

JOHN SUGDEN SWIM SCHOOL

# Spring Holiday Programs

As part of the "Kids in Motion" series of activities, JSSS has two exciting Spring holiday programs available for our students.

Both programs will offer a variety of activities designed to advance and re-enforce our aims of developing children to thoroughly enjoy the skills of movement, body connection and 'physical and mental' resilience.

## Week 1 - Water Time

**Location:** St Paul's College 13 Fernhurst Grove Kew VIC 3101

<b>Times/s</b>	<b>Swim Intensives</b>		<b>Group Development</b>
Mon 25th Sept	Session 1a: 4 - 4.30 pm	Session 1b: 4.30 - 5.00 pm	Session 2: 5 - 6.00 pm
Tues 26th Sept	Session 1a: 4 - 4.30 pm	Session 1b: 4.30 - 5.00 pm	Session 2: 5 - 6.00 pm
Wed 27th Sept	Session 1a: 9 - 9.30 am	Session 1b: 9.30 - 10.00am	Session 2: 10 - 11.00 am
Thur 28th Sept	Session 1a: 9 - 9.30 am	Session 1b: 9.30 - 10.00am	Session 2: 10 - 11.00 am

### **Swim Intensives:**

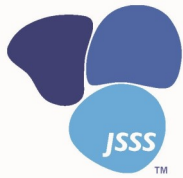
Are designed to accelerate the development of what is learnt over a typical term, whilst maintaining a focus on self awareness in the water.

### **Group Development:**

In Group Development we will group children in "Clusters" where we continue our principles of "Kids in Motion" where we use the processes of awareness, adaptation and experimentation. Using specially directed water based activities, we will help them continue achieving better overall flexibility, endurance and strength in a playful and supportive environment.

<b>Week 1 Costs:</b>	<b>Intensives</b>	<b>Group</b>
Single Session:	\$25	\$37
Extra Session/s:	\$19	\$32

*Note: Classes will be restricted in size so please do not hesitate to contact us at [holidays@jsss.com.au](mailto:holidays@jsss.com.au) or (03) 9890 5451.*



JOHN SUGDEN SWIM SCHOOL

# Spring Holiday Programs

*As part of the “Kids in Motion” series of activities, JSSS has two exciting Spring holiday programs available for our students.*

*Both programs will offer a variety of activities designed to advance and re-enforce our aims of developing children to thoroughly enjoy the skills of movement, body connection and ‘physical and mental’ resilience.*

## Week 2 - Earth Time

**Location:** Mont Albert North Scout Hall, 23-27 Boondara Rd, Mont Albert North VIC 3129

**Times/s**

Day 1	Mon 2nd Oct	10—12pm	*Free Open Day
Day 2	Tues 3rd Oct	10—12pm	
Day 3	Wed 4th Oct	10—12pm	
Day 4	Thurs 5th Oct	10—12pm	

We are excited to bring our knowledge of play and movement from the water to land. In conjunction with a couple of our experienced teachers we are proud to offer the following:

**Group Development:**

As we do in water, we will group children in “Clusters” where we continue our principles of “Kids in Motion”. Using specially directed activities, we will help them unlock their abilities through the processes of awareness, adaptation and experimentation thus achieving better overall flexibility, endurance and strength in a playful and supportive environment.

Every day will have a blend of activities such as Balance, Co-ordination and Reflexes and Energy with the last day combining all three. Suitable for smaller children as well as teens as session will accommodate size and capability of each child.

**Week 2 Costs:** \*Note Monday is free to try out.

Single Session: \$32

Two Sessions: \$57

Full Week: \$82

*Note: Classes will be restricted in size so please do not hesitate to register your interest at [holidays@jsss.com.au](mailto:holidays@jsss.com.au) or (03) 9890 5451.*