

### Year 10 Sport Program, Term 4

<b>SPORT</b>	<b>DETAILS</b>	<b>COST</b>
<b>Learn to Surf</b>	Guided surfing lessons with Port Macquarie Surf School at Flynn's Beach. Shorts and rash shirts must be worn. Wetsuit recommended.	\$156
<b>Surfing</b>	Body boarding or surfing at Flynn's Beach. Students MUST have their Surf Survival Certificate at the time of selection. Shorts and rash shirts must be worn. Lifeguards paid to be with the group.	\$104
<b>Wild Nets</b>	Enjoy the outdoors while you increase your fitness and skills at Australia's largest suspended nets playground.	\$172
<b>Hydro Golf</b>	Learn and improve your golf skills at Hydro Golf includes Putt Putt Golf.	\$132
<b>Indoor Stadium</b>	Round robin competition that includes the following sports: multisports, futsal, basketball and volleyball.	\$68
<b>Rec walk and beach swim</b>	Rec Walk and then have a swim. Lifeguards paid to be with the group. Must have your Surf Survival Certificate to swim.	\$120
<b>Your Life Fitness</b>	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.	\$100
<b>The Flex Gym at MacKillop (Girls Only)</b>	Instructors from the fantastic new gym in town "The Flex" will come to school and create a program to suit your needs. This is a Girls only option with a variety of strength circuits (focusing on lower and core), boxing, conditioning and even some yoga/sound bowl meditation.	\$72
<b>School Sport</b>	Participate in various sports onsite in a round robin competition, Volleyball, Slider Hockey, Futsal, Touch Football, AFL, Oz Tag, La Cross.	Nil
<b>Contract Sport</b>	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