

YEAR 9 SPORT Program, Term 3 – 2025

SPORT	DETAILS	COST
Combination Rock/Skate/Bowl/Walk	Keep the interest alive with this combination of fun activities. 2 weeks of skating at Planet Skate, 2 weeks of rock climbing at Centre of Gravity, 2 weeks of Bowling at The Wave Bowl and two weeks of Whale watching as you walk the coastal paths of Port Macquarie with your friends.	\$120
Your Life Fitness	Gym Floor training – explore the gym at your own pace with your own goals in mind. Choose from strength and cardio equipment. Fitness Passport not permitted.	\$108
West Port Mac Tennis	With the support of a professional coach, develop your tennis skills and play matches against your friends. There is also the opportunity for multisports or pickleball should the group decide they would enjoy that.	\$116
Hydro Golf	Learn and improve your golf skills at Hydro Golf includes Putt Putt Golf.	\$132
Aerial Acro	Using the Aerial Hammocks (long silks suspended from the ceiling). The class focuses on stretching, strengthening, inversions, flips and tricks. You will fly high, swing and swish, try upside down tricks all whilst building strength and flexibility and having lots of fun!	\$132
Indoor Stadium + Outdoor venue	Participate in a round robin competition in sports such as multisports, futsal, basketball, volleyball, netball, oz tag and soccer. This term you will be at a combination of the Indoor Stadium and local outdoor venues.	\$62
School Sport	Participate in various sports on-site in a round robin competition, Volleyball, Slider Hockey, Futsal, Touch Football, AFL, Oz Tag, La Cross, to name a few.	Nil
Contract Sport	Choose an elective sport first, however if you are competing at a State level or above you can request to do contract sport and train off site. Please see Mrs Johnston if you think this could be an appropriate option for you.	Nil

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
22nd July No Sport Athletics Carnival	29th July	5th August	12th August No Indoor Stadium	19th August No Sport Mary MacKillop Feast Day	26th August No Indoor Stadium	2nd Sept No Indoor Stadium	9th Sept	16th Sept	23rd Sept