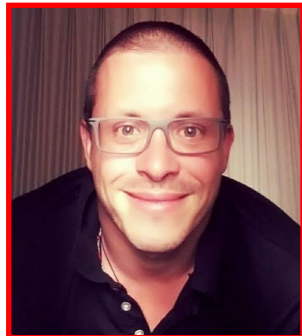




SUN SUN SUN! The Summer is here!

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Chris Funnell
Managing Director

Welcome back.

I hope everybody had a fantastic Easter break and you looking forward to the final term of the academic year.

We had a great spring term with some excellent performances and achievements from all our students. With the pools opening, swimming programmes resuming and a host of competitions and events, there is plenty to look forward to.

I would like to take the opportunity to welcome back Andy Horner (Coach Andy) to the MS team. After an adventurous trip around Asia and a short stay in the UK Andy missed everybody in HK so much that he has decided to return. I'm sure that you will all agree that this is wonderful news.

Stay active, stay hydrated, don't forget your sunscreen and most importantly- have fun!!

See you all very soon.

Multi-Sport's Summer Brochure is now available, Download it from our Website

www.multi-sport.com.hk or call our office for more information on: (852) 2540 1257

Hydration during summer season

With the summer season now upon us, it is important to prepare your child for properly for every lesson. Ensure your child has a bottle of water to re-hydrate during lessons including during swimming lessons.



Handstands at parent invitational



Running during Junior Sports

Parent Invitational Gymnastics

Gymnastics Parents Invitation Day

The spring term saw the return of our popular parents invitational gymnastics lesson. For the last lesson of the term parents were invited to join the children in a fun interactive lesson. "These lessons are all about having fun and getting parents involved in their child's development" (Coach Bianca). Not only did our students get to show off their skills they also got to teach their parents how to perform certain gymnastics skills. Activities included traveling down the air track together, walking across the beam and the popular parents vs children races. Multi-Sport would like to thank all the parents and children for participating and making it our most successful invitational yet.



HKCC parent and child lesson

Water Skills Badge Testing

This Spring term saw our swimmers working towards their water skills badges. Water skills along with the national plan awards scheme form part of the ASA learn to swim Pathway. "The focus of water skills is to build confidence, versatility, skills and endurance in a fun and safe environment" (ASA learn to swim pathway).

"Water Skills allows the children to focus on key elements such as how to safely enter the swimming pool by sliding or jumping in and treading water. All the skills taught during these lessons have a positive effect on a child all round swimming ability and water confidence" (Coach Tristram).

For more information on Multi-Sport's swimming programme and to sign your child up please visit our website: www.multi-sport.com.hk or call our office: (852) 2540 1257



Tuesday Level 1 class with their badges

Multi-Sports Annual Gymnastics competition 2015

With the summer season now underway we are pleased to announce that once again we will be holding our annual gymnastics competition. This years event will take place at FIS (Jardine's Lookout) on 21st June 2015.

Our gymnastics competition focuses on the four key elements of gymnastics Box, Beam, Trampet and Floor. "The annual gymnastics competition gives our student the chance to showcase their skills in a competitive and fun environment" (Coach Rodney). Last year was our most successful competition yet with over 100 participants. We hope all our gymnasts will be able to attend, compete and enjoy this fantastic occasion

For more information and to register for the event, visit www.multi-sport.com.hk. The Multi-Sport Gymnastics competition is a fantastic event to conclude the years gymnastics programme.



2014 Aged 7&8 Winners

Multi-Sport Picture Gallery, Spring 2015



Multi-Sport Venues and Programmes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
French International School (Price Road)	Gym & Tramp	Swimming	Soccer Basketball Swimming		Swimming	Gymnastics Trampolining Gym & Tramp Mini-Tennis Junior Sports Swimming
Hong Kong Academy, Sai Kung	Gymnastics Mini-Tennis	Gymnastics	Junior Sports	Basketball		
Island School (Borrett Road)						Junior Sports
International Montessori School (Tin Hau, Ap Lei Chau, Mid-Levels & Stanley)	Soccer Gymnastics	Basketball		Gymnastics	Gymnastics Soccer	
Island Christian Academy (Mid-Levels)			Soccer		Mini-Tennis	
International College Hong Kong, Hong Lok Yuen					Gymnastics	
Singapore International School				Soccer		
Hong Kong Parkview				Basketball		
Pacific View Resident's Club		Swimming	Tennis		Swimming	
Hong Kong Cricket Club	Swimming	Gym for Tots Junior Sports Swimming		Swimming		Gymnastics
Hong Kong Football Club		Gym for Tots			Gymnastics	
Ladies Recreation Club		Gym and Tramp	Gym & Tramp	Gym & Tramp	Gym for Tots Futsal	
Hong Kong YWCA	Gym for Tots Gymnastics					