## AWESOME AUTUMN SPO<u>RTS!</u>

MULTI SPORT PROGRAM 6 - 10 YEARS

## DANCE & GYMNASTICS

AFTER SCHOOL DANCE & GYMNASTICS PROGRAM

# ATHLETICS COACHING

AFTER SCHOOL
ATHLETICS COACHING





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### **MULTI SPORTS** PROGRAM

TERM 2 2022 INFORMATION

## DANCE & GYMNASTICS

TERM 2 2022 INFORMATION

### **ATHLETICS** COACHING

TERM 2 2022 INFORMATION

Program runs weekly on Monday's after school.

This term we will focus on the following sports:

Basketball AFI

✓ Soccer

✓ T-Ball

✓ Athletics ✓ Hockey

Our multi sport program engages children with a variety of skills and games in a fun and enjoyable environment. It encourages their enthusiasm for sport and the life skills that such involvement brings, giving them confidence to join sports clubs and teams in the future.

For Prep - Year 4 students.

#### **\$98 FOR 7 WEEKS**

Sign up anytime and only pay for the remaining weeks left in the term. \$14 per week.

Where: Strathfieldsaye Primary School

When: Monday

Time: 3:45pm to 4:45pm

Start: 2nd May End: 20th June

NO PROGRAM WILL RUN ON THE QUEENS BIRTHDAY

**PUBLIC HOLIDAY** 

#### **BOOK EARLY & SAVE!**

Program runs weekly on Thursday's after school.

This term Dance & Gymnastics will include the following:

✓ Sits & holds

✓ Weekly Steps

✓ Dance Games

✓ Jumps & Landings

This program is designed to get your child movin' and groovin' whilst learning a new routine. This program is designed to improve fitness, coordination, balance and dance moves all in an enjoyable group environment, listening to funky tunes!

For Prep - Year 4 students.

#### \$112 FOR 8 WEEKS

Sign up anytime and only pay for the remaining weeks left in the term. \$14 per week.

Where: Strathfieldsave Primary School

When: Thursday

Time: 3:45pm - 4:45pm

Start: 5th May End: 23rd June Program runs weekly on Tuesday's after school.

This term Gymnastics will include the following:

✓ Specialised coaching 
✓ Throwing technique

Game based activities

✓ Jumping technique

✓ Event specific training 
✓ Sprint training

Our Athletics program focuses on improving fundamental

Athletics skills such as running, jumping & throwing, whilst using a mixture of skill related activities and modified games to do so. This program is designed to improve confidence, understanding & enthusiasm for Athletics, and is sure to bring out the little Olympian in everyone! For Prep - Year 6 students.

#### \$112 FOR 8 WEEKS

Sign up anytime and only pay for the remaining weeks left in the term. \$14 per week.

Where: Strathfieldsaye Primary School

When: Tuesday

Time: 3:45pm to 4:45pm

Start: 3rd May End: 21st June

#### **BOOK EARLY & SAVE!**

#### **BOOK EARLY & SAVE!**

Book before April 26th to save 10% off your child's booking

**GET IN TOUCH** 

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