

# Surf Coast Sport & Recreation Programs

## Term 1, 2019



### NET-SET-GO NETBALL CLINICS

**5 to 7 year olds**—Introductory program from 4:15pm—5:15pm emphasizing the acquisition of skills, in a fun environment of games and activities on Tuesday night at the Sport & Recreation Centre.

**8-10 year olds**—Modified program from 4:15pm—5:15pm children to develop skill levels and maximize their participation preparing for competition. Conducted at Sport & Recreation Centre. Please note Torquay Tigers Netball Club manage and operate this program.

### KINDERGYM CLASSES FOR 18 MTHS TO 5 YEAR OLDS

Improve your child's confidence, co-ordination and social skills through equipment based, structured, movement program for 18 months to 5 year olds.

Classes conducted on Monday and Friday.

Times: 10.30am to 11.15am for 18 mths-3yrs; 11.30am-12.15pm for 3-5 yrs.cost \$131 for 10 visit pass or \$15 casual per week.

### BASKETBALL & NETBALL COMPETITIONS FOR 7-16 YEAR OLDS

Games are played each week for both boys and girls.

To enter a team or register your name to play in an existing team please contact the Centre for more details.

### DANCE - SPORT AEROBICS –

#### KINDER KIDS, JUNIOR & TEENS & MINI CREW

Dances showcase energy & excitement; the music is fast; attitude is funky & the moves are fun. Primary age Jazz, Contemporary are available. Sport aerobics originates from the traditional group exercise class. Athletes showcase choreography combined with technical skills of varying difficulty. The routines demonstrate components of fitness including cardio endurance, muscular, strength, flexibility, balance, co-ordination, agility, speed & power through continuous movement patterns. Kinder Kids dance classes Friday mornings, 45 minute duration, lots of dance routines to perform, improves motor skills, self-confidence and co-ordination. If you love dances in music clips then this Mini Crew Class is for you. Most classes are 1 hour duration.

**For all enquiries and to confirm your placement please call Aerosport Allstars Director Justine Bratanavicius on 0414 353 160 check out our website**

**[www.aerosportallstars@bigpond.com](mailto:www.aerosportallstars@bigpond.com) or email – [aerosportallstars@bigpond.com](mailto:aerosportallstars@bigpond.com)**

### GROUP FITNESS

The best group fitness on the coast. Monday to Friday 9.15am & Saturdays 8.30am. Cost \$15 per class. Discount memberships available. Classes—cardio, power bar, step and circuit/interval training. No bookings required but class & childcare numbers are limited. New class Wednesday 5:30pm—6:30pm—Sharp!

### FIT FOREVER CLASSES

Every Tues & Thurs morning at 10:30am. Designed for the over 50s or for those getting back into fitness or recovering from injury. Classes are weight bearing, incorporating cardio core strength and stretching. Cost is \$11.40 per class.

### MERV NELIS ZENSHIN MARTIAL ARTS CLASSES

Mon evenings with multiple classes running from 4.10pm to 8.40pm and Saturday mornings 8:00am to 12:00pm. We specialize in teaching children to stand up for themselves and stay in control of their mind and body in the face of any situation. Parents can expect improved grades, stronger confidence, increased pride and razor sharp focus. Our adult classes will promote a healthy lifestyle and an attitude of confidence and self-assurance. Minimum 4 yo to participate. Bookings please call Scott on 0400 888 573

### MEN'S BASKETBALL COMPETITIONS

Games played Mon. Competitions are conducted all year round so enter a team for next season or as an individual.

### WOMEN'S NETBALL COMPETITION

Games are played on Tues nights. The competition is played all year round so enter a team for next season or as an individual to be placed in a team. If you want to enter a team or register as an individual please contact our office.

### SURFCOAST BADMINTON ASSOCIATION

Monday afternoons 2pm; Wednesday mornings 10.30am, Thursday night 7:30pm. All sessions 1.5 hours duration. BYO racquets or equipment provided. Email: [surfcoastbad@gmail.com](mailto:surfcoastbad@gmail.com)

### SURF COAST PLAYGROUPS

Register your own playgroup. Come and join us and let your little ones play with our enormous collection of toys and books. The room is heated, air conditioned, carpeted and registered for childcare use.

Playgroup Victoria Registration is required.



All programs must be booked in advance unless otherwise stated. All prices include GST. All classes are held at Surf Coast Sport & Recreation Centre unless otherwise indicated.  
**Surf Coast Sport & Recreation Centre, 77 Beach Rd Torquay**  
Ph: 5261 4606 Email: [surfcoastsrc@surfcoast.vic.gov.au](mailto:surfcoastsrc@surfcoast.vic.gov.au)