

# NEWSLETTER

WINTER, 2018



**KELLY  
SPORTS**  
LIFE LONG LOVE OF SPORTS

## GYMEA BAY HOLIDAY PROGRAM

The Kelly Sports Winter Holiday Program was action packed! We had heaps of fun over the two weeks, with a range of different activities happening each day. We learnt new skills, made friends and get involved and active every day. We hope you can join us next time in October!

**Check out the daily highlights!**

**Book now  
for next holidays!**

2nd, 3rd, 4th  
9th 10th 11th  
OCT 2018

### Tuesday 10th July BUBBLE BALL FUN!

The kids all arrived pumped! We started with the popular favorites bull rush, dodge ball and octopus. Next were fun competitions; volleyball, numbers basketball and a frisbee comp! After refuel we got straight into bubble fun; strapped into their large inflatable bubbles, this activity was a hit! Spins, rolls, hits, bounces, it was all happening!

### Wednesday 11th July NINJA AND MARTIAL ARTS

To start ninja action, warm up was sensei says & king of the circle. The kids were then challenged to karate mat got speedy in belt rip tag & sprints wearing karate bands. Later, sensei began teaching & the kids learnt all types of skills including Push Kick, Pivot Kick, Round house Kick all using our boxing bags! Hearing a final 'KIAI' echo from the hall as we finished!

### Thursday 12th July SOCCER WORLD CUP

Wow, what a day! The kids were so enthusiastic & ready to get onto the soccer field! Warming up the morning with soccer clinics, we focused on skills and drills, developing our coordination. Later, a professional soccer player joined us and ran the world cup program which included teams from each country, fun games and activities & focus development for each age group working to a low ratio.

### Tuesday 17th July MINUTE TO WIN IT!

We got warmed up with fun tag games & then it was game on. The first set of challenges were, pong tac to, suck it up & a limbo course. It was lots of fun & there were some impressive scores! Later, the second set of challenges, 'stack attack', water balloon relay obstacle course and a 'scoop it up' water balloon carry challenge. We finished the day off with a big group game of tug-of-war coaches V kids for the teams!

### Wednesday 18th July MULTI ACTIVITY DAY

Warming up, we got into tag games & number basketball. Then we got into some cricket followed by a game of volley for the older kids. After their cricket match the younger kids had a golf ball & spoon relay and played some aiming games using golf balls where 'hole in ones' were sunk! Later, it was 'kids-choice' including footy followed by a serious strategy game of capture the flag, dodge ball & 'the floor is Lava' course!

### Thursday 19th July FOOTY DAY

Today was our last day of the Winter programs & it was all things Footy! We kicked off with some tag warm up game get our blood pumping and our muscles warmed up. Then it was time to get into our skill clinics practicing our ball handling & kicking skills. There was a very exciting try scoring competition & we had lots of footy games through the day to put our new skills in practice as we learnt them.



Do you go to GyMEA Bay Public School?

Why not try our after school multi sport program every Wednesday afternoon during the term? Footy, Soccer, Netball, Athletics, Dodgeball, Basketball, Volleyball and much more! Bookings now open for term four, 2018 on our website.



**FIND US ON  
FACEBOOK**

For more information visit  
[www.kellysports.com.au](http://www.kellysports.com.au)



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