



ACADEMY PROGRAMME

TERM 1



BOOK ONLINE NOW AT

 **KELLYSPORTS.CO.NZ**

Programme runs before school, for 45 minutes, once a week.

This term we will focus on the following:

- ✓ Physical wellbeing
- ✓ High Performance
- ✓ Goal setting
- ✓ Accountability
- ✓ Nutrition
- ✓ Athlete mindset

This programme is a unique opportunity for children to experience a high-performance environment! Learn about creating habits, goal setting, physical wellbeing and discover how top athletes become great. Performance based programme - Suitable for any ability level

Suitable for Year 5-6 students.

\$70 - 7 WEEK PROGRAMME

Willowbank Primary School - Monday, 7:40am - 8:30am

Shelly Park School - Tuesday, 7:40 am - 8:30 am

Wakaaranga Primary School - Wednesday, 7:40 am - 8:30 am

Sancta Maria Primary School - Thursday, 7:30 - 8:20 am

Clevedon Primary School - Friday, 7:40am - 8:30am

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