

P.O. BOX 71, MOONEE VALE, VIC, 3055

T (03) 9384 2204

F (03) 9384 2205

E info@kellysports.com.au



## ST MARK'S PS

## **CALISTHENICS**

Experience this unique blend of sport and artistry at your own school. We offer Calisthenics as a sporting option with Calisthenics Victoria qualified coaches delivering a high quality 10 week program.

Calisthenics combines the elements of dance and movement including gymnastics, ballet, modern dance, apparatus (rods and flags). Learn routines choreographed to music, so that you can present these routines in front of an audience. Calisthenics encourages physical development, coordination, self-discipline and team spirit.

WHEN: Thursday

**COMMENCING: 16 July '15** 

**CONCLUDING: 17 Sept '15** 

TIME: 1.20 – 2pm

YEAR LEVELS: P-6

## MIGHTY MULTI SPORTS

We provide a range of dynamic activities over **10 weeks.** The program includes plenty of **Aussie Rules Footy and Soccer, plus Basketball and Hockey.** This program will not only provide an **essential base for your child's motor skills** but help **build awareness and co-ordination,** all in an enjoyable environment.

**Boys & Girls of all abilities welcome.** Our program will inspire children to give sport a go as they develop their catching, throwing, kicking, striking, running and jumping skills. **Our modified sports games provide lots of fun while skills are being developed.** 

WHEN: Friday

**COMMENCING: 17 July '15** 

CONCLUDING: 18 Sept '15

TIME: 3.30 – 4.30pm

YEAR LEVELS: P-4

COST: \$100 (for 10 weeks) each. Enrol online - go to www.kellysports.com.au

VENUE: At School. Calisthenics: Hall Sports: Meet next to the Prep area.



Calisthenics (Lunch time)

To enrol, please visit <a href="www.kellysports.com.au">www.kellysports.com.au</a> or fill out the enrolment form below & send with a cheque or credit card details or pay by internet banking:

ANZ Bsb 013 030 A/c 4936 95452 (use child's first, last name as reference)

Mail to: PO BOX 71, Moonee Vale, VIC 3055. Email info@kellysports.com.au

Do not leave enrolment forms at the school office.

## **ENROLMENT FORM**

Mighty Multi Sports (After School)

ool: St Mark's PS			Year Level:	
Name:			Room No:	
Address:			Post Code:	
Phone:	Mobile/Work:			
Email:	Medical Conditions / S	pecial Needs:		
At the completion of after school clinics, does your child?	Go to after care	Get collected		
Parents' consent				
hereby authorise Kelly Sports to act on my behalf shou				
		cal attention, and re	elease Kelly Sport	ts Dingley from
any liability for injury incurred by my child at Kelly Sport	ts programmes.			
	ts programmes.			
any liability for injury incurred by my child at Kelly Sport	ts programmes.			
any liability for injury incurred by my child at Kelly Sport	ts programmes.		ge for any reasona	able purpose.
any liability for injury incurred by my child at Kelly Sport	ts programmes.	child or legal charg	ge for any reasona	able purpose.
any liability for injury incurred by my child at Kelly Sport	ts programmes.	child or legal charge	ge for any reasona	able purpose.