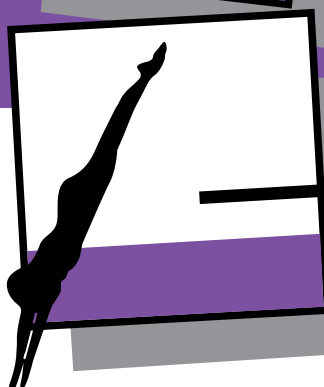
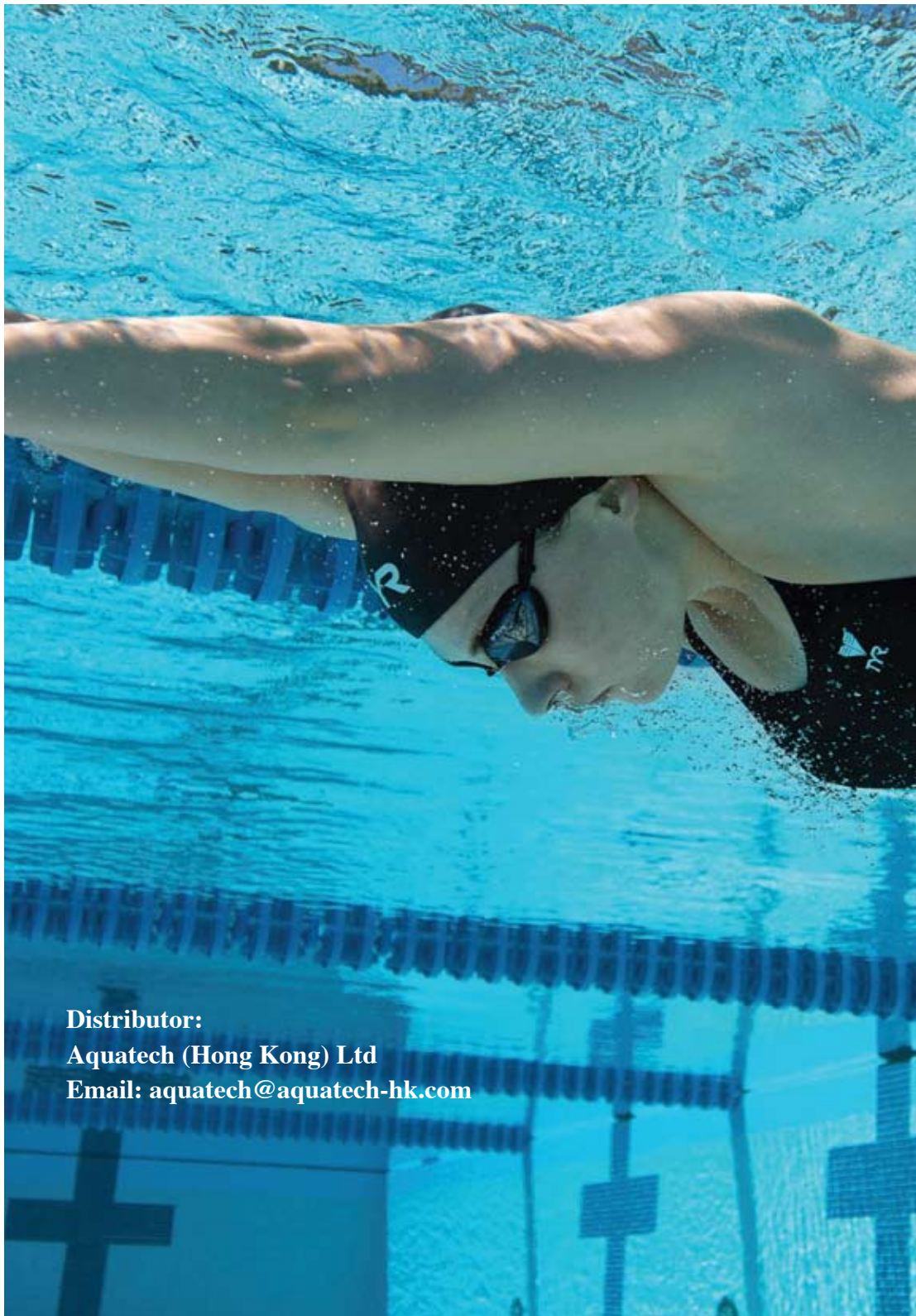


MULTI-SPORT[®]



**SPORTS PROGRAMMES
SPRING TERM 2012**



Distributor:
Aquatech (Hong Kong) Ltd
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French International School
34 Price Road, Jardine's Lookout, Hong Kong

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20 Borrett Road, Mid Levels, Hong Kong

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Other Teaching Venue

- Hong Kong YWCA, MacDonnell Road
- Christian Alliance P C Lau Memorial International School
- DiscoveryBayInternational School
- BMSE Center Discovery Bay
- Hong Kong Cricket Club
- Kowloon Cricket Club
- Hong Kong Football Club
- Ladies Recreation Club
- American Club (Tai Tam)
- Pacific View Residents' Club
- Hong Lok Yuen International School
- The Montessori School of Hong Kong

Please feel free to contact us regarding programmes at other venues.



FRENCH INTERNATIONAL SCHOOL

SWIMMING

| Swimming | Tuesday Jan 10 – Mar 27 no lesson on Jan 24 & Feb 28 10 sessions | Wednesday Jan 11 – Mar 28 no lesson on Jan 25 & Feb 29 10 sessions | Friday Jan 13 – Mar 30 no lesson on Jan 27 & Mar 2 10 sessions | Saturday Jan 7 – Mar 31 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 \$1650 | | 6:00 – 6:30 \$1650 | 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 \$1650 | | 6:00 – 6:30 \$1650 | 10:30 – 11:00 3:15 – 3:45 \$2100 |
| Level 1 (5+ yrs) - taught NP levels 1 - 4 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 \$1650 | 5:45 – 6:30 \$1650 | 5:45 – 6:30 \$1650 | 9:00 – 9:45 9:45 – 10:30 1:45 – 2:30 2:30 – 3:15 \$2100 |
| Level 2 - taught NP levels 5 - 7 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 6:30 – 7:15 \$1650 | 5:45 – 6:30 \$1650 | 5:45 – 6:30 \$1650 | 9:00 – 9:45 9:45 – 10:30 1:45 – 2:30 \$2100 |
| Level 3 – taught NP levels 8 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 \$1650 | 6:30 – 7:30 \$1650 | 6:30 – 7:30 \$1650 | 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 please visit www.britishswimming.org



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

****FOR THOSE WITHOUT A SWIM CAP WILL NOT BE ALLOWED IN THE POOL****

FRENCH INTERNATIONAL SCHOOL

GYMNASTICS

| Gymnastics | Monday Jan 9 – Mar 26 (no lesson on Jan 23 & Feb 27) 10 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 \$1650 |
| 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 \$1650 |
| Gymnastics (7 & 8 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 \$1650 |
| 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 \$1650 |

*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 Jan 7 – Mar 31 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 3:00 – 4:00 \$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 \$2490 |



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 Jan 11 – Mar 28 no lesson on Jan 25 & Feb 29 10 sessions |
| 5:45 – 6:45 (7+ yrs) \$1550 |

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 Jan 7 – Mar 31 13 sessions |
| 10:45 – 11:30 (3 & 4 yrs) \$2100 |



Enriching Life Through Sport Since 1983

FRENCH INTERNATIONAL SCHOOL
MINI-TENNIS

| | |
|---|--|
| Mini-Tennis (Indoor) | Saturday Jan 7 – Mar 31 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 3:00 – 3:45 \$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 (exclusive for FIS students only)

In this programme Soccer will provide transportation from FIS, Price Road & Cheung Man 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 : Jan 4, 11, 18, Feb 1, 8, 15, 22, Mar 7, 14, 21, 28

Fee : \$1900 original (11 sessions); after 10% discount is \$1710 (11 sessions)

| | |
|---|---|
| <p align="center">CANCELLATION</p> <p>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</p> | <p align="center">TRANSPORTATION</p> <p>A bus is available on Wednesday at 1:00 PM from French International School (Jardine's Lookout & Chai Wan) for transfer to and from the venue. Children should meet in the playground. The bus returns back to the FrenchInternationalSchool (Blue Pool Road) between 3:15 – 3:30 PM</p> |
|---|---|

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.



TRANSPORTATION ARRANGEMENT FORM

Please complete this form carefully if your child is joining the FIS soccer on Wednesday. Thank you.

| VENUE / DATE | TO | RETURN | | |
|---------------------------|--------------------|--------------------------------------|---------------------------------------|--|
| | by multi-sport bus | picked up by parents at soccer pitch | picked by parents at FIS Blue Pool Rd | home by school bus from FIS Blue Pool Rd |
| Happy Valley Soccer Pitch | | | | |

*Please indicate by tick

My child is at Price Road Campus or Cheung Man Road Campus

Please provide us a Mobile number for sending SMS purpose : _____

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 Jan 7– Mar 31 no lesson on Jan 28 12 sessions | |
|--|--|
| Pre-School (3 & 4 yrs) | 9:30 – 10:15 2:00 – 2:45 \$1950 |
| 5 & 6 yrs | 10:30 – 11:30 3:00 – 4:00 \$1950 |
| 7 – 12 yrs | 11:30 – 12:30 4:00 – 5:00 \$1950 |

Week 1 & 2 Ball skills:
Catching/Throwing/Bouncing/Kicking/Passing

Week 3 & 4 Striking skills:
Using Sticks/Bats/ Racquets

Week 5 & 6 Athletics Skills
Running / Jumping / Throwing

Week 7 & 8
Gymnastics

Week 9
Introduction to Soccer

Week 10
Introduction to Basketball/Netball

Week 11
Introduction to Hockey

Week 12
Introduction to Rugby- tag/touch.



Application Form Spring Term 2012 (Jan – Mar 2012)

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 | 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.

I understand no confirmation will be sent out to successful applicants. If I do not hear from Multi-Sport, my child will simply turn up for the lesson.

Parent's Signature: _____ Date: _____

Please send your completed application form and payment to:

Multi-Sport Limited
 8/F, Kingdom Power Commercial 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"

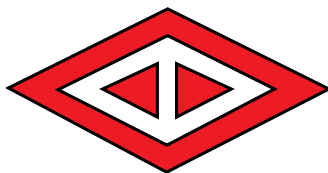
 Faxed application form will not
 be accepted.

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 holidays, 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 venue.
9. Swimming caps MUST be worn during swimming lesson. For those without a swim cap will not be allowed in the pool.
10. Uniform will be given out.
11. Please pick up your child immediately after lessons.
12. Have fun, get fit and keep well.



Enriching Life Through Sport Since 1983



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Email: admin@multi-sport.com.hk
Web: www.multi-sport.com.hk