

## 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 Black rain warnings or the hoisting of the No.8 Typhoon Signal or when course venues are closed due to inclement weather. For further details of our weather policies, please refer to the 'Disclaimers & Policies' section of our website.
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. Wondering around the school is strictly forbidden.
9. Swimming caps MUST be worn during all swimming lesson.
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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**SPORTS PROGRAMMES**  
**AUTUMN TERM 2021**  
**French International School – Jardine's Campus**

## PROGRAMME BY VENUE

### **French International School** - 34 Price Road, Jardine's Lookout\*

- ✓ Parent and Child Swimming 18mths - 2yrs
- ✓ Learn to Swim 3+ yrs
- ✓ Gymnastics 3+ yrs
- ✓ Trampolining 7+yrs
- ✓ Gymnastics & Trampolining 3+yrs
- ✓ Soccer 5 - 9+yrs

**\*\*\*10% Discount for FIS Staff Children and Students at FIS Premises\*\*\***

### **YWCA\*** – 1 MacDonnell Road, Central

- ✓ Gym for Tots 1 - 2yrs
- ✓ Gymnastics & Trampolining 3 +yrs

\*Enrollment directly through the YWCA – 2877 3737 [clle@ywca.org.hk](mailto:clle@ywca.org.hk)

### **Other Venues**

- Hong Kong Cricket Club – Gym for Tots, Gymnastics, Group & Private Swimming
- Hong Kong Football Club – Gym for Tots, Gymnastics
- Pacific View Residents' Club – Swimming and Tennis

\*Programmes at the above venues are available for Club Members or Guests of Club Members.

# MULTI-SPORT®

## Enriching Life Through Sport Since 1983



**Distributor:**  
**Aquatech (Hong Kong) Ltd**  
**Email: [aquatech@aquatech-hk.com](mailto:aquatech@aquatech-hk.com)**



## PARENT AND CHILD SWIMMING

Swimming is one of the most valuable and rewarding lessons for you and your little one. Through playful interaction and activities lessons are a unique bonding experience. It stimulates unique limb movement that aids sleeping and feeding.

In our parent and child lessons we use song, exploration, play, games and cues to create water happy babies.

### Parent and Babies 18 Months - 2yrs

Introduction to water confidence and development of basic motor skills.

### Pre-School 3 - 5yrs

Early years water confidence, breath control, increasing water independence, co-ordination, body position, leg kick and essential water skills.



Parent and Child Swimming	Saturday Sep 25 – Dec 18 No lesson on Oct 30 12 Sessions
Parent & Babies 18 months - 2yrs Parent / guardian must be in the water.	3:15 – 3:45 \$3120
Pre-School 3yrs - 5yrs Parent / guardian must be in the water.	3:15 – 3:45 \$3120

+A swimming cap MUST be worn during our lessons+



**French International School Jardine's Campus**

## LEARN TO SWIM

Unless good swimming technique and a feel for the water is developed as juniors, swimming will always be laboured. Our guiding aim is to develop as many positive experiences as possible so that swimming is a life-long love affair. We are passionate about creating a friendly, fun and safe environment for all swimmers. We aim to teach great style with proper dives, starts and turns.

We are proud to integrate the British ASA Learn to Swim/Aquatic Skills Framework into our swimming programme. The award scheme is an invaluable tool to motivate and record the progression of each student.

**Beginner** - Entry: Child must demonstrate some water confidence and independence.

Aim: To develop water confidence, correct body position and leg kick on front and back, and through fun games introduce swimming fundamentals. Exit: 10m on front and back. Tested on ASA NP Stages 1-3

**Level 1** - Entry: Able to move 10m without floats on their front and back.

Aim: To develop freestyle breathing, backstroke, introduce breaststroke kick and basic water skills. Exit: 25m to an approved ASA standard. Tested on ASA NP Stages 3-4

**Level 2** - Entry: Able to swim 25m to an approved ASA standard.

Aim: To develop co-ordinated freestyle breathing, backstroke, breaststroke timing, butterfly kick and water skills. Exit: 50m to an approved ASA standard. Tested on ASA NP Stages 4-6

**Level 3** - Entry: Able to swim 50m to an approved ASA standard.

Aim: To develop efficient stroke technique on all strokes and advanced water skills. Exit: 100m to an approved ASA standard. Tested on ASA NP Stages 6-7

**Advanced** - Entry: Able to swim 100m to an approved ASA standard

Aim: Introduction to competitive swimming, including starts, turns and underwater pull. Preparation for entry to the Junior Dolphins Swim Squad. Tested on ASA NP Stages 8-10

Learn to Swim	Tuesday Nov 2– Dec 14 7 Sessions	Wednesday Sep 29 – Dec 15 No lesson on Oct 27 11 Sessions	Saturday Sep 25– Dec 18 No lesson on Oct 30 12 Sessions
Beginner Class by ability suggested age 4-6yrs			9:00 – 9:45 1:45 – 2:30 \$3120
Level 1 Class by ability, suggested age 5+	5:45 – 6:30 \$1820	5:45 – 6:30 \$2860	9:45 – 10:30 1:45 – 2:30 \$3120
Level 2 Class by ability	5:45 – 6:30 \$1820	5:45 – 6:30 \$2860	9:00 – 9:45 2:30 – 3:15 \$3120
Level 3 Class by ability	*6:30 – 7:30 \$1820	*6:30 – 7:30 \$2860	9:45 – 10:30 2:30 – 3:15 \$3120
Advanced Class by ability			10:30 – 11:30 \$3120

+ A swimming cap MUST be worn during our lessons+

For further information of the ASA National Plan (ASA NP) requirements, please visit: [www.multi-sport.com.hk](http://www.multi-sport.com.hk)

**French International School Jardine's Campus**

## GYMNASTICS

Gymnastics is a fantastic and invaluable sport, it develops core fundamental movements such as strength, agility, flexibility, balance and co-ordination. Our Gym for Joy® programme ensures a smooth pathway from the beginner to the advanced gymnast. Gymnastic badges will be awarded throughout the year to congratulate and encourage our gymnasts.

A variety of equipment is used during the programme; the Floor, Beam, Trampoline, Vault (box) and Air Track or Tumble Track, each area challenges our gymnasts to develop and hone their skills.

Our 'Air Track' and 'Tumble track' are air-filled gymnastics floors, which are an ideal progression for talented gymnasts as well as being a fun and safe platform for all our students.

## TRAMPOLINING

Trampolining is an exciting and fun way to improve strength, stamina and co-ordination. Jump for Joy® compliments our Gym for Joy® Gymnastics programme, providing a crossover of skills between the two disciplines. Trampolining badges will be awarded throughout the year to motivate our students. Students are taught how to bounce correctly and safely. They learn how to perform individual moves with correct technique and how to link these together to create routines. After the basic moves are learnt, trampolinists are challenged with progressively more difficult routines.



**French International School Jardine's Campus**

## Gymnastics and Trampolining

**Saturday**  
Oct 9 – Dec 18  
No lesson on  
Oct 30  
**10 Sessions**

3 & 4yrs Beginner Gym & Tramp – Parental Assistance may be required	9:00 – 9:45 \$2600
4 & 5yrs Elementary Gym & Tramp	9:45 – 10:30 \$2600
5 - 7yrs Junior Gym & Tramp	2:00 – 3:00 \$2600
6 - 8 yrs Junior Gym & Tramp	10:30 – 11:30 \$2600
8 yrs + Improver Gym & Tramp	3:00 – 4:00 \$2600
Invite only Advanced Gym & Tramp	11:30 – 1:00 \$3900
7+yrs Trampolining	3:00 – 4:00 \$3900



**French International School Jardine's Campus**

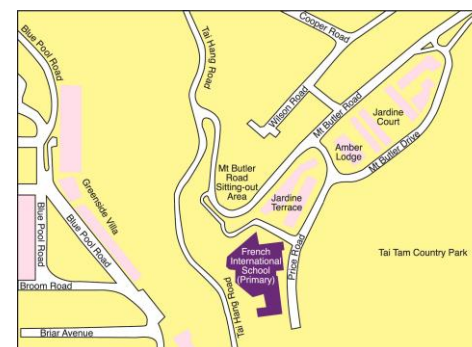
## SOCCER

The aim of the soccer programme is to help young soccer players reach their full potential. Through engaging, fun and inclusive games, every child who takes part has the opportunity to be the best that they can be. Players will develop their fundamental movement patterns, learn new football skills and apply them in games, practice selecting the best skill or strategy for the situation and work in groups, discussing ideas with their teammates and their coach. Children will develop more than just their soccer skills – we'll help them to gain confidence, build self-esteem, learn to work as a team and improve their decision making.

Students will be given the MS soccer kit and ball. Once received, please write your child's name on the ball and bring it to the lesson every week, along with a **water bottle**, **sun protection/waterproof jacket** (if necessary) and **shin pads**. Shin pads must be worn for safety reasons, if they are not worn, your child will not be able to participate in the match at the end of the lesson.

<b>Soccer at Happy Valley Soccer Pitch (Outdoor Pitch)</b>	<b>Wednesday</b> Oct 13 – Dec 15 No lesson on Oct 27 9 sessions
5 & 6yrs	2:00 – 3:00
7 & 8yrs	\$2880
9+yrs	(FIS students \$2592)
All students are to be picked up at Happy Valley soccer pitch at 3:00 pm after lessons.  For safety reasons please inform us in advance (by phone or email) if your child cannot make a lesson.	
<b>CANCELLATION</b> If soccer is cancelled due to bad weather or any other unforeseen circumstances, you will be notified by SMS between 9:30 -12:00. FIS Students will be expected to go home either by school bus or be picked up by guardians by 1:30 PM. To enroll in this programme, it is mandatory to provide us with a mobile number to reach your child's guardian by SMS between 9:30 – 12:00 NN.	<b>TRANSPORTATION TO HAPPY VALLEY</b> For French International School (Jardine's Lookout) students. We will provide transportation from FIS to the Happy Valley soccer pitch at 1:30pm. Children should meet in the school playground (next to the swimming pool)

### LOCATION MAP FRENCH INTERNATIONAL SCHOOL JARDINES' CAMPUS 34 PRICE ROAD, JARDINE'S LOOKOUT



MULTI-SPORT®







## Application Form Autumn Term 2021 (SEP - DEC 2021)

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home No.: \_\_\_\_\_ Work No.: \_\_\_\_\_ Mobile No.: \_\_\_\_\_

Fax No.: \_\_\_\_\_ Email: \_\_\_\_\_

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

\* D.O.B=Date of Birth

# **10% discount is offered to FIS students & FIS Staff Children for those courses taken place at FIS premises & Wed Soccer.**

Please provide us with your child's FIS class details: \_\_\_\_\_

Thank you.

Please let us know of 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](mailto:admin@multi-sport.com.hk)

Please make cheque payable to:  
"Multi-Sport Limited"

Faxed application form will not be  
accepted.



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