

Year 9 Sport Program, Term 4

SPORT	DETAILS	COST	BUS	DAY 2	DAY 7	STUDENTS
Learn to Surf	Guided surfing lessons with Port Macquarie Surf School at Flynn's Beach. Shorts and rash shirts must be worn. Wetsuit recommended.	\$156	1	RA	SA	9
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.	\$104	1	TS	TS	18
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.	\$100	2	GT	GT	24
Hydro Golf	Learn and improve your golf skills at Hydro Golf includes Putt Putt Golf.	\$132	2	TB	SS	26
Indoor Stadium	Round robin competition that includes the following sports: multisports, futsal, basketball and volleyball.	\$68	3	AC	DM	12
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.	\$124	3	EG	TB	18
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.	\$172	4	AP	SG	25
School Sport	Participate in various sports onsite in a round robin competition, Volleyball, Slider Hockey, Futsal, Touch Football, AFL, Oz Tag, La Cross.	Nil	-	ED SR JMcR	GL EdS AP	47
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	-			

- **DATES : Week 1: Tuesday 14th October - Week 8: 2nd December (8 weeks in total)**
- **BUS DEPARTS SCHOOL: 11.45am BUS PICK UP from Venue: 1.10pm (Booking time at venue approximately 12.00pm- 1.00pm)**
- **NB: Indoor Stadium not available in week 8. Alternative venue TBC**
- **Week 9: House Challenge. Week 10 Christmas Mass.**