

**Active Canterbury News**

*Keeping Physical Activity Providers Informed*

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Special Issue: December 2016



## Happy Christmas and Seasons Greetings from the Active Canterbury Network!

2017 is a great time to upskill! And there are some excellent training opportunities coming up that we want to tell you about! Whether you're new to the industry, just starting out, or an experienced group fitness leader, there is something for everyone. So get the year off to a great start by getting along to an upcoming workshop or apply to participate in our free mentoring service.

### Reach your goals with a mentor

Active Canterbury runs a **FREE mini-mentoring** initiative aimed at assisting local activity providers reach their goals and overcome obstacles. Specifically the mentoring seeks to help with new start-up ideas, support current providers to grow their classes and participation numbers, and help overwhelmed providers with large or numerous classes.

[Applications are now open for the NEXT ROUND](#) to be run from February to June 2017. **Applications close at 10pm on Sunday 22nd January 2017.**



## Workshops coming up in 2017...

### [Register now for the mSwing Workshop](#)

Award winning fitness presenters Marietta Mehanni and Mark Davis are coming to Christchurch in February to run an mSwing workshop. mSwing uses a single dumbbell to provide a fun, challenging and effective workout using natural, flowing movements that arc, sweep and flow through space.

**Date and Time:** Saturday 18th February 2017, from 11.30am to 7.45pm

**Location:** Jellie Park Recreation and Sports Centre (295 Ilam Road, Burnside).

### **Special offer for Community Activity Providers**

We have been in touch with Marietta who has kindly agreed to offer our community activity providers a fantastic discounted rate. If 5 or more COMMUNITY providers book then they will can attend for just AU\$215 - \$40 off the early bird price! **This offer is only available until 18th January.**

[Get more details on the mSwing workshop](#) including the special offer for community providers.

### [FREE Group Fitness Workshop](#)

Join us for an afternoon of ideas to take back to your group activity sessions including boxing, ball passing skills, technology tips and latest industry updates. Attendance is FREE and open to all activity providers in Canterbury.

**Date and Time:** Saturday 25th February, from 12.30 to 4.30pm

**Location:** Pioneer Recreation Centre (75 Lyttelton Street, Somerfield).



## Lead Well - Build Confidence - Grow Knowledge

We are currently seeking expressions of interest from community organisations and people in the community who are interested in attending a **foundation exercise course** over two Saturdays in May 2017.

*No previous exercise or instruction experience required.*

[Get more details on the Foundation Exercise Course.](#)



## [Have you checked us out on Facebook lately?](#)

We would love to grow the number of people who LIKE our page and FOLLOW us. Check out our page for inspirational stories, upcoming events, interesting research and motivational tips.

Please help us grow by sharing our posts with friends, work colleagues and family.

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We welcome your feedback and comments.