

HCG Tramp and Aerobics 2025 Calendar



Please note, subject to change.

Club Events hosted by HCG

DATE	EVENT	ATHLETES/ LEVEL
9 March	Nutritionist Workshop	Competitive Athletes – All codes
7 - 8 June	Tramp / Tumble / Aerobics Competition @ St Johns College	TRA, TUM, AER Age Group – Senior International Competitive
28 - 29 June	HCG Winter Festival	Gym for All – All codes
5 - 6 July	HCG Artistic Elementary Comp	WAG Step 1 – 4 & MAG Level 1-3
26 - 27 July	Midlands Junior/ Senior Champs	WAG Step 5+ & MAG Level 4+
18 October	Competitive Awards Night	All Competitive Athletes
29 - 30 November	GfA End of Year Event	Gym for All only (Day TBC)

Public Holidays (All Codes)

No training on public holidays

DATE	HOLIDAY
Monday 27 th January	Auckland Anniversary
Thursday 6 th February	Waitangi Day
Friday 18 th – Monday 21 st April	Easter Weekend
Friday 25 th April	ANZAC
Monday 2 nd June	Kings Birthday
Friday 20 th June	Matariki
Monday 27 th October	Labour Day
Thursday 25 th December	Christmas Day (Gym closed for the year from 25 th Dec)

Training Breaks

TERM	DATE	ATHLETES/LEVEL
2	18 th April (Easter)	All Competitive Athletes
3	22-27 September	Any athlete not attending Nationals
3	28 th Sep – 4 October	All Trampoline and Aerobics Athletes
4	22 Dec – 11 Jan 2026	All Trampoline and Aerobics Athletes



2025 TRAMP Competitions

Subject to change

DATE	COMPETITION	LOCATION	Level
3-4 May	Auckland Championships	Auckland (Icon)	Age & FIG
25 May	Tri Star Championships	Auckland	Age
7-8 June	Hamilton Competition	Hamilton (St Johns College)	Age & FIG
21-22 June	North Island Championships	Auckland (Icon)	Age & FIG
9-10 August	NHG Championships	Auckland (NHG)	Age & FIG
22-27 September	NZ National Championships	Auckland (Trust Arena)	Age & FIG

2025 AEROBICS Competitions

Subject to change

DATE	COMPETITION	LOCATION	LEVEL
17-18 May	Gymnastica Competition	New Plymouth	TBC
7 June	Hamilton Competition	Hamilton (St Johns College)	All
26-27 July	Gymnastica Competition	New Plymouth	TBC
9 August	Rise Competition	Auckland	TBC
22-27 September	NZ National Championships	Auckland (Trust Arena)	TBC