

# SIZZLING SUMMER SPORTS

MULTI SPORTS PROGRAM - AFTER SCHOOL  
SCHOOL

# NETBALL, SOCCER & HOCKEY PROGRAM

AFTER SCHOOL

THE KNOX SCHOOL



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# MULTI-SPORT PROGRAMME

TERM 1 2024 INFORMATION

Programme runs 7 afternoons for one hour after school.

**This term we will focus on the following sports:**

- ✓ Soccer
- ✓ Cricket
- ✓ Basketball
- ✓ T-Ball

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also 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.**

**\$126 FOR 7 WEEKS**

Sign up anytime and only pay for the remaining weeks left in the term. \$18 per week.

**School: The Knox School**

**Day: Monday's**

**Start Date: 5th February**

**End Date: 25th March**

**Time: 3: 30pm - 4.30pm**

- **No session 11th March ( Labour Day )**

# NETBALL, SOCCER & HOCKEY PROGRAM

TERM 1 2024 INFORMATION

Programme runs 8 afternoons for one hour after school.

**This program will include the following:**

- ✓ Skills Practice
- ✓ Game Rules
- ✓ Match Play
- ✓ Teamwork
- ✓ Modified Games

Our Netball, soccer & hockey program focuses on fundamental skills such as passing, dribbling, offense, defence and shooting whilst using a mixture of skill related activities and modified games to do so. This program is designed to improve overall motor skills and coordination, and is sure to bring out the little sports star in everyone!

**For Prep – Year 4 students.**

**\$144 FOR 8 WEEKS**

Sign up anytime and only pay for the remaining weeks left in the term. \$18 per week.

**School: The Knox School**

**Day: Wednesday's**

**Start Date: 7th February**

**End Date: 27th March**

**Time: 3:30pm - 4:30pm**

## GET IN TOUCH

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