State Schools’ Relief
Prep CSEF uniform support

Program background
As part of the Victorian Government’s Affordable Uniform Program, every Prep government school student who is a recipient of the Camps, Sports and Excursion Fund (CSEF) automatically qualifies for a uniform pack voucher. Each year, State Schools’ Relief (SSR) provides tens of thousands of children with school clothing, shoes and other essential items. For the first time SSR has received government funding so that it can help more families needing financial assistance, and ensure no one is left behind.

Eligibility requirements for CSEF can be found at www.education.vic.gov.au/csef

What uniform support is provided?
SSR will provide:
• A basic windcheater and tracksuit pants
  OR one of the following
• A bomber jacket, rugby top, hoodie or zip jacket

How can parents apply for the uniform?
Parents must apply for CSEF by the closing date listed at www.education.vic.gov.au/csef before they approach the school to apply. Primary schools are required to make applications on behalf of parents at www.ssr.net.au/schools.

Once approved, the voucher will be dispatched electronically to the school, uniform shop or uniform supplier. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR).

What if parents have already purchased their child’s uniforms?
Eligible parents who have already purchased their child’s uniforms for the year can select items of a larger size from the retailer.

Can parents who are ineligible for CSEF or, who have children in other year levels receive assistance from SSR?
Yes. Applications for parents requiring financial assistance for uniforms, text books or shoes are encouraged via the regular SSR services – www.ssr.net.au/schools. SSR only responds to requests from schools (not from parents directly). Parents are encouraged to talk to their school principal, assistant principal or student welfare coordinator about their situation and they will assess their eligibility.

Terms and conditions
• Only CSEF recipients are eligible for the uniform packs.
• Each student is eligible for a single uniform pack.
• A voucher is dispatched electronically to the school, uniform shop or uniform supplier on approval. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR).
• The order is valid for 45 days from date of issue.
• Once expired, a new application must be lodged.
• Expired vouchers cannot be redeemed.
• Each voucher specifies the individual items funded by SSR.
• No change to the items can be made unless through the school.
• Changes made in store will not be honoured by SSR.
• The maximum voucher value is $57 and any short fall will not be covered by SSR.
• The value of the voucher is a maximum value rather than an entitled amount. Should the value of the item be less than $57 the difference will not be credit towards other items.

More information
Parents: For CSEF application details please visit www.education.vic.gov.au/csef
Schools: For SSR applications please visit www.education.vic.gov.au/ssr
Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Henry Frenkel, your local Saver Plus Worker:
0488 069 627
or saverplus@bsl.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in your local area. The program is funded by ANZ and the Australian Government.
Set-up your Sausage Sizzle Fundraiser at Soniq Warehouse Sale!
27th 28th 29th MAY

A call out to schools and their communities in our local area.
If you can help promote the Soniq warehouse sale through your newsletter and social media channels; as a sign of our appreciation, Soniq will donate an Android Tablet, valued at $249 to every participating school, which can be raffled or auctioned at your next school event.

We are also offering the opportunity to set up a Sausage Sizzle Fundraiser at our warehouse sale.
Available time slots are Friday evening (27 May 2016) and Saturday noon (28 May 2016).
Selection of school(s) will be on a first in first serve basis.

For more information or instructions please email Joachim at joachim.heng@soniq.com
NEW LOCAL
KIDS PLAYCENTRE

Sports court  |  Playstructure  |  Jumping castle  |  Toddler area  |  Trampolines with basketball rings

4 THEMED PARTY ROOMS & CAFE

KidFactory
INDOOR PLAY CENTRE & CAFE

300 BOUNDARY RD, DINGLEY VILLAGE
PH: 9551 3919

we love
to
dance!

DANCE
STRUCK

RAD Classical Ballet | Contemporary | Lyrical | SFD Jazz | SFD Tap
Hip Hop | Funk | Urban Jazz | Angelina Ballerina Partner Studio

Come and Try a FREE Class During Open Week!

2016 Enrolments Now Open!

Ph: (03) 9557 7227

www.dancestruck.com
There is no time like the present to be present.

Mindful Families Workshop
The Mindful Families Workshop has been specially designed to bring better connectedness and mindful living practices to your home and equip families with a practical toolbox of ideas for cultivating a more mindful and happy family life. This fun, creative half-day workshop will include drama games, art and simple meditation techniques.
Beach Lane Studios, 842 Nepean Hwy, Carrum 3197
Saturday 19th March 1:00pm-4:00pm
Fee: $125
For more information visit www.think-bubbles.com

2016 Dates
Term 1: Sat 19th Mar, 2016 1-4pm
Term 2: Sat 16th Apr, 2016 1-4pm
Term 3: Sat 21st May, 2016 1-4pm
Term 4: Sat 19th June, 2016 1-4pm

2016 Dates
Term 1: 18th, 25th Feb, 3rd, 10th, 17th, 24th Mar
Term 2: 28th Apr, 5th, 12th, 19th, 26th May, 2nd Jun
Term 3: 28th July, 4th, 11th, 18th 25th Aug 1st Sep
Term 4: 20th, 27th Oct, 3rd, 10th, 17th 24th Nov
For more information visit www.think-bubbles.com

‘Achievement through fun’

“It’s such a pleasure to help people to learn more about mindfulness and meditation and enjoy the benefits they offer.”

Victoria Gelburg (Bachelor of Education, Masters of Teaching) is an experienced facilitator of meditation and mindfulness practices. A teacher with over 20 years’ experience, Victoria has adopted the use of meditation and mindfulness in education settings in both the UK and Australia. She has witnessed the powerful, transformative effects of meditation and mindfulness in both children and adults. Victoria has a Masters in Teaching from the prestigious Institute of Education, University of London, and spent two years researching meditation, mindfulness and wellbeing as the basis of her Masters thesis. In addition, she has trained in Curriculum Training and the Mindfulness Fundamentals courses, as well as recently completing training in the Difficult Emotions pilot course with the Mindful Schools organisation, one of the leading organisations in mindfulness training in education, based in the USA. She remains engaged with the ever-expanding body of research into mindfulness and in particular its applications within education.

Victoria lives a mindful philosophy and is passionate about sharing her experience with others to help people live more attentive and mindful lives.

M: 0408 089 529 E: info@think-bubbles.com

www.think-bubbles.com

www.tianiarobins.com.au
Programs for CHILDREN

Cheltenham Community Centre

Primary Colours
Children develop their artistic expression through this fun and nurturing class with our in-house artist, Di. Learn how to master the arts and experiment with stunning colour and striking black and white.
Thursdays 4-5pm

FunNet
FunNet is an introductory program for netball developed to provide children with the best possible start to the sport of netball. Skills, games, fun!
Wednesdays 5pm-5:45pm or
Mondays 3:45pm-4:30pm

Kids Yoga
Get your children off to a fantastic start to life with yoga. Yoga is great for helping kids feel confident and have a positive body image. An introduction to yoga which will improve motor skills, focus, and relaxation.
Tuesdays 4-4:45pm

Cooking with Maths
Cooking with Maths is specifically for Grade 3 and 4 students who need a creative, hands-on approach to Maths and love to cook (and eat!).
Thursdays 4pm-5:15pm

Hip Hop with Hayley
Our Hip Hop classes are a fun, funky introduction for 5-7 year olds to learn how to dance. Develop coordination, fitness, group work in a fun, relaxed class with Hip Hop teacher Hayley.
Wednesdays 4-4:45pm

www.chelt.com.au, (03) 9583 0095, 8 Chesterville Rd Cheltenham

The GO! effect™
The fastest way on the planet to get results!

SPECIAL OFFER – LIMITED TIME ONLY! JOIN DURING APRIL AND YOUR FIRST MONTH IS FREE!

CALL NOW! 9587 9999
361 Nepean Highway Parkdale

*Offer valid for a minimum 6 month lock in contract. Offer expires 30th April 2015.

GO! FITNESS
HEALTH CLUBS
Italian Exchange Students and Host Families

Italian Exchange Students, both girls and boys aged 15-17, hope to be coming here this July for 3, 5 or 10 months to study, improve their English skills and learn about Australia and a host family. If you and your family feel you would like to host an Italian student during their stay here or even part of it, being able to choose the gender and interests of the student you feel would best suit your family, and perhaps making a friend for life, by having an extra person at meal times and providing a spare bed, please contact Klaus Schumann, their coordinator, on 03 97584279 or by email to let me know of your interest. There is no payment involved. There are other nationalities also available if you would prefer.

Hoping to hear from you.

Yours sincerely,
Klaus Schumann
HOLIDAY PROGRAM - PRIMARY SCHOOL

WEEK ONE

MONDAY

27 June

Activity 1
8:00 – 9:15 am
Yoga, role play and creative arts
Join us for this fun and creative morning! Enjoy yoga, role play and creative arts, all led by our experienced teachers.

Activity 2
9:15 – 10:30 am
Make your own ice cream in the freezer!
Join us for an afternoon of fun and creativity as we learn to make our own ice cream.

TUESDAY

28 June

Activity 1
8:00 – 9:15 am
Cooking: Making pizza and sauce with the help of the kids
Enjoy cooking with your kids and learn some new recipes.

Activity 2
9:15 – 10:30 am
Painting and craft: Create your own masterpiece
Join us for a fun afternoon of painting and crafting.

WEDNESDAY

29 June

Activity 1
8:00 – 9:15 am
Meet and greet our newest members
Meet and greet our newest members and learn more about the school.

Activity 2
9:15 – 10:30 am
Art and craft: Create your own masterpiece
Join us for a fun afternoon of painting and crafting.

THURSDAY

30 June

Activity 1
8:00 – 9:15 am
Join our MCC bible study, where we build faith together.
Join us for our bible study and build faith together.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

FRIDAY

1 July

Activity 1
8:00 – 9:15 am
Time for fun and games with our MCC friends.
Join us for a fun and games afternoon with our MCC friends.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

WEEK TWO

MONDAY

4 July

Activity 1
8:00 – 9:15 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

TUESDAY

5 July

Activity 1
8:00 – 9:15 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

WEDNESDAY

6 July

Activity 1
8:00 – 9:15 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

THURSDAY

7 July

Activity 1
8:00 – 9:15 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

FRIDAY

8 July

Activity 1
8:00 – 9:15 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

Activity 2
9:15 – 10:30 am
Join our MCC Bible study, where we build faith together.
Join us for our bible study and build faith together.

TOTAL 5

REGISTRATION FORM

Name of Child

Age

School Attending

DOB

Parent’s Name

Address

Phone

Home Phone

Mobile/Work Phone

Email

Emergency Contact Name (other than parent)

Special Needs: Please tick

Name of Medical Fund

Medicare Number

Parent/Guardian Declaration

I, the undersigned, declare that my children named above participate in the holiday program as organized by the Mordialloc Community Centre. I agree that the MCC as its workers will be liable for loss, injury, or damage, however caused of whatever nature, sustained by the children in attendance at any program or any of those activities in conjunction with the program. I authorize the person in charge of the event in which the children will be participating to contact me, or any other contact that I have provided to the MCC, to discuss any concerns for the children.

Name:

Signature:

Date:

Photo permission: for use internally and on social media.

WHAT TO BRING ON THE DAY

Remember to pack:

- Lunch and snacks
- Drinks
- Sunscreen
- Closed toe shoes

CANDY BAR OPTIONS

- Mids Box: Popcorn, juice box and chocolate bar
- Choc Top: vanilla, mint or chocolate

COST: $4.70

Note: All bookings are non-refundable and non-transferable due to pre-arranged program agreements.

MORDIALLOC COMMUNITY CENTRE

WINTER 2016

Quality Fun, Great Value

Holiday Entertainment for primary school kids

BOOKING FORM

PTO to complete Registration Form

WEEK 1

MONDAY

8:00 – 10:15 am
1. $15

TUESDAY

8:00 – 10:15 am
1. $15

FRIDAY

8:00 – 10:15 am
1. $15

WEEK 2

MONDAY

8:00 – 10:15 am
1. $15

TUESDAY

8:00 – 10:15 am
1. $15

THURSDAY

8:00 – 10:15 am
1. $15

WEEKEND

TUES 6 July

8:00 – 10:15 am
1. $15

WED 7 July

8:00 – 10:15 am
1. $15

THURS 7 July

8:00 – 10:15 am
1. $15

FRIDAY 8 July

8:00 – 10:15 am
1. $15

TOTAL 5

Note: All bookings are non-refundable and non-transferable due to pre-arranged program agreements.
NETFIT School Holiday Clinics
POWERED BY
Julie Corletto

CHELTENHAM

Wednesday 29 June
Cheltenham Secondary College
73 Bernard Street,
Cheltenham
9am - 3pm
7-14 Years
Cost $80

Book Now Online Via:

netfitnetball.com.au  or  juliecorletto.com

/netfitnetball
/juliecorletto
@netfitnetball
@juliecorletto_
HATHA YOGA
Mondays & Thursdays, 2:00pm -3:00pm
$10.00 per class or $9.00 upfront for 10+ classes
(Seniors receive a $2.00 discount per class)

Our yoga instructor Tania has been practicing yoga for over 15
years, and teaches Hatha Yoga at our Centre each Monday and
Tuesday during school terms.

Hatha Yoga is a classical form of yoga which focuses on holding
postures and maintaining breathing patterns which will allow
you to clear your mind, and leave you feeling peaceful and
calm.

If you would like to join our yoga classes, please contact the
office. An enrolment form will need to be completed prior to
your first class, and you will need to bring your own mat, a drink
and towel.

DONNA WILLIAMS, BA Hons, Dip Ed
Autism Stereotypes, Myths & Diversity
When: Tuesday 2 August 2016
Time: Arrive at 6:45pm; 7:00pm sharp start
Cost: $10.00 per person payable at the door.

Bookings essential, contact our office.

Donna was diagnosed with autism in her 20’s. She has been an autism consultant since
1996, is an accomplished speaker, author and lecturer who has gained post graduate
qualifications as a sociologist and teacher, written ten books in the field of autism, is an
international public speaker, an accomplished artist and musician, and has also worked
with hundreds of children and adults on the autism spectrum.

Additional Date with Donna this year:
Tuesday 25 October - Making Use of Personality Traits to achieve Potential.

Tel: 9587 5955     Web: www.agcsinc.org.au     Facebook: www.facebook.com/AGCSinc
PARKDALE AUSKICK

Proudly supported by Mordi-Brae JFC

Parkdale Auskick is a fun, learning environment for boys and girls to learn more about themselves and the great game of AFL. With accredited coaches for all age groups, come join us!

First Session Saturday April 16 @9am

How to join Parkdale Auskick......

Register and pay online at: www.aflauskick.com.au

Cost is $91 per child includes a great Auskick pack.

Check our awesome sponsors!

Habitat

Buxton

Telstra Business Centre Mentone

13 awesome sessions consisting of:

9 Saturday morning sessions from 9:00am to 10:30am

PLUS

4 Friday night sessions from 6:00pm until 7:00pm

Centre Co-Ordinator: Shannon Bowles
Phone: 0412 292 436
Email: parkdale.auskick@tpg.com.au

Website: http://www.mbjfc.net/pages/links/parkdale-auskick.php

Location: Walter Galt Reserve, Cnr Davey & Victoria St, Parkdale

Like us on Facebook

Yo-get-it

Adidas
Mentone Childcare & Kindergarten
Open 7am to 6.30pm Monday-Friday

New Centre Just Opened
Taking Enrolments Now
You are welcome to come and look through and meet the Director and Teachers. Ring for an appointment or just come by.

Mentone Childcare & Kindergarten
21-23 Childers Street, Mentone
Phone 9584-2144
www.mentonechildcare.com.au
facebook.com/MentoneChildcare
8.30am - 2 to 3yrs - Fairy Ballet & Fairy Jazz.
9.30am - 3 to 4yrs - Fairy Ballet, Jazz & Tap.
10.30am - 4 to 5yrs - Fairy Ballet, Jazz & Tap.
11.15am - 5 to 7 yrs - Ballet & Tap.
11.45am - 5 to 7 yrs - Jazz, Hip Hop & Acro.
12.15pm - 8 to 13 yrs - Ballet & Tap.
12.45pm - 8 to 13 yrs - Jazz, Hip Hop & Acro.
1.15pm - Adults - Low Impact Tap & Jazz.
1.45pm - Adults - Ballet, Tap & Jazz.

Bookings online, go to www.glitterytappingwonderland.com

Miss Lou Lou - 0420 356 232
E: mordialloc@glitterytappingwonderland.com

2 Lamana St, Mordialloc.
Divinity Art Class

Do you need a quiet coffee knowing your children are being cared for?
Well Divinity Clay Play at Wholesome Nest at Beach Lane is your answer. Situated in the rear garden with great access and parking at the Carrum lifesaving club you will find a lovely space to enjoy a coffee break whilst your child will be exploring in a creative sensory clay experience with Divinity. Your children can enjoy this for $10 a hour, Parents can also join in!

Show Me
My name is Kirstene. I am a passionate educator and artist who is combining my talents to offer this divine experience. Having worked in the disability industry for the past 15 years and in education for 10, I have gained great experience working with a wide range of diverse needs.

Specialises in:
- Early childhood
- Birthday parties
- Adult workshops

Knead Play
Clay, the children can create unique sculptured pieces. It is an holistic approach enticing the essential oils, where all the senses are engaged to develop their cherubs.

Phone Kirstene for enquiries on 0425 743 167
Email: divinityartclass@gmail.com
Facebook: Divinity Clay Play at the Wholesome Nest Cafe are Monday, Tuesday, Wednesday, and Fridays 9:15 - 2:30

Beach Lane
642 Nepean Highway
Carrum, Victoria 3197
25TH May 2016

Term 2!

This past fortnight we have been very busy at camp Australia, firstly we have been voting for our Better Buddie Leaders for the service, the children were allowed to vote for themselves or a friend, we will be counting the votes next week and the children’s names who will be drawn will be given certificates and badges to wear on their day of attendance so children who need to talk to someone, or want to play a game or are new the service know that not only can they come to any of the Educators there but also the better Buddy Leaders to help them settle or make new friends! We have been focusing this past week on learning clock times, as we have noticed some children find it challenging to tell the time on an analogue clock, some of parents were very appreciated with this! We had clocks to manoeuvre the hands to show children different times, and worksheets for them to go through, also made it into a game of beat the buzzer, when we changed the hand the first children to raise their hand and knew the correct time was the winner!

I also want to send out a huge thank you the Watterson family for donating a game called Rummy-O (Rummikub) the children (and staff) have not stopped playing it!

Remember our door is always open so stop by, have a chat and see what we are all about!! See you soon.
LEGO® EDUCATION PROGRAM 2016

The new program has been designed in two parts:

- **Science and Technology:**
  Students explore the world of powered mechanisms.

- **Creativity and imagination:**
  Students engage with LEGO® pieces to complete puzzles, games and challenges without instructions and become Master Builders!

**As long serving primary school teachers we believe it is important to use the Australian Curriculum as a guideline to the program.**

**Key Learning Values:**

- Building and exploring real life Machines and Mechanisms
- Investigating powered machines with the motor
- Using plastic sheets for calibration and capturing wind
- Exploring gearing mechanisms with the assorted gear wheels

The 10 week course will begin in term 2, on Tuesday the 19th of April, afterschool, at a cost of $150 per student. The course will be held at Parktose Primary School, from 3.35 – 4.35.

**For more information please contact**

James: 0401 733 299
buildit4kids@outlook.com

www.buildit4kids.com.au
OAKLEY STH, BRIGHTON, SANDRINGHAM, MENTONE, & CHELTENHAM

TERM 2 STARTING FROM APRIL 16TH 2016

SOCCER FUN FOR GIRLS & BOYS AGED 2 TO 12!
COME & TRY CLASS AT ANY TIME!
BOOK TODAY!

KIDS CAN JUMP IN AT ANYTIME, no need to wait until next term to join in the fun.
PLUS our term fee’s reduce per week, so don’t wait to get your child into Grasshopper Soccer FUN!

0479 051 282 GRASSHOPPERSOCER.COM.AU
chris@grasshoppersoccer.com.au

Grasshopper Soccer Bayside

TURN OVER FOR TERM FEE’S & CLASS TIMES >>>>>
**Grasshopper Soccer**

For Girls & Boys Aged 2 to 12

**TERM 2, 2016 – 8 WEEKS OF FUN SOCCER PROGRAM**

COME & TRY CLASS ON OFFER AT ANYTIME! BOOK TODAY

**CHRIS@GRASSHOPPERSOCER.COM.AU**

☎ **0479 051 282** GRASSHOPPERSOCER.COM.AU

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**SATURDAY – CHELLENHAM**
Starting 16th April - 4th June
Kingston Heath Soccer Complex
301-307 Centre Dandenong Rd,
Cheltenham (Opposite DFO)

**SATURDAY – SANDRINGHAM**
Starting 16th April - 4th June
Firbank Grammar School
45 Royal Avenue,
Sandringham

**SUNDAY – BRIGHTON**
Starting 17th April - 5th June
Brighton Secondary College
120 Marriage Rd, Brighton East

**TUESDAY – OAKLEIGH 5TH**
Starting 19th April - 7th June
Oakleigh 5th Primary School
Riley St, Oakleigh 5th

**WEDNESDAY – MENTONE**
Starting 20th April - 8th June
Mentone Girls’ Secondary College
Cnr. Balcombe & Charman Roads, Mentone

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**GRASSHOPPER SOCCER**
TEACHING KIDS SOCCER FOR OVER 20 YEARS AUSTRALIA WIDE

---

Our 5 locations can be used as a make-up session if you can’t make your session!

---

**CLASSES**

**MITE CLASS (2-3yo) & PINT CLASS (4-5yo).** A fun, non-competitive introduction to soccer. Children get to play lots of fun, skill based games with parent participation!

**INTRO TO MICRO CLASS (5-6yo) & MICRO CLASS (6-8yo).** Grasshoppers will learn new ball skills & be introduced to the rules of the ‘BIG GAME’ where they will play 4v4 and 5v5 games!

**MICRO PLUS CLASS (8-12yo)** Focuses on skill development, game awareness & teamwork in preparation for club soccer! Children play the Grasshopper Soccer 6v6 game!

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“Our term fee’s reduce per week, so don’t wait to get your child into Grasshopper Soccer FUN”

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**CHELLENHAM SATURDAY**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>SATURDAY / SUNDAY</th>
<th>DURATION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mite (2yo - 3yo)</td>
<td>9.00am - 9.35am</td>
<td>[35min]</td>
<td>$130</td>
</tr>
<tr>
<td>Pint (4yo - 5yo)</td>
<td>9.45am - 10.35am</td>
<td>[50min]</td>
<td>$150</td>
</tr>
<tr>
<td>Intro to Micro (5yo - 6yo)</td>
<td>9.45am - 10.45am</td>
<td>[60min]</td>
<td>$160</td>
</tr>
<tr>
<td>Micro (6yo - 8yo)</td>
<td>10.45am - 12.00pm</td>
<td>[75min]</td>
<td>$170</td>
</tr>
<tr>
<td>Micro Plus (8yo - 12yo)</td>
<td>10.45am - 12.00pm</td>
<td>[75min]</td>
<td>$170</td>
</tr>
</tbody>
</table>

**SANDRINGHAM SATURDAY**

**BRIGHTON SUNDAY**

**LOCATION TIMES**

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**OAKLEIGH 5TH TUESDAY**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>MONDAY / FRIDAY</th>
<th>DURATION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Micro (5yo - 6yo)</td>
<td>4.00pm - 5.00pm</td>
<td>60min</td>
<td>$160</td>
</tr>
<tr>
<td>Micro (6yo - 8yo)</td>
<td>4.00pm - 5.00pm</td>
<td>60min</td>
<td>$160</td>
</tr>
<tr>
<td>Micro Plus (8yo - 12yo)</td>
<td>4.00pm - 5.00pm</td>
<td>60min</td>
<td>$160</td>
</tr>
</tbody>
</table>

**MENTONE WEDNESDAY**

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GET FIT WITH MARTIAL ARTS!

- Karate
- Boxing
- Kickboxing
- Cardio Workouts
- Self Defence Course
- Personal Training
- Fun for all the family

FIRST CLASS FREE!

Ask about our FREE uniform to new members

Benefits are:
- Improved Self Esteem
- Improved Self Confidence
- Improved Self Discipline
- Improved overall health & fitness
- Increased energy, stamina & endurance
- Increased muscle strength & flexibility
- Improved co ordination
- Reduced stress & anxiety
- Body fat loss / weight loss

All instructors are accredited, have police clearances & first aid qualifications

AllStars
Self Defence Centres
www.allstarsdefence.com.au
info@allstars.net.au

- OTHER LOCATIONS ALSO AVAILABLE -
Tennis Lessons
On campus here @ Parktone PS
Term 2, 2016

The Fit For Kids Co team offer tennis coaching here at school, on campus. We run the ANZ Tennis Hotshots Program which is the perfect introductory classes for children to learn the sport & the skills to play great tennis.

Why do it at school?
Parents can simply Drop & Go! (We supervise from 8:00am until the yard teacher is on)
Convenient - At school so no hassle to drive anywhere!
Fun - with school friends in a safe & professional enviroment!

Days: Wednesday Morning
Time: 8:00am - 8:40am
Location: Basketball Court Area
Dates: Wednesday 20th April - Wed 22th June 2016
Price: $150 (10 Week Term)

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* In the case of bad weather, class will be held under he sheltered area near courts