

**TERM 4  
2018**

# Sporty Stars

## Chelsea Heights Primary School

Our programs aim to encourage a strong foundation on which to build a full and active life. Physical activity for children has been linked to positive self-esteem, skill development, skeletal and cardiovascular health, and general healthy development. All our qualified instructors encourage opportunities for cognitive, social and emotional development through and during movement activities within all our programs

To receive the Early Bird Discount, enter the code **"Early Bird"** to receive **10% off**.

Offer ends **1<sup>st</sup> October 2018, 5pm**



### Multi Sport Program

- Fun sports including basketball, handball as well as frisbee, dodgeball and other fun sporty games
- This program will improve your child's general coordination levels as well as muscle tone

Day: **Thursday**  
Time: **3:40-4:40pm**  
Start Date: **18th October**  
Finish Date: **6th December**  
Who: **Prep-Grade 4**  
Cost: **\$85**



### Soccer Program

- Introductory soccer skills
- Passing, shooting, heading, ball control, running with the ball and turning.
- Principles of attack, defence, passing play, 2-1 situations, crossing and finishing.

Day: **Thursday**  
Time: **3:40-4:40pm**  
Start Date: **18th October**  
Finish Date: **6th December**  
Who: **Prep-Grade 4**  
Cost: **\$85**



### Dance Program

- Introduce children to the fundamentals of the dance
- Movement, space and energy.
- No Competitions, no uniforms
- Step to the beat in a number of sequences to learn a choreographed dance routine

Day: **Thursday..... Prep-Grade 2**  
Day: **Friday..... Grade 3-6**  
Time: **Lunchtime**  
Start Date: **18<sup>th</sup> / 19<sup>th</sup> October**  
Finish Date: **6<sup>th</sup> / 7<sup>th</sup> December**  
Cost: **\$85**

**All our sports coaches are Australian Sports Commission Qualified (2 courses min)**

**All our dance instructors have Dance Teaching & Management Cert. IV Qualifications**

ENROL ONLINE:

**[www.sportystars.com.au](http://www.sportystars.com.au)**

Enquiries



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Early Bird!!!

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