

TERM 4

Little Movers Gross Motor huntercoasttherapy

When: Tuesday's Weekly
Term 4 3:45 PM

Where: Henderson Park
Merewether NSW

Who: Under 10s 4-10 years

Fee: \$1160.00 per term

What:

- General sports skills
- Passing techniques
- Kicking accuracy
- Rotation of play
- Collaborative gameplay
- Dynamic movement exercises
- Social skill building opportunities

The logo for 'sense rugby' is displayed within a large gold circle. The word 'sense' is in a white, lowercase, sans-serif font, with a black curved line underneath it resembling a smile. The word 'rugby' is in a smaller, lowercase, sans-serif font to the right of the smile.

When: Tuesday's Weekly
Term 4 4:30 PM

Where: Henderson Park
Merewether NSW

Who: Teens 12-18 years

Fee: \$1160.00 per term

What:

- Rugby-focused drills
- Tackle bags
- Tackle pads
- Rugby ball kicking and passing drills
- Team "tag" gameplay
- Enhancement of specific motor skills and endurance

HOW TO REGISTER

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