



QIKFIT KIDS AFTERSCHOOL SPORTS PROGRAM!!

WHAT WE ARE ALL ABOUT?

QIKFIT KIDS is an afterschool care and holiday program with the aim of encouraging kids to become more active in their everyday life. These programs include a wide variety of both games and sports to suit both the kids needs and interests. QIKFIT KIDS allows everyone to learn new skills at a young age, promoting a healthy lifestyle after a full day of sitting indoors. At the same time, this program creates new connections between the children, allows for a lot of fun and brings their mind away from sitting inside on their electronic devices.

BENEFITS FOR PARENT / GUARDIAN



Parents can be confident that their child is having fun, while also staying physically active and learning new skills. It can be ensured that all of the kids will be looked after and will not be left unattended until accompanied by their parent/guardian. Rest assured, that no matter the weather, there is always a backup option to still allow all the kids to get their QIKFIT exercise in! QIKFIT KIDS will be both an indoor and outdoor based program

BENEFITS FOR KIDS

QIKFIT KIDS is all about learning new skills/sports. As well as finding new friends in which have the same interests as your child. Learning new sports and skills can improve your child's fine and gross motor skills. These help to develop strength, confidence, coordination and give the child ability to perform more complex activities for a variety of different sports in the future.



HOW THE PROGRAMS RUN

The program is split into two age groups (Prep - Grade 2 and Grade 3 - Grade 6) For each age group there will be 2-3 coaches. The program will begin with warm up games and will move into sports specific activities that will rotate every two weeks, allowing the kids to learn a wide variety of skills and movements. Sessions will start at 3:45 pm and run until 5 pm however staff will NOT leave until every child has been picked up by their parent/guardian. The program will run on Wednesday and Thursday.



PAYMENT AND FEES

Sessions will be \$30. However, to assist in the cost of your child's afterschool care. The government will subsidise (or also known as the Child Care Subsidy CCS) a portion of the total session amount.

The amount of subsidy families receive is calculated based on a number of factors. More information can be found at <https://www.servicesaustralia.gov.au/individuals/services/centrollnk/child-care-subsidy>

GRAND OPENING

ARTISTRY

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**BRAND NEW
UNIQUE KIDS
GYMNASTICS
PROGRAM**

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artistryagg@iinet.net.au

BOOK NOW: FREE OPEN DAY DEC 20

WWW.TRYBOOKING.COM/BMSRT

Artistry

Aesthetic Group Gymnastics

Training PS Workshops Holiday Programs Competitions

Dig Deeper

SUMMER
20-21
READING



1 DECEMBER 2020 – 31 JANUARY 2021

Join and read for your chance to **WIN** prizes!

Visit **Kingston Libraries** to register!

FOR KIDS AGED 5 TO 16 YEARS

COMMUNITY CENTRE OPEN!

We are excited to announce we are open again!



Office hours:

Monday – closed

Tuesday – 8.30am to 3.00pm

Wednesday – 9.00am to 3.00pm

Thursday – 8.30am to 3.00pm

Friday – 8.30am to 1.00pm

**2021 3YO PRESCHOOL
places available
ENROL NOW!!**



Application forms available at
<https://www.agcsinc.org.au/3-year-old-preschool>

For more information visit our website
or email kim.fulton@agcsinc.org.au

Noble Park Football Club Juniors



COVID 19



SAFE

Kick Goals
in 2021

Yes

AFL Junior Footy is
Back

Come and play

Boy's & Girls
Fielding teams in
all age groups
Ages from
5 - 17



**FREE
FEES**
for new players

For More Information contact Sorina on
0433 841 326

npfcjregistrar@hotmail.com



SPRINGVALE

INDOOR SPORTS
(03) 9547 2555

2020-2021

21DEC - 25JAN
02APR - 18APR
26JUN - 11JUL
18SEP - 30OCT

APPROVED BY
DEPARTMENT
OF EDUCATION

8:30AM-4:30PM
\$10+ / DAY

MULTI-SPORT

SCHOOL HOLIDAY PROGRAM



WWW.SPRINGVALEINDOORSPTS.COM.AU/SCHOOL-HOLIDAYS



Grasshopper SOCCER

**Australia's # 1
non-competitive
soccer program.**

Teaching children
aged 2-12
soccer basics
in a fun & social
environment.



www.grasshoppersoccer.com.au

PARKDALE UNITED CRICKET CLUB

Want to Play Cricket?

Come and join a friendly, well organized and successful cricket club



Become a Python!



We are looking for any players;

Aged between 7 and 10.

90 minutes of action each session

At least six weeks of fast-paced cricket games

Every kid gets a chance to bat, bowl and field

Wear the colours of your favourite Big Bash heroes in your choice of coloured player cap

Make new friends or organise a group to play together

All equipment supplied, parents join in the fun

Qualified COVID 19 safety officers for each team.

Register on-line

<http://www.parkdaleunited.com/>

Enquires: Bev Menner – 0475 834 702

Email: juniors@parkdaleunited.com

Chelsea Calisthenics Club



Join us in 2021

Try an exciting Sport that incorporates elements of...
FUN - FITNESS - SINGING - DANCING
TEAM SPIRIT - FRIENDSHIP - GYMNASTICS
FLEXIBILITY - CONFIDENCE
COORDINATION - PERFORMANCE SKILLS

Calisthenics is a sport for everyone, it combines the best aspects of Sport and Performing Arts and can be enjoyed by all ages and abilities.

Come and Try

2nd WEEK OF DECEMBER:

Monday 7th, 5.30-7pm: Intermediates 14 - 17 years

Tuesday 8th, 6-7.30pm: Juniors 11- 13 years

Wednesday 9th, 6.30-7.30pm: Seniors 17 and over

Thursday 10th, 5-6pm: Sub Juniors 8-10 Years

Saturday 12th 9.30-10.30am: Tinies 3-7 years

More information: W: www.chelseacalisthenics.com.au

E: enquiries@chelseacalisthenics.org.au,
Sports Women Centre, Sturdee St Chelsea