

# LOFTUS RECREATION CENTRE PROGRAMS

JUNIOR SPORTS CLINICS		DAY	TIME	DATE	FULL TERM COST	CASUAL COST
<b>Netball BEGINNERS</b>	Learn netball related fundamentals with fun music, dance and games.	Mon	4.00pm – 4.45pm	Term 3 20/07/20 - 25/09/20	\$120 for 10 Weeks	\$17 per class
<b>Netball ADVANCED</b>	Be a part of modified netball games with a focus on fun and teamwork	Mon	5.00pm – 5.45pm	Term 3 20/07/20 - 25/09/20	\$120 for 10 Weeks	\$17 per class
<b>Junior Basketball Coaching BEGINNERS &amp; ADVANCED</b>	Sessions for children wanting to develop their skills, knowledge and game play required to play Basketball.	Wed	4.00pm – 4.45pm	Term 3 20/07/20 - 25/09/20	\$120 for 10 Weeks	\$17 per class
<b>Junior Basketball Coaching BEGINNERS &amp; ADVANCED</b>	Sessions for children wanting to develop their skills, knowledge and game play required to play Basketball.	Wed	4.45pm – 5.30pm	Term 3 20/07/20 - 25/09/20	\$120 for 10 Weeks	\$17 per class
<b>Junior Soccer Coaching BEGINNERS &amp; ADVANCED</b>	Sessions for children wanting to develop their skills, knowledge and game play required to play Soccer.	Wed	4.00pm – 4.45pm	Term 3 20/07/20 - 25/09/20	\$120 for 10 Weeks	\$17 per class
<b>Junior Soccer Coaching BEGINNERS &amp; ADVANCED 5-12 Year Olds</b>	Sessions for children wanting to develop their skills, knowledge and game play required to play Soccer.	Wed	4.45pm – 5.30pm	Term 3 20/07/20 - 25/09/20	\$120 for 10 Weeks	\$17 per class
<b>Junior Soccer Match Play and Coaching 6 - 14 Year Olds Beginners &amp; Advanced</b>	30 Minute Skills session followed by 30 minute 30 minutes of Game Play	Sun	9.30am – 10.30am	Term 3 20/07/20 - 25/09/20	\$144 for 9 Weeks	\$21 per class

KINDY ACTIVITIES		DAY	TIME	DATE	FULL TERM COST	CASUAL COST
<b>Playclub Activities</b>	A variety of different activities held in our Crèche. Drop your kids off and let them interact and mingle with other children while you and your friends catch up for a Coffee at our café or have a session in the gym. *Must book the day before, Parent must remain onsite.	Mon Tue Wed Thu Fri	8.30am – 12.00pm	Term 3 20/07/20 - 25/09/20	N/A	\$5.00 Free for Health Club Members

ADULT PROGRAMS		DAY	TIME	COST
<b>Casual Court Use</b> Basketball / Soccer	Casual use– contact to check availability.	Mon-Sun	Where available	\$6.50 per person
<b>Play Adult BASKETBALL, NETBALL, VOLLEYBALL, FUTSAL</b>	Contact for more information or to register. Showers Available.	Mon-Sun	Please contact	Please contact
<b>Coaching Zone</b> Small Group Personal Training	Achieve accelerated results through high intensity functional training and nutrition support.	Mon-Sat	Multiple Session Daily	\$49.95pw for unlimited sessions and support.
<b>Inclusion Program</b> *Inclusion Friendly	Including all sports here at Loftus, learn skills, shoot hoops and dance to fun music routines. See centre for more information. *Inclusions: Companions free	Sports- all days (call for availability). Music and movement- Fridays 1.30pm	Sports- all days (call for availability). Music and movement- Fridays 1.30pm	\$6.50-\$9 per person
<b>Seniors Program</b> 60 Years Old +	Improve mobility, strength and reduce risk of falls. You'll enjoy the company of other like-minded and be supervised by qualified instructors who understand your needs.	Tuesday & Thursday	10.30am – 11.30am	\$9.00 or Free for Health Club Members