



EMPOWER ACADEMY NEWSLETTER

July 2025

FIRST SEMESTER ROUND UP

GET IN TOUCH

021 235 5431

info.empoweracademy@gmail.com

www.empoweracademy.nz

As we wrap up the first half of the year, we want to take a moment to reflect on all that's been achieved and extend a heartfelt thank you to our amazing Empower Academy whānau. Your support, energy, and encouragement help to make our community so special.

A huge congratulations to all the students who took part in our two gradings this semester (one in March and another in June). We saw incredible effort, progress and personal growth from students of all ages. Whether it was your first belt or another step on your martial arts journey, you should be proud of the hard work you have put in.

It's been a brilliant start to 2025 and we can't wait to continue the journey with you in Semester 2. Let's keep showing up, supporting each other, and striving for more.



EMPOWER ACADEMY MERCH

We're excited to let you know that new Empower Academy merch is on the way! In addition to our usual t-shirts, hoodies and singlets we'll soon be offering a wider range of gear to support your training. This includes hand wraps, zip-up hoodies, kickboxing shorts, and even sparring kits. We'll let you know in class as soon as the new items are available for purchase. Keep an ear out!



NOTE:

As we are growing and there are so many students can we please ask that ALL merch orders (and any other comms) be sent in writing via email / whatsapp or text.

ACADEMY ATTENDANCE

Consistent attendance is a big part of your progress at Empower Academy. To be eligible for grading, Academy students must attend at least 85% of their classes each term. Regular training not only helps to build skills and confidence but also ensures you're prepared for the next step in your kickboxing journey.

For our Academy students 12+ to adult (green belt and above), we highly encourage attending more than one class a week to maintain momentum and continue developing technique, discipline and fitness.

REMINDERS

1. **Mini's and Juniors** - please confirm your child's enrolment and make payment BEFORE the start of term 3 to secure their spot.
2. **Full uniform must be worn to every Academy class.**
3. **Higher belts** (orange and above in both Juniors and 12+ to adult classes) will need sparring gear, please bring your sparring gear to every class (headgear, shin pads, mouth guard).
4. Follow Empower Academy on Instagram, Facebook or **join the WhatsApp group**—this is where all important communications are posted!



KICKBOXING FUN FITNESS CLASS!

ALL LEVELS OF FITNESS WELCOME, NO EXPERIENCE NECESSARY.

THURSDAYS 7PM

@GULF HARBOUR SCHOOL

START DATES TERM 3 2025

We're so excited to kick off another semester of growth, learning, and empowerment! Mark your calendars with these start dates so you're ready to jump back into action:

Mini's:

Monday 14th July at Manly Bowling Club

Juniors:

Monday 14th July at Manly Bowling Club &
Sunday 20th July at Gulf Harbour School

Academy:

Monday 14th July at Manly Bowling Club &
Thursday 17th July at Gulf Harbour School

Any enquiries: email Tara
info.empoweracademy@gmail.com



THANK YOU!

To all our amazing students and their whānau, thank you for being such a vital part of the Empower Academy journey.

We are constantly inspired by the progress, perseverance and positivity you bring to every class. Here's to continuing to grow, learn and support each other in the second half of 2025.

TIMETABLE

Day	Venue	Time	Class	Who	
Monday	Manly Bowling Club	5:30pm	Mini's	5yrs to 7yrs	Term time only
		6pm	Juniors	8yrs to 11yrs	
		7pm	Academy	12+ to Adult	
Thursday	Gulf Harbour School	6pm	Academy	12+ to Adult	
		7pm	Fitness	12+ to Adult	
Sunday	Gulf Harbour School	9:00am	Juniors	8yrs to 11yrs	Term time only

Please note: The Mini's & the Sunday Juniors classes are both **FULL** for Term 3

EMPOWER

ACADEMY



EMPOWER ACADEMY COMPETITION DAY!

**COMING
SOON**

Coming Soon in
August! Keep an
eye and an ear
out in class for
more
information!

EMPOWERACADEMY.NZ

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