

Year 9 Sport Program, Term 4

SPORT	DETAILS
Learn to Surf	Guided surfing lessons with Port Macquarie Surf School at Flynn's Beach. Shorts and rash shirts must be worn. Wetsuit recommended.
Surfing	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.
Wild Nets	Enjoy the outdoors while you increase your fitness and skills at Australia's largest suspended playground. Try the treetop rope challenges, zip lines and then meet your friends in the giant bouncy net rooms.
Hydro Golf	Learn and improve your golf skills at Hydro Golf includes Putt Putt Golf.
Indoor Stadium	Round robin competition that includes the following sports: multisports, futsal, basketball and volleyball.
Rec walk and beach swim	Rec Walk and then have a swim. Lifeguards paid to be with the group. Must have your Surf Survival Certificate.
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.
The Flex: Women's only gym.	Enjoy an introduction to this fantastic new facility in town that caters for women's fitness, health and nutrition. Join in classes specifically designed for you with a focus on strength training.
School Sport	Participate in various sports onsite in a round robin competition, Volleyball, Slider Hockey, Futsal, Touch Football, AFL, Oz Tag, La Cross.
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.