



pssst – who said ‘kids only’?

by Lisa Badger

Eastern Bay Gymnastics Club president Lisa Badger urges adults to roll, jump and climb.

Gleefully rolling down hills, handstands in the park, cartwheels. Somersaulting into the pool, double-bouncing your unsuspecting pal on the backyard trampoline, posing in arabesque on the top of your parents’ fence, pretending you were right there, in the Olympic Stadium, about to be awarded a gold medal in the gymnastics event, after which you’d race off to a pyjama party with new best friend, Nadia Comaneci.

We loved it, this was freedom, these were the halcyon years, it was our god-given right to behave this way. We were lithe and limber, strong and supple. This was our childhood.

And then, somewhere along the line we told ourselves that this was child’s play, that we needed to appear grown up, that if we rolled down hills and somersaulted in public view, we might be taken away to a padded cell.

Somewhere along the line we just stopped. Flexibility became a distant memory, our hamstrings not quite as disposed to stretch to our will, our balance got a bit out of kilter, our bodies were not so willing, it started to hurt to bend over.

If we entertained even thoughts of doing a forward roll we’d dislocate a couple of vertebrae ... and we got to wondering – at what point in time did we lose that ability?

Cherished memories of our younger body’s pliability are now stored away somewhere in the recesses of our grey matter, surfacing occasionally to embellish the “I remember when” moments.

Eastern Bay Gymnastics Club says “hog-wash” to that. They’ve started a gymnastics class for adults where you can tumble, roll, jump, climb and bounce to your inner child’s heart’s content, limber up your lumbar, re-awaken your rebound, benefit your balance, vitalise your vigour, discharge your day, give yourself a really great work out, and do it all laughing, along with the other tumbling, rolling, jumping, climbing and bouncing adults in your class.

So, don the leotards (or tracksuit pants), grab a friend, and climb aboard the express train to exuberance. I’ll meet you there.

BALANCING ACT: Catherine Hogg, with her daughter Chloe and Kirsten Mews, with daughter Lila, learn some moves on the beam. D5831-24

STAR PERFORMER: Kirsten Mews star-jumps on the trampoline. D5831-46

adult gymnastic classes

- Eastern Bay Gymnastics, 13 Lovelock Street
- Mondays, 7.30pm to 8.30pm
- \$10 a class
- Coaches, Jordan Biggs and Anne Gould
- Phone 07 308 0122 or 022 326 7496 (022 ebopgym) or email ebopgc@xtra.co.nz

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