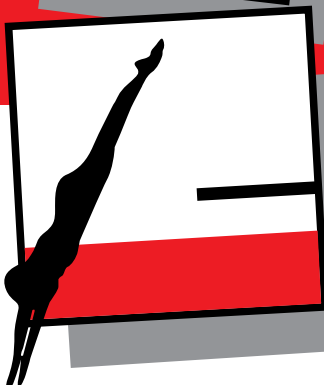
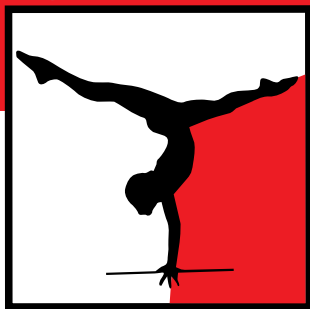
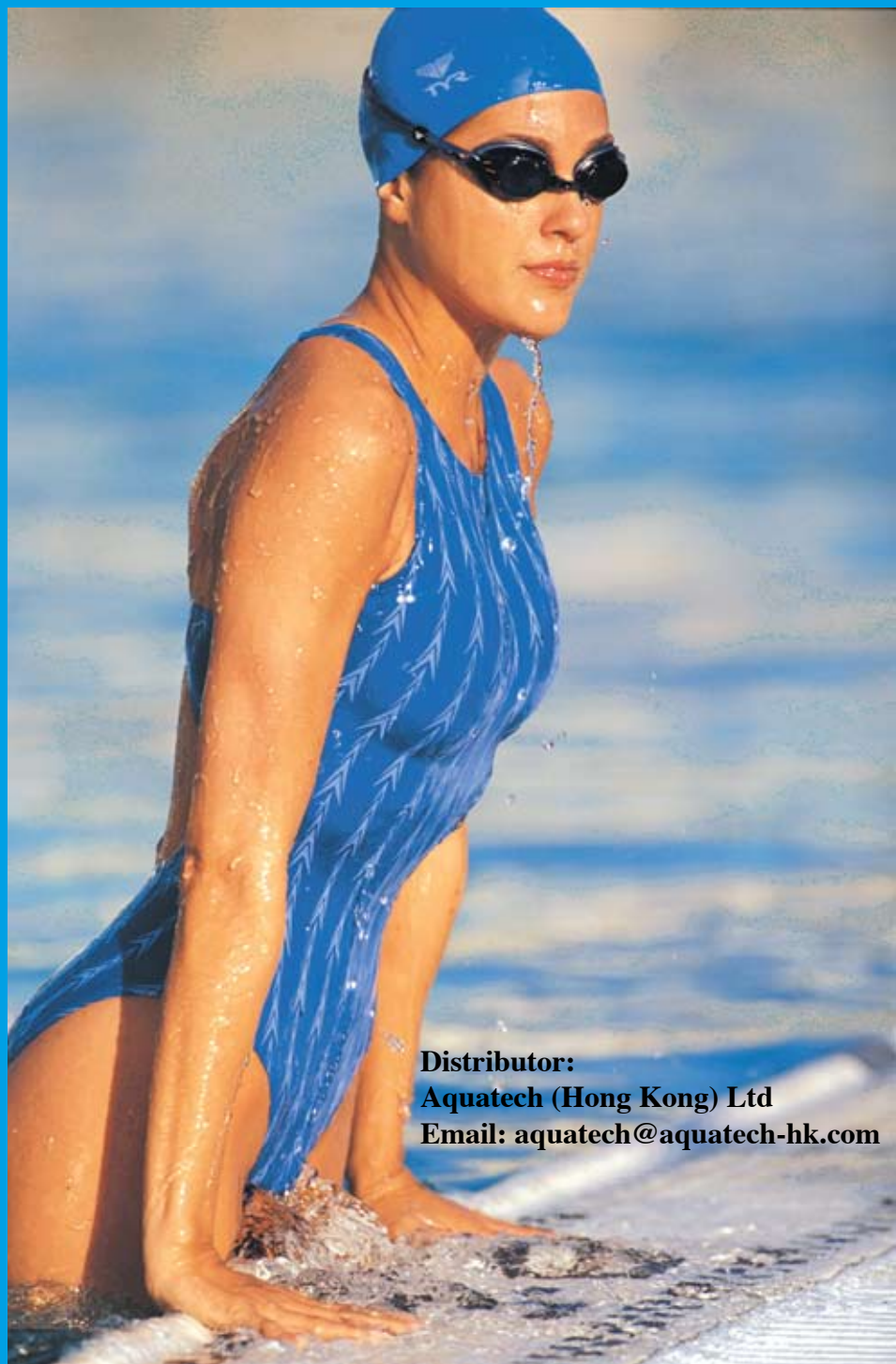


MULTI-SPORT[®]



**SPORTS PROGRAMMES
AUTUMN TERM 2010**



Distributor:
Aquatech (Hong Kong) Ltd
Email: aquatech@aquatech-hk.com

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Our Courses by Venue

French International School

34 Price Road, Jardine's Lookout, Hong Kong

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Island School

20 Borrett Road, Mid Levels, Hong Kong

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Stanley Ho Sports Centre

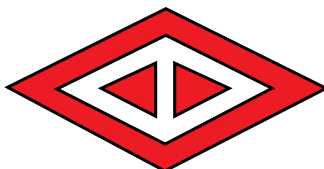
10 Sha Wan Drive, Pokfulam, Hong Kong

- Tag Rugby 13
- Soccer 14

Other Teaching Venue

- Hong Kong YWCA, Macdonnell Road
- Canadian International School
- Christian Alliance P C Lau Memorial International School
- Discovery Bay International School
- Hong Kong Cricket Club
- Kowloon Cricket Club
- Hong Kong Football Club
- Ladies Recreation Club
- American Club (Tai Tam)
- Pacific View Residents' Club

Please feel free to contact us regarding programmes at other venues, as enrolment is subject to certain conditions.



FRENCH INTERNATIONAL SCHOOL

SWIMMING

| Swimming | Wednesday Sept 8 – Dec 15 (no lesson on Oct 27) 14 sessions | Friday Sept 10 – Dec 17 (no lesson on Oct 1 & 29) 13 sessions | Saturday Sept 18 – Dec 18 (no lesson on Oct 16) 13 sessions |
|---|---|---|---|
| Parent & Babies (18 months – 3 yrs) The aim is to promote water happy babies. Parents or guardians must be in the water. | | | 2:15 – 2:45 3:15 – 3:45 \$2100 |
| Early Pre-School (3 – 5 yrs) Children are taught to submerge, float and swim. Parents or guardians must be in the water. | | 6:00 – 6:30 \$2100 | 10:30 – 11:00 1:45 – 2:15 3:15 – 3:45 \$2100 |
| Pre-School (3 – 5 yrs) Children who can swim. Parents or guardians must be in the water. | | 6:00 – 6:30 \$2100 | 10:30 – 11:00 3:15 – 3:45 \$2100 |
| Level 1 (5+ yrs) The aim is to teach children to start swimming correctly with confidence and style. Students must be water safe to join this class and confident in the water unaided. | 5:45 – 6:30 \$2250 | 5:45 – 6:30 \$2100 | 9:00 – 9:45 9:45 – 10:30 1:45 – 2:30 2:30 – 3:15 \$2100 |
| Level 2 Children who can swim one length on back and front and are ready for formal lessons. Lessons take place in the deep end. | 5:45 – 6:30 \$2250 | 5:45 – 6:30 \$2100 | 9:00 – 9:45 9:45 – 10:30 1:45 – 2:30 \$2100 |
| Level 3 Students must be able to swim at least 100 metres in freestyle, breaststroke and backstroke. The aim is to have children swimming gracefully and efficiently. Children, who progress well, are keen and make the qualifying times will be invited to join the Hong Kong Dolphins Swimming team. | 6:30 – 7:30 \$2250 | 6:30 – 7:30 \$2100 | 9:00 – 9:45 2:30 – 3:15 \$2100 |

NP- National Plan. We will be teaching and awarding the British Amateur Swimming Associations National Plan Scheme (NP). This scheme will encompass 3 important areas. 1. Swimming style and distance. 2. Water skills. 3. Personal water safety and survival. Entry standards will be the same as previous terms.



For further information on NP, please visit www.britishswimming.org



**** SWIMMING CAP MUST BE WORN DURING LESSONS ****

FRENCH INTERNATIONAL SCHOOL
SYNCHRONIZED SWIMMING

If you enjoy Swimming, dancing and gymnastics then Synchronized Swimming is the sport for you

This addictive sport not only combines swimming with dancing and gymnastics but also includes diving, lifts, stunts and creative movements.

Synchronized swimming teaches advanced water skills, and helps build great strength, endurance, flexibility, grace, artistry and precise timing, as well as exceptional breath control when upside down underwater.



| | |
|------------------------------|--|
| Synchronized Swimming | Saturday Sept 18 – Dec 18 (no lesson on Oct 16) 13 sessions |
| 7 - 13 yrs olds | 2:45 – 3:45 \$2230 |

Swimmers will be taught many new and unusual movements to produce fun and exciting routines to music.

Synchronized swimming is an exciting way of learning new techniques, enhance your swimming skills, make new friend and have fun.

Classes are open to swimmers aged 7 and upwards. Swimmers must be able; to swim at least 50m in freestyle, backstroke and breaststroke. We also recommend goggles and nose clips.

****SWIMMING CAP MUST BE WORN DURING LESSONS ****

FRENCH INTERNATIONAL SCHOOL

Gymnastics

| | |
|---|---|
| Gymnastics | Monday Sept 6 – Dec 13 (no lesson on Oct 25 & Nov 1) 13 sessions |
| Gymnastics (3 & 4 yrs) Through a series of fun and imaginative movements, balances, gym and yoga exercises children develop agility, flexibility, co-ordination, and gain confidence and self esteem. Gymnastic apparatus is introduced. This course is an invaluable start to school and all sporting activities. Parental assistance is required. | 5:45 – 6:30 \$2100 |
| Gymnastics (5 & 6 yrs) Good posture, body tension and flexibility are developed as children are introduced to floor work, the beam, vaulting and balances. Children continue to work through their Gym for Joy® awards. | 5:45 – 6:30 \$2100 |
| Gymnastics (3 & 4 yrs) A more disciplined approach to gymnastics is adopted. As more skills are acquired gymnastic routines are developed. The strength, co-ordination, flexibility and agility developed at this skill hungry age will have a lasting effect throughout life. There is a tremendous carry over of skill from gymnastics into other sports. | 6:30 – 7:30 \$2100 |
| Gymnastics (9 – 12 yrs) More complex floor routines, vaults and balances are taught. Conditioning work is increased. Children progress through the more advance levels of the Gym for Joy® Award Scheme. | 6:30 - 7:30 \$2100 |

*trampolining skills are integrated in these gymnastics programmes where necessary

LOCATION MAP FRENCH INTERNATIONAL SCHOOL – PRIMARY 34 PRICE ROAD, JARDINE'S LOOKOUT



FRENCH INTERNATIONAL SCHOOL
GYMNASTICS / TRAMPOLINING

| | |
|---|--|
| Gymnastics / Trampolining | Saturday Sept 18 – Dec 18 (no lesson on Oct 16) 13 sessions |
| Pre-School Gym/Tramp (3 & 4 yrs) Introduction to trampolining and gymnastics. Parental assistance is required. Children have the opportunity to work through their Gym for Joy® and Jump for Joy® Awards. | 9:00 – 9:45 9:45 – 10:30 2:00 – 2:45 \$2100 |
| Gym/Tramp (5 – 7 yrs) A combined course of gym & tramp. Children work through their Gym for Joy® and Jump for Joy® Awards. | 10:30 – 11:30 2:00 – 3:00 \$2100 |
| Gym/Tramp Improvers for (8 - 12 yrs) Children receive a higher level of coaching. | 11:30 – 12:30 \$2100 |
| Trampolining (5 – 6, 7+ yrs) After the basic moves are taught, trampolinists are endlessly challenged with progressively more difficult routines. Children will develop their bodies, minds and characters by working through their Jump for Joy badge award scheme and course syllabus. This course will also include areas of advanced gymnastics in order to enhance trampolining skills | 3:00 – 4:00 \$2360 |



FRENCH INTERNATIONAL SCHOOL

BASKETBALL

This course aims to produce confident and skilled young basketball players. The programme has been developed with knowledge of the most recent coaching techniques in the sport. Our teachers use this knowledge to ensure all drills, practices and games are age related and relevant. Lessons focus on developing individual skills such as dribbling, passing, lay ups and static shooting. We also ensure that our players get as much game time as possible, which in turn improves their teamwork and sportsmanship.

| |
|---|
| Wednesday Sept 8 – Dec 15 (no lesson on Oct 27) 14 sessions |
| 5:45 – 6:45 (7+ yrs) \$2110 |

MULTI-SPORT

In this programme children have the opportunity to receive coaching in gymnastics, athletics, minor games and ball games by qualified Physical Education teachers. Fast and exciting games are practiced for footwork and fitness as well as learning ball sense, co-ordination and cooperation. These fun classes are an invaluable start to any child's education.

| |
|---|
| Saturday Sept 18 – Dec 18 (no lesson on Oct 16) 13 sessions |
| 10:45 – 11:30 (3 & 4 yrs) \$2100 |
| 3:00 – 3:45 (3 & 4 yrs) \$2100 |



MULTI保SPORT®

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MINI-TENNIS

| | |
|---|---|
| Mini-Tennis (Indoor) | Saturday Sept 18 – Dec 18 (no lesson on Oct 16) 13 sessions |
| Mini - Tennis (3 & 4 yrs) Mini tennis is the perfect introduction for young players. We play our mini tennis on smaller courts with shorter rackets and softer/ low bounce balls. It's just like the real game and gives players opportunities to have longer rallies and play different types of shots with ease. To ensure all players get the most out of our lessons we spend a lot of time improving hand eye co-ordination, use a lower net than regular tennis and keep our classes small. | 10:00 – 10:45 \$2230 |
| Beginner Tennis (5 & 6 yrs) A beginner course to learn all the basics. Great emphasis is placed on having fun while learning. Maximum 8 students. | 11:30 – 12:30 \$2230 |



FRENCH INTERNATIONAL SCHOOL

SOCCER

In this programme Soccer will provide transportation from FIS, Price Road to the soccer pitch - Happy Valley and / or Stanley Sports Centre; subject to facility availability. Students will be given a full set of soccer kit (shirt, shorts & ball). Please write the name on the ball and bring it to lessons every week once received from us.

Children will be divided up into groups according to age and ability and be taught by our highly qualified soccer coaches. Age 5, ages 6&7, ages 8&9 and ages 10 – 12.

For safety reasons please inform us in advance (by phone or email) if your child cannot make a lesson.

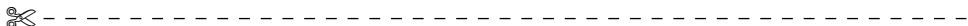
Dates / Venue: Sept 8, 15, 22, 29, Oct 6, 13, 20, Nov 3, 10, 17, 24, Dec 1, 8, 15 / TBA

Fee : \$2210 (14 sessions)

| CANCELLATION | TRANSPORTATION |
|---|---|
| If the soccer is cancelled due to bad weather or any other unforeseen circumstances, FIS will be notified at 9:30 AM & all children will be expected to go home either by school bus or be picked up by guardians by 12:45 PM. It is therefore essential that all guardians enrolling their children in this course must provide us with a contact number where we can reach them between 9:30 - 12:00 NN | A bus is available on Wednesday at 1:00 PM from French International School (Jardine's Lookout) for transfer to and from the venue. Children should meet in the playground. The bus returns back to the French International School (Blue Pool Road) between 3:15 - 3:30 PM |

All students are requested to bring their own SOCCER BALL, WATER BOTTLE and MUST WEAR SHIN PADS to the lessons for safety reasons. If shin pads are not worn, your child will not be able to participate in the match at the end of the lesson. Please bring waterproof jackets if necessary during wet weather.

Transportation arrangement form must be completed correctly and sent together with the application form, or your child will NOT be accepted in the course.



| VENUE/DATE | TO | | RETURN | | |
|---------------------------|--------------------|----------------|-------------------------------------|---|--|
| | by multi-sport bus | sent by parent | picked up by parent at soccer pitch | picked up by parent at FIS Blue Pool Rd | home by school bus from FIS Blue Pool Rd |
| Happy Valley Soccer Pitch | | | | | |
| Stanley Ho Sports Centre | | | | | |

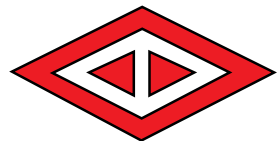
*Please indicate by tick

Child's Name : _____

Parent's Name : _____

Parent's Signature : _____

Date: _____



ISLAND SCHOOL **JUNIOR SPORTS**

In this programme children have the opportunity to receive coaching in gymnastics, athletics, minor games and ball games by qualified Physical Education teachers. Fast and exciting games are practiced for footwork and fitness as well as learning ball sense, co-ordination and cooperation. These fun classes are an invaluable start to any child's education.

Ages 5 – 12 are divided up into groups according to age. The programme is very active and a reasonable level of fitness is required.

| Saturday Sept 11 – Dec 18 (no lesson on Oct 16 & 23) 13 sessions | |
|--|-------------------------|
| Pre-School (3 & 4 yrs) | 9:30 – 10:15 \$2100 |
| 5 & 6 yrs | 10:30 – 11:30 \$2100 |
| 7 – 12 yrs | 11:30 – 12:30 \$2100 |



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ISLAND SCHOOL
INDOOR SOCCER

Indoor Soccer is a fast paced, exciting version of association Football. Played in an air conditioned sports hall this version is perfect for the heat and humidity of Hong Kong. The speed and excitement of the game makes it the perfect addition for existing players who wish to improve their skills, as well as providing a safe and fun environment for new players to learn and enjoy the game. The games are played with a soft ball that is kept under head height and the rules allow the ball to be played off the walls which makes this one of the most enjoyable forms of soccer.

Our program is tailored to focus on individual skills and drills for the first hour of the session, leaving the second hour for games, games and more games.

| | |
|--|--|
| Saturday Sept 11 – Dec 18 (no lesson on Oct 16 & 23) 13 sessions | |
| 5 & 6 yrs 7+ yrs | 2:00 – 4:00 (2hours) \$2330 |
| 3 & 4 yrs | 4:00 – 4:45 \$1800 |



STANLEY SPORTS CENTRE (HKU)

TAG RUGBY

Tag Rugby is a fun and exciting game that both boys and girls of all ages and ability can enjoy!

Tag Rugby is catching the world, by storm! This high speed game has proven to be a fun, exciting and an exceptional way of developing young players of rugby. The game itself is highly enjoyable for all ages and can be played anywhere. It is completely non-contact so it is the perfect way to develop players' skills such as running with the ball, passing and evasion.

The skills taught in this programme will not only create budding young rugby players but will increasing fitness, co-ordination, strength and teamwork.

Classes are open to all children aged 4 and upwards.

| | |
|-----------------|---|
| Tag Rugby | Tuesday Sept 7 – Dec 14 (no lesson on Oct 19) 14 sessions |
| 4 - 6 years old | 4:00 – 5:00 \$2250 |
| 7 - 9 years old | 5:00 – 6:00 \$2250 |



STANLEY HO SPORTS CENTRE (HKU)

SOCCER

Qualified Physical Education professionals design and deliver fun, age related practices and games to ensure every child gets most from our classes. Emphasis is placed on ball mastery and we ensure our players get maximum time with a ball at their feet.

Our continues to successfully use the English Football Association's Soccer Stars Awards to assess our budding young players. This comprehensive award system tests the following areas: - running with the ball, turning, dribbling, passing, shooting, heading the ball and individual skills. All tests are age related and delivered in a fun and professional manner. Our players are encouraged to practice and improve on their scores, giving them both extrinsic and intrinsic rewards.

Our coaches and teachers are very aware that matches are an important aspect of the game and organize both indoor and outdoor tournaments throughout the year.

| Age | Thursday Sept 9 – Dec 16 (no lesson on Sept 23 & Oct 21) 13 sessions |
|------------|--|
| 3 & 4 yrs | 3:00 – 3:45 \$1800 |
| 5 & 6 yrs | 4:00 – 5:00 \$1800 |
| 7 & 8 yrs | 5:00 – 6:00 \$1800 |
| 9 & 12 yrs | 5:00 – 6:00 \$1800 |



For further information please visit www.fa-soccerstar.com



Application Form Autumn Term 2010 (Sept – Dec 2010)

Parent’s Name: _____

Address: _____

Home No.: _____ Work No.: _____ Mobile No.: _____

Fax No.: _____ Email: _____

| Child’s Name | D.O.B. D/ M/ Y | Venue FIS/ IS/ SHO | Day | Time | Course | Fee |
|--------------|-------------------|-----------------------|-----|------|--------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | Total: | |

*D.O.B = Date of Birth

10% discount is offered to FIS students for programmes taken place at FIS premises & Wed Soccer.

Please provide us your child’s FIS class details: _____

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

I have read and accept all the notes and conditions and wish to enroll the above children in your sports programmes. 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 Signature: _____ Date: _____

**Please note. No confirmation will be sent out to successful applicants.

If you do not hear from us, simply turn up for the lesson.**

Please send your completed application form and payment to:

Multi-Sport Limited
8/F, Yien Yieh Bank Western Building,
32 - 36 Des Voeux Road West
Hong Kong
Tel: 2540 1257 Fax: 2609 1779
Email: admin@multi-sport.com.hk

Please make cheque payable to:
“Multi-Sport Limited”

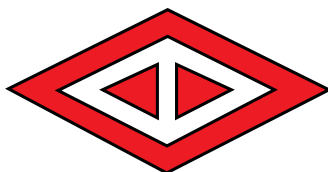
Faxed application form will not
be accepted.

NOTES AND CONDITIONS (Please read carefully)

1. Spaces are strictly limited in courses. Apply early to avoid disappointment. Places are reserved when a completed application form and payment is received by us. Kindly make cheques payable to Multi-Sport Ltd. and write your child's name on the back of it.
2. You will only be contacted if your application is NOT successful, otherwise simply turn up to your class as scheduled.
3. Under no circumstances will pre school children be allowed in a higher age category.
4. There will be no lessons on Public holidays. Please consult our brochure for other holi days, such as term breaks and keep your brochure as a reference.
5. 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.
6. A credit letter shall only be issued for lessons cancelled by Multi-Sport due to unforeseeable circumstances.
7. Refunds, credit letters or make up lessons will not be given for non-attendance of lessons for any reason.
8. Parents, guardians and younger siblings must please wait outside the gym or the teaching area during lessons unless requested by the coach or required by the course. No one is allowed to wander around the school or Club.
9. Uniform will be given out.
10. Please pick up your child immediately after lessons.
11. Have fun, get fit and keep well.



Enriching Life Through Sport Since 1983



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