

Year 10 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	JMcR	GL	15
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	WL	WL	21
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	ZN	CC	23
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 to swim.	\$120	2	ES SC	SR KC	30
Hydro Golf	Learn and improve your golf skills at Hydro Golf includes Putt Putt Golf.	\$132	3	MP	MP	22
Indoor Stadium	Round robin competition that includes the following sports: multisports, futsal, basketball and volleyball.	\$68	3	RMAH	LH	25
The Flex Gym at MacKillop. Girls Only	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	3	AH	MM	5
Wild Nets	Enjoy the outdoors while you increase your fitness and skills at Australia's largest suspended nets playground.	\$172	4	LK	ES	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	-	TS SA	TB AM	33
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 Huxley if you think this could be an appropriate option for you.	Nil	-			4

- DATES : Week 1: Tuesday 14th October - Week 8: 2nd December (8 weeks in total)
- BUS DEPARTS SCHOOL: 9.15am BUS PICK UP FROM VENUE: 10:45 am (Booking time at venue approximately 9.30am- 10.30am)
- Week 9: House Challenge. . Week 10 Christmas Mass.
- Stadium not available week 8. Alternative venue TBC