



Recreation in Action - Manawatu

29 November 2026, 2 pm - 6 pm

Manawatu Gymsports Incorporated

What to Expect

Coach or programme manager, come along and learn new ways to get the most out of your recreation class and/or programme.

Coaches will walk away with:

- Practical tools/strategies to engage gymnasts
- Ways to manage mixed-ability classes (multiple levels in one class or physical abilities rates and how to manage those moving at a different rate)
- List of some games and how to adapt them to your needs
- A selection of fun drills and activities to make the session fun and engaging
- Ideas on how cross-coding can be applied to all rec codes - AER, RG, TG, TUM, etc

You'll leave with practical strategies, fresh ideas, and the confidence to apply them immediately in your sessions.

Alanah McLeod - Manawatu Gymsports Incorporated

Alanah has over eight years of experience coaching in the recreation space and holds qualifications across Artistic Gymnastics, TeamGym, Parkour, and Aerobics. Her broad background allows her to connect with coaches from a wide range of disciplines and experience levels.

- Brings energy, fun, and real-world relevance to every learning environment.
- Co-created and facilitated GNZ's Interactive Class Management workshops, delivered nationwide in 2025.
- Combines practical coaching experience with engaging facilitation to help coaches develop confidence and effective coaching strategies.

Workshop Details

Date: 29 November 2026

Time: 2 pm - 6 pm

Location: Manawatu Gymsports Incorporated

Price: \$46.50

Registrations close 04 November