in their first audition, boys



showed off their stuff in front of Danni Minogue, Kyle Sandilands and Bryan McFadden and **all 3 judges put them through to the next round!!!!** They will hopefully be on the TV in the coming months. We will be sure to notify members of when the show will be on.



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

Good luck boys!:

Riley Brown	Adrian Raso
Chris Downie	Corey Chubb
Alec Danelutti	Talen Pettie
Michael Fiddes	Cade Pettie
Matthew Dean	Kieran Reivers
Shashwat Patel	Trent Cowan

Charlie Shipley
Shamus Geraghty
Anthony Hopkins
Josh Eades-Sedgers
Mitchell Cunningham

Balance News February

Off Balance in Print!

Shashwat Patel in the Bollywood Times

Shashwat Patel, one of our male competitive coaches, has been featured in the Melbourne Bollywood Times, due to his participation in Australia's Got Talent! Click [here](#) to read the article (on page 25)



Off Balance in the Diamond Valley Leader



Extreme gymnasts carry on despite flooding

A GROUP of extreme gymnasts gearing up for their debut on Australia's Got Talent have been forced out of their Research gym since the Christmas Day storms.

Balance Gymnastics coped more than \$300,000 damage after water surged through the centre, damaging equipment and drenching foam pits.

But owner and tradesman Paul Daneshmand, who has been repairing the damage, said the setback had not hampered training for the Off-Balance team, which is set to appear on the Channel 7 talent show next month. Eighteen male gymnasts aged 11-21 make up the team, which has been training up to 16 hours a week at nearby Eltham Mar-

tial Arts Academy on their two-minute acrobatic and tumbling routines. Coach Chris Downie said the television show's producers had invited the gym to enter an act after hearing about its extreme team. Mr Downie said the group had not yet settled on its routine for the show, but said it would "try

and be clever with the skills we have and surprise people with something a little bit dangerous and exciting". Mr Daneshmand, who bought the gym with another parent almost five years ago to save it from closure, said he hoped to have the centre repaired and fitted out with new equipment for its 500 members on January 30.

During the holidays, the Diamond Valley Leader featured the boys in a story about them keeping their training going despite our gym being out of action. Please see our website for the full article.



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

Balance News February

Our Kindergym Programs!

Balance offers two Kindergym programs for different aged children.

The Pit-a-Pats program is a program catered for the needs of 2-4 year old children. It is a parent participation program where the emphasis is on having fun with mum and dad, whilst improving their body control through movement experiences relevant to their development.



A wide variety of gross motor skills are taught such as swing, spring, rock, roll, jump and landing. Gross motor activities help with developing young children's overall balance, coordination, strength and locomotion.

Our Tumblebears program offers your pre-school child a more formal independent learning and exploration of their fine and gross motor co-ordination in readiness for the prep year at school. The basics of gymnastics are taught such as forward rolls, handstands, cartwheels combined with some free play and exploratory time. As children participate on their own, their self confidence and social skills are constantly evolving.

The equipment layout for both Pit-a-Pats and Tumblebears are changed every two weeks to provide an ever changing challenging and stimulating safe environment for your children. This is a one hour class, once per week.

Our coaches are trained and have a specific "Kindergym" accreditation with Gymnastics Australia.

Our Kindergym programs run on weekdays and Saturday's. For more information please visit our website or give us a call!



Balance Gymnastics
11 Candlebark Court, Research
Ph: 9437 0777
admin@balancegymnastics.com.au
www.balancegymnastics.com.au

Office Hours
Weekdays: 9:30 - 6:30
Saturdays: 8:30 - 12:30

