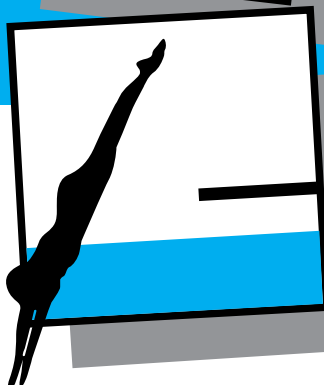
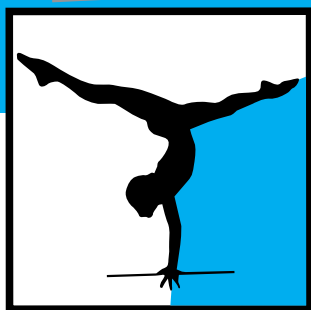
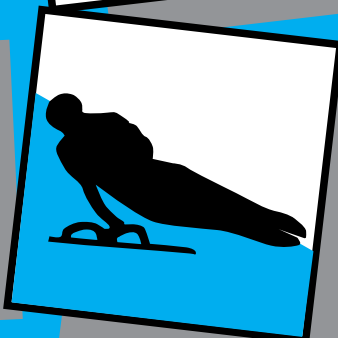


MULTI-SPORT[®]



**SPORTS PROGRAMMES
SUMMER TERM 2017**

INDEX

Our Courses by Venue

French International School

34 Price Road, Jardine's Lookout, Hong Kong

- Swimming
- Gymnastics
- Gymnastics & Trampoline
- Basketball
- Multi-Sports
- Mini-Tennis
- Soccer

Island School

20 Borrett Road, Mid Levels, Hong Kong

- Multi-Sports

International Montessori School, Stanley Campus

Phase III, Ma Hang Estate, Stanley, Hong Kong

- Gymnastics

Other Teaching Venue

- Hong Kong YWCA, MacDonnell Road
- Hong Kong Cricket Club
- Hong Kong Football Club
- Ladies Recreation Club
- International Montessori School, Stanley Campus
- Pacific View Residents' Club

*Programmes at the above venues are available for Students/Club Members/Guests of Club Members. Please contact the venues directly or call our office.

For information regarding programmes at these venues please contact the Multi-Sport Ltd office.

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FRENCH INTERNATIONAL SCHOOL

SWIMMING

Swimming	Tuesday Apr 18 – Jun 27 no lesson on May 30 10 sessions	Wednesday Apr 19 – Jun 28 no lesson on May 3 10 sessions	Friday Apr 21 – Jun 30 11 sessions	Saturday Apr 22 – Jun 24 10 sessions
Parent and Babies (18 months - 2 yrs) <u>Class Focus</u> -Early years water confidence, development of basic motor skills through fun base water activities. Parent or guardian must be in the water.				10:30 – 11:00 3:15 – 3:45 \$1800
Pre-School (3yrs - 5yrs) <u>Class Focus</u> -Early years water confidence, increase water independence and essential skills. Parent or guardian must be in the water.				10:30 – 11:00 1:45 – 2:15 3:15 – 3:45 \$1800
Beginner (Class by ability, suggested age 4-6yr) Entry requirements - no experience needed <u>Class Focus</u> - To develop basic movement and water confidence, introducing swimming fundamentals to achieve 10m on their front and back. Tested on ASA NP Stages 1-3	5:45 – 6:30 \$1800	5:45 – 6:30 \$1800	5:45 – 6:30 \$1980	9:00 – 9:45 2:15 – 3:00 3:00 – 3:45 \$1800
Level 1 - (Class by ability, suggested age 5+) Entry requirements- able to move 10m without floats on their front and back. <u>Class Focus</u> - To develop skills through appropriate drills, to refine kicking technique on all strokes, to achieve 25m to an approved ASA standard. Tested on ASA NP Stages 3-4	5:45 – 6:30 \$1800	5:45 – 6:30 \$1800	5:45 – 6:30 \$1980	9:45 – 10:30 1:45 – 2:30 \$1800
Level 2 (Class by ability) Entry requirements- able to complete 25m to an approved ASA standard. <u>Class Focus</u> - To develop effective technique, coordinated breathing on all strokes, to achieve 50m to an approved ASA standard. Tested on ASA NP Stages 4-6	5:45 – 6:30 \$1800	5:45 – 6:30 \$1800	5:45 – 6:30 \$1980	9:00 – 9:45 9:45 – 10:30 1:45 – 2:30 2:30 – 3:15 \$1800
Level 3 (Class by ability) Entry requirements- able to complete 50m to an approved ASA standard <u>Class Focus</u> - To develop quality stroke technique on all strokes, to achieve 100m to an approved ASA standard. Tested on ASA NP Stages 6-7	*6:30 – 7:30 \$1800	*6:30 – 7:30 \$1800	*6:30 – 7:30 \$1980	9:45 – 10:30 2:30 – 3:15 \$1800
Advanced (Class by ability) Entry requirements- able to complete 100m to an approved ASA standard <u>Class Focus</u> -Introduction to competitive swimming, preparation for entry to the Junior Dolphins Swim Squad. Tested on ASA NP Stages 8-10				9:00 – 9:45 \$1800

For further information of the ASA National Plan (ASA NP) requirements mentioned above, please visit our website: www.multi-sport.com.hk

*Our Level 3 classes are 45min, however, on weeknights L3 students are invited to join the relay races with the Dolphins swim team for an additional 15mins.

****SWIMMING CAP MUST BE WORN DURING LESSONS****

****FOR THOSE WITHOUT A SWIM CAP WILL NOT BE ALLOWED IN THE POOL****

FRENCH INTERNATIONAL SCHOOL

GYMNASTICS

Gymnastics	Monday Apr 24 – Jun 26 no lesson on May 1 9 sessions
<p>Beginner (3 & 4 yrs) Through a series of fun and imaginative movements, balances, gym and yoga exercises children develop agility, flexibility, co-ordination, and gain confidence and self-esteem. Gymnastic apparatus are introduced. This course is an invaluable start to school and all sporting activities. Parental assistance maybe required.</p>	5:45 – 6:30 \$1620
<p>Elementary (4 - 6 yrs; achieved Badge 2 & 3) Good posture, body tension and flexibility are developed as children are introduced to floor work, the beam, vaulting and balances. Children continue to work through the Gym for Joy® awards.</p>	5:45 – 6:30 \$1620
<p>Improver (5 - 7 yrs; achieved Badge 4 & 5) A more disciplined approach to gymnastics is adopted. As more skills are acquired gymnastic routines are developed. The strength, co-ordination, flexibility and agility developed at this skill hungry age will have a lasting effect throughout life. There is a tremendous carry over of skill from gymnastics into other sports and activities.</p>	6:30 – 7:30 \$1620
<p>Advanced (6+ yrs; achieved Badge 6+) More complex floor routines, vaults and balances are taught. More complex floor routines, vaults and balances are taught. Conditioning work is increased. Children progress through the more advance levels of the Gym for Joy® Award Scheme.</p>	6:30 – 7:30 \$1620

*trampolining skills are integrated in these gymnastics programmes where necessary



FRENCH INTERNATIONAL SCHOOL

GYMNASTICS / TRAMPOLINING

Gymnastics / Trampolining	Saturday Apr 22 – Jun 24 10 sessions
<p>Pre-School Gym/Tramp (3 & 4 yrs) Introduction to trampolining and gymnastics. Parental assistance is required. Children have the opportunity to work through their Gym for Joy® and Jump for Joy® Awards.</p>	9:00 – 9:45 9:45 – 10:30 2:00 – 2:45 \$1800
<p>Gym/Tramp (5 – 7 yrs) A combined course of gym & tramp. Children work through their Gym for Joy® and Jump for Joy® Awards.</p>	10:30 – 11:30 2:00 – 3:00 3:00 – 4:00 \$1800
<p>Gym/Tramp Improvers for (8 – 12 yrs) Children receive a higher level of coaching.</p>	11:30 – 1:00 \$2700
<p>Trampolining (7 & 7+ yrs) After the basic moves are taught, trampolinists are endlessly challenged with progressively more difficult routines. Children will develop their bodies, minds and characters by working through their Jump for Joy badge award scheme and course syllabus. This course will also include areas of advanced gymnastics in order to enhance trampolining skills</p>	3:00 – 4:00 \$2700



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FRENCH INTERNATIONAL SCHOOL

BASKETBALL

This course aims to produce confident and skilled young basketball players. The programme has been developed with knowledge of the most recent coaching techniques in the sport. Our teachers use this knowledge to ensure all drills, practices and games are age related and relevant. Lessons focus on developing individual skills such as dribbling, passing, lay ups and static shooting. We also ensure that our players get as much game time as possible, which in turn improves their teamwork and sportsmanship.

Wednesday Apr 19 – Jun 28 no lesson on Apr 26 & May 3 9 sessions
5:45 – 6:45 (5 + 6 yrs) \$1440
5:45 – 6:45 (7+ yrs) \$1440



MULTI-SPORT

In this programme children have the opportunity to receive coaching in gymnastics, athletics, minor games and ball games by qualified Physical Education teachers. Fast and exciting games are practiced for footwork and fitness as well as learning ball sense, co-ordination and cooperation. These fun classes are an invaluable start to any child's education.

Saturday Apr 22 – Jun 24 10 sessions
9:00 – 9:45 (3 & 4 yrs) 10:45 – 11:30 (3 & 4 yrs) \$1800



FRENCH INTERNATIONAL SCHOOL

MINI-TENNIS

Mini-Tennis (Indoor)	Saturday Apr 22 – Jun 24 10 sessions
Mini – Tennis Stage 1 (3 & 4 yrs) Mini-tennis is the perfect introduction for young players. We play our mini-tennis on smaller courts with shorter rackets and softer/low bounce balls. It's just like the real game and gives players opportunities to have longer rallies and play different types of shots with ease. To ensure all players get the most out of our lessons we spend a lot of time improving hand eye co-ordination, use a lower net than regular tennis and keep our class sizes small.	10:00 – 10:45 3:00 – 3:45 \$1900
Mini – Tennis Stage 2 (suggested age 5 & 6 yrs) A beginner course to learn all the basics. Great emphasis is placed on having fun while learning.	2:00 – 3:00 \$1900
Mini -Tennis Stage 3 (suggested age 6 & 6+ yrs) Students will be exposed to all aspects of tennis, including the physical, technical and tactical parts of the game as they start to create their own unique style of play. Previous tennis experience is required to join this course.	11:30 – 1:00 \$2700

*Students must have their own tennis racket.



MULTI-SPORT®

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FRENCH INTERNATIONAL SCHOOL

SOCCER (exclusive for FIS Jardines' Campus)

In this programme Soccer will provide transportation from FIS, Price Road to the soccer pitch - Happy Valley. Students will be given a full set of soccer kit (shirt, shorts & ball). Please write the name on the ball and bring it to lessons every week once received from us. Children will be divided up into groups according to age and ability and be taught by our highly qualified soccer coaches.

For safety reasons please inform us in advance (by phone or email) if your child cannot make a lesson.

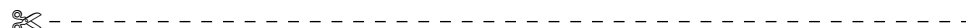
Dates : Apr 19, 26, May 10, 17, 24 & Jun 7, 14, 21, 28

Fee : \$1990 original (9 sessions); after 10% discount is **\$1791** (9 sessions)

CANCELLATION	TRANSPORTATION
If the soccer is cancelled due to bad weather or any other unforeseen circumstances, FIS will be notified at 9:30 AM & all children will be expected to go home either by school bus or be picked up by guardians by 1:30 PM. It is therefore essential that all guardians enrolling their children in this course must provide us with a mobile number where we can inform them by SMS between 9:30 – 12:00 NN.	A bus is available on Wednesday at 1:30 PM from French International School (Jardine's Lookout) for transfer to and from the venue. Children should meet in the school playground. The bus returns back to the French International School (Blue Pool Road) between 3:30 – 3:45 PM.

All students are requested to bring their own SOCCER BALL, WATER BOTTLE and MUST WEAR SHIN PADS to the lessons for safety reasons. If shin pads are not worn, your child will not be able to participate in the match at the end of the lesson. Please bring waterproof jackets if necessary during wet weather.

Transportation arrangement form must be completed correctly and sent together with the application form, or your child will NOT be accepted in the course.



TRANSPORTATION ARRANGEMENT FORM

Please complete this form carefully if your child is joining the FIS soccer on Wednesday. Thank you.

Venue / Date	TO		RETURN		
	by multi-sport bus	sent by parents	picked up by parents at soccer pitch	picked by parents at FIS Blue Pool Rd	home by school bus from FIS Blue Pool Rd
Happy Valley Soccer Pitch					

*Please indicate by tick

Please provide us a Mobile number for sending SMS purpose : _____

Child's Name : _____

Parent's Name : _____

Parent's Signature : _____

Date: _____

ISLAND SCHOOL

MULTI-SPORT

In this programme children have the opportunity to receive coaching in gymnastics, athletics, minor games and ball games by qualified Physical Education teachers. Fast and exciting games develop the fundamental skills (movement, balance, coordination, cooperation etc.) which are an imperative part of every child's development and are the foundations of all sports. These fun classes are an invaluable start to any child's education.

Saturday Apr 22 – Jun 24 10 sessions	
Pre-School (3 & 4 yrs)	9:30 – 10:15 10:30 – 11:15 \$1800
5 & 6 yrs	11:30 – 12:30 \$1800
7 – 12 yrs	11:30 – 12:30 \$1800

Pre-School Classes

- Week 1**
Introductory games
- Week 2**
Fundamental movement skills
- Week 3**
Agility, balance and co-ordination
- Week 4**
Speed, agility and quickness
- Week 5**
Hand eye co-ordination (Throwing)

- Week 6**
Hand eye co-ordination (Catching)
- Week 7**
Foot eye coordination (Kicking)
- Week 8**
Athletics (Jumping, running, throwing)
- Week 9**
Fun and Games

5&6 and 7-12 Classes

- Week 1**
Introductory games
- Week 2**
Fundamental Movement skills
- Week 3**
Football (Dribbling and Shooting)
- Week 4**
Football (Game play)
- Week 5**
Rugby
- Week 6**
Rugby (Game play)
- Week 7**
Dodgeball
- Week 8**
Handball
- Week 9**
Gymnastics
- Week 10**
Badminton and Table Tennis



GYMNASTICS

Gymnastics	Thursday Apr 20 – Jun 22 10 sessions
Beginner (3 & 4 yrs) Through a series of fun and imaginative movements, balances, gym and yoga exercises children develop agility, flexibility, co-ordination, and gain confidence and self-esteem. Gymnastic apparatus are introduced. This course is an invaluable start to school and all sporting activities. Parental assistance maybe required.	4:45 – 5:30 \$1900
Elementary (4 - 6 yrs; achieved Badge 2 & 3) Good posture, body tension and flexibility are developed as children are introduced to floor work, the beam, vaulting and balances. Children continue to work through the Gym for Joy® awards.	4:45 – 5:30 \$1900
Improver (5 - 7 yrs; achieved Badge 4 & 5) A more disciplined approach to gymnastics is adopted. As more skills are acquired gymnastic routines are developed. The strength, co-ordination, flexibility and agility developed at this skill hungry age will have a lasting effect throughout life. There is a tremendous carry over of skill from gymnastics into other sports and activities.	5:30 – 6:30 \$1900
Advanced (6+ yrs; achieved Badge 6+) A more disciplined approach to gymnastics is adopted. As more More complex floor routines, vaults and balances are taught. Conditioning work is increased. Children progress through the more advance levels of the Gym for Joy® Award Scheme.	5:30 – 6:30 \$1900



Application Form Summer Term 2017 (Apr - Jun 2017)

Parent's Name: _____

Address: _____

Home No.: _____ Work No.: _____ Mobile No.: _____

Fax No.: _____ Email: _____

Child's Name	D.O.B. D/ M/ Y	Venue FIS / IS / IMS	Day	Time	Course	Fee
					Total:	

*D.O.B = Date of Birth

10% discount is offered to FIS students for those courses taken place at FIS premises & Wed Soccer. Please provide us your child's FIS class details: _____

Thank you.

Please let us know any medical conditions we ought to be aware of?

I have read and accept all the notes and conditions and wish to enroll the above children in your sports programmes. I accept that Multi-Sport Limited and its coaches will not accept liability whatsoever arising out of any accident to any person or for loss of or damages to any property in connection with any of our programmes.

I understand no confirmation will be sent out to successful applicants. If I do not hear from Multi-Sport, my child will simply turn up for the lesson as scheduled.

Parent's Signature: _____ Date: _____

Please send your completed application form and payment to:

Multi-Sport Limited
 8/F, Kingdom Power Commercial Building,
 32 –36 Des Voeux Road West
 Hong Kong
 Tel: 2540 1257 Fax: 2609 1779
 Email: admin@multi-sport.com.hk

Please make cheque payable to:
 "Multi-Sport Limited"
 Faxed application form will not
 be accepted.

NOTES AND CONDITIONS (Please read carefully)

1. Spaces are strictly limited in courses. Apply early to avoid disappointment. Places are only reserved when Multi-Sport Ltd has received a completed application form and payment. Kindly make cheques payable to 'Multi-Sport Ltd.' and write your child's name on the back.
2. You will only be contacted if your application is NOT successful, otherwise simply arrive 10 mins prior to your scheduled class time.
3. Under no circumstances will pre-school children be allowed in a higher age category.
4. There will be no lessons on public holidays. Please consult our brochure for other holidays, such as term breaks and keep your brochure as a reference.
5. Courses are automatically cancelled during Red/Black rain warnings or the hoisting of the No.8 Typhoon Signal or when course venues are closed due to inclement weather.
6. A credit letter shall only be issued for lessons cancelled by Multi-Sport Ltd due to unforeseeable circumstances.
7. Refunds, credit letters or make up lessons will NOT be given for non-attendance of lessons for any reason.
8. Parents, guardians and younger siblings must please wait outside the gym or the teaching area during lessons unless requested by the coach or required by the course. No one is allowed to wander around the venue.
9. Swimming caps MUST be worn during all swimming lesson. Students without a swim cap will not be allowed in the pool.
10. Uniform will be given out.
11. Please pick up your child immediately after lessons.
12. Multi-Sport Ltd may use media equipment during any session for analysis and/ or promotional purposes. By enrolling on any Multi-Sport Ltd programme you are giving permission for images of your child to be used by Multi-Sport Ltd for any lawful purpose. If you would rather Multi-Sport Ltd did not use images of your child, please make us aware in writing.
13. Have fun, get fit and keep well.



Enriching Life Through Sport Since 1983

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