

Fun Filled After-School Programs with a Difference.

Physical Activity and Sports Program for primary school-aged children.

Does your child get 60 minutes of physical activity a day, meeting the National Recommendations for children aged 5-12 years?

Is your child seeking an alternative to competitive sport?

Do you want your child to develop healthy habits from a young age that contribute towards positive psychological and social wellbeing?

Register your child in a Stay Active program now!

Stay Active After-School Programs are delivered at various primary schools across South Australia during each school term.

These multi-skill programs guide children through a variety of non-sport specific games and activities that not only assist in the development of fundamental movement skills, but sharpen their loco-motor skills, increase their heart rate and teach them how to work in a team. Children from surrounding schools and suburbs are also welcome to register.

- Program Time:** 3.30 – 4.30pm
Age Groups: Reception-Year 7
Location: Find your school or nearest location at www.stayactive.com.au
Cost: \$15.00 per session (7 week program)

REGISTER ONLINE

