

# BEGINNERS VOLLEYBALL



**EXELLYSPORTS.COM.AU** 

## **INFORMATION**

FOR PARENTS

## BEGINNERS VOLLEYBALL

Programs run one day a week for one hour.

#### This volleyball program will focus on the following skills:

Digging

Serving

✓ Game Play

✓ Setting

✓ Team work

This weekly program gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm and participation and the life skills that such involvement brings – giving them increased confidence in the future.

This is a beginners program for children who are interested in learning basic volleyball skills.

#### **FOR BOYS & GIRLS AGED 5-12 YEARS**

### \$160 FOR AN 8 WEEK PROGRAM

Where: Kingswood Primary School, 1-25

Plaza Cres, Dingley Village

When: Saturdays

Time: 10:40am-11:40am

Start: 18th October

End: 13th December

No session Nov 1<sup>st</sup> due to Melbourne Cup Weekend.

Sign up anytime and only pay for the remaining weeks in the term

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