

MULTI-SPORT[®]

25th Year



**MULTI-SPORT LTD PROGRAMMES
HELD AT DBIS AUTUMN TERM 2008**

Celebrating 25 years in Hong Kong

APPLICATION FORM AUTUMN TERM 2008

Please post completed form with payment to:

Multi-Sport Ltd.

8th Floor, Yien Yieh Bank Western Bldg

32 - 36 Des Voeux Road West

Hong Kong

I have read and accept all the notes and conditions and wish to enrol my child(ren) in the following Multi-Sport's programmes held at DBIS Autumn Term (Sept - Dec) 2008

Name	*D.O.B DD/MM/YY	Programme	Day	Time	Fee
				TOTAL:	

*D.O.B = Date of Birth *Delete where necessary

Please let us know any medical conditions we ought to be aware of?

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.

Parent's Name: _____

Home Address: _____

Home No. _____ Work No. _____ Mobile: _____

Email: _____

Signature: _____ Date: _____



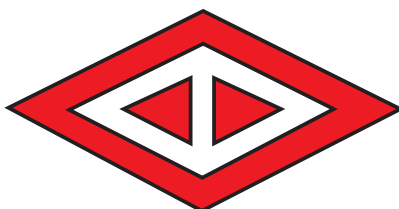
MULTI-SPORT SPORTS PROGRAMME IN DBIS

AUTUMN TERM 2008

Day	Activity	Time	Age	Cost
Monday Sept 22, 29 Oct 6, 13, 27 Nov 3, 10, 17, 24 Dec 1, 8, 15 12 sessions	Junior Sports Junior Sports Junior Sports Junior Sports	3:15 - 4:00 4:15 - 5:00 5:00 - 6:00 6:00 - 7:00	3 4 5 6 & 7	\$1800
Wednesday Sept 24 Oct 8, 15, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 11 sessions	Gymnastics Gymnastics Gymnastics Gymnastics Gymnastics	3:15 - 4:00 4:00 - 4:45 4:45 - 5:30 5:30 - 6:15 6:15 - 7:15	3 4 5 & 6 7 & 8 9 - 12	\$1660
Friday Sept 26 Oct 3, 10, 17, 31 Nov 7, 14, 21, 28 Dec 5, 12, 19 12 sessions	Junior Sports Basketball Basketball Gymnastics Gymnastics Advanced Gym	3:15 - 4:00 4:15 - 5:00 5:00 - 6:00 4:00 - 4:45 4:45 - 5:30 5:30 - 6:15	3 & 4 5 & 6 7+ 5 & 6 7 & 8 #	\$1800 \$1800 \$1800 \$1800
Saturday Sept 27 Oct 4, 11, 18 Nov 1, 8, 15, 22, 29 Dec 6, 13 11 sessions	Gym for Tots Junior Sports Junior Sports Soccer Soccer Soccer	9:00 - 9:45 10:00 - 10:45 11:00 - 12:00 9:00 - 9:45 9:45 - 10:45 11:00 - 12:00	*2 3 & 4 5 & 6 3 & 4 5 & 6 7	\$1660 \$1660 \$1660

* Parental assistance or a helper is required for this age group

Coach recommendation is required for this class



GYMNASTICS

Multi-Sport's Gym for Joy programme has been very popular in leading clubs and schools for the past twenty years. Young children benefit enormously in co-ordination, strength and flexibility, which becomes evident in a relatively short period of time. All the basic skills are covered with an emphasis on floor work, tumbling routines and vaulting. Gymnastics covers the core skills required for all sports and is an invaluable start to a child's education, with life lasting benefits. Children will have the opportunity to take their Gym for Joy® gymnastic awards. The scheme provides an excellent structured and systematic approach to gymnastics from the beginner to the advanced gymnast. Children derive satisfaction from working through the awards, while developing their bodies, minds and characters.

Day	Time	Age	Cost
Wednesday			
Sept 24	3:15 - 4:00	3	\$1660
Oct 8, 15, 29	4:00 - 4:45	4	
Nov 5, 12, 19, 26	4:45 - 5:30	5 & 6	
Dec 3, 10, 17	5:30 - 6:15	7 & 8	
11 sessions	6:15 - 7:15	9 - 12	

GYM FOR TOTS®

The course enables young children to learn a variety of skills such as balancing, climbing, jumping, running, throwing and catching. Infants learn to participate in a group and respond to commands while developing confidence and self-esteem. Our Gym for Tots® award scheme is designed specifically for the infant to develop fine and gross motor skills. These fun filled lessons are an invaluable start to any child's education.

Lessons take place in the well-equipped indoor gymnasium at DBIS. After each lesson, every child receives an award sticker to place in their Gym for Tots book. A parent or guardian is expected to be present and to give individual attention to their own child, who must be 2 years of age.

Day	Time	Age	Cost
Saturday			
Sept 27	9:00 - 9:45	2	\$1660
Oct 4, 11, 18			
Nov 1, 8, 15, 22, 29			
Dec 6, 13			
11 sessions			

DBIS SATURDAY MORNING FOOTBALL PROGRAMME

SOCCER 365

Players will receive coaching from professionals that will aim to develop the skills, ball sense and tactics needed to play a game. Soccer 365 will open up a number of skills to wannabe soccer stars, teaching the same skills as their hero's such as the shimmy step over, the drag scissors, or the double step over, used with great effect by Ronaldo!

With our soccer programme children will spend at least 80% of the lesson with quality ball time, learning the bread and butter of soccer - ball mastery, passing and receiving, shooting, dribbling and heading. Competitive games are an important aspect of football however winning is de-emphasised. Teams are kept small and changed frequently.

Day	Time	Age	Cost	Venue
Saturday				
Sept 27	9:00 - 9:45	3 & 4	\$1660	School Pitch
Oct 4, 11, 18	9:45 - 10:45	5 & 6		School Pitch
Nov 1, 8, 15, 22, 29	11:00 - 12:00	7+		Astroturf Pitch
Dec 6, 13				
11 sessions				

JUNIOR SPORTS PROGRAMME

In this Junior Sports programme children have the rare opportunity in Hong Kong to receive coaching in gymnastics, trampolining, athletics, minor games and ball games. Pre-school children receive 45 minutes of coaching covering gymnastic exercise for strength, co-ordination and agility as well as practicing skills and games, learning co-operation, running, jumping, throwing and catching. Pre-school children are prepared with the skills to excel in sports played at junior school and juniors are prepared to excel at sports played at secondary schools.

In athletics children are coached in all aspects of track and field such as starts, sprints, long jump and throwing events. During ball games, skills and modified games are practiced gradually introducing the rules and tactics, which apply to adult games such hockey, football, basketball and cricket. Floor work, tumbling, vaulting and trampolining are covered in gymnastics. Multi-Sport's Junior Sports programme develops a thorough grounding in Physical Education providing a positive platform on which to grow.

Lessons are packed with action designed to have your child dripping with excitement.

Day	Time	Age	Cost
Monday Sept 22, 29 Oct 6, 13, 27 Nov 3, 10, 17, 24 Dec 1, 8, 15 12 sessions	3:15 - 4:00 4:15 - 5:00 5:00 - 6:00 6:00 - 7:00	3 4 5 6 & 7	\$1800
Friday Sept 26 Oct 3, 10, 17, 31 Nov 7, 14, 21, 28 Dec 5, 12, 19 12 sessions	3:15 - 4:00	3 & 4	\$1800
Saturday Sept 27 Oct 4, 11, 18 Nov 1, 8, 15, 22, 29 Dec 6, 13 11 sessions	10:00 - 10:45 11:00 - 12:00	3 & 4 5 & 6	\$1610

BASKETBALL

Learning basketball is relatively easy as the game is centered around a few basic rules and skills which when mastered allow young players to focus on the tactics of the game and more importantly teamwork. For the player already familiar with the basics, basketball offers unlimited challenges and countless skills to develop them into highly effective players.

The course will focus on teaching the rules of the game, introducing and developing fun skills and drills while building children's confidence and fitness in a no pressure environment. The following will be covered:-

- Key aspects of good dribbling and ball control
- Crisp passing and confident receiving
- Shooting technique
- Positional play and responsibilities of each person
- Offensive concepts for attack and defensive tactics for getting the ball back
- Basketball terminology

Younger age groups benefit enormously from playing basketball, developing valuable ball skills and co-ordination while learning how to co-operate. Modified games will also be introduced to younger age groups to facilitate a better understanding of the skills required. Older groups will focus on advanced personal skills and team plays.

Basketball will be conducted by qualified and professional Physical Education teachers, who not only aim to coach the game in-depth, but also make the sessions fun and an enjoyable learning experience.

Day	Time	Age	Cost
Friday Sept 26 Oct 3, 10, 17, 31 Nov 7, 14, 21, 28 Dec 5, 12, 19 12 sessions	4:15 - 5:00 5:00 - 6:00	5 & 6 7+	\$1800

Notes and Conditions

1. Spaces are strictly limited in the course. Please apply early to avoid disappointment.
2. Places are only reserved when a signed application form is received with payment.
Please do not fax application forms.
3. Kindly make cheques payable to Multi-Sport Limited and write your child's name on the back of it and send to the address below.
4. Only unsuccessful applicants will be notified, otherwise simply turn up to your class as scheduled.
5. 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.
6. Courses are automatically cancelled during Red/Black rain warnings or the hoisting of the No. 8 Typhoon Signal or when course venues are closed due to inclement weather.
7. A credit letter shall only be issued for lessons cancelled by Multi-Sport due to unforeseeable circumstances.
8. Refunds, credit letters or make up lessons will not be given for non-attendance of lessons for any reason.
9. Uniform will be given out.
10. Please keep your children in the right age category.
11. Parents, guardians and younger siblings will not be allowed in the sports hall during lessons. Please watch outside in the spectator's area.
12. Although every precaution will be taken I accept that neither the School nor Multi-Sport Ltd. or their coaches, will accept responsibility for any accident or injury incurred.
13. For parent and infant "Gym for Tot" lessons, children must be aged between 24 months and 3 years. Parents are expected to participate and be responsible for the safety of their children.
14. Have fun, get fit and keep well!



Enriching Life Through Sport Since 1983



Multi-Sport Limited
8th Floor, Yien Yieh Bank Western Building
32 - 36 Des Voeux Road West, Hong Kong
Tel: 2540 1257 Fax: 2609 1779
www.multi-sport.com.hk