



**AISM**  
AUSTRALIAN  
INTERNATIONAL SCHOOL  
MALAYSIA

**AFTER SCHOOL ACTIVITIES  
PROGRAMME**

**SEMESTER 2, 2011**



## **Semester 2, 2011, After School Activities Cover Letter and List of Options**

Dear Parents/ Guardians,

Our After School Activities program for Semester Two, 2011 will be offered on every afternoon except Friday from 3.20pm - 4.20pm.

Semester Two After School Activities are optional for Years One, Two and Twelve. Year One students may select a maximum of one activity and Year Two students a maximum of two activities. Students in Year Three to Eleven are to attend a minimum of one After School Activity with no restrictions on the number of activities. Year Twelve students can choose to participate in any number of activities if they feel it can fit in with their studies.

Within this document is a list of all available After School Activities for Semester Two. This is NOT the selection form. The selection form will be available online in Week 8 of Term 2. All selections for Semester Two will be done electronically (Links to selection forms for each school can be found on the school website – please contact me if you experience any difficulty accessing this).

The list of After School Activities has been released before the selection form is available so parents and students can make more informed first choices. It is an expectation that there will be fewer changes made to students' After School Activity selections this time, so students should think carefully about choices before decisions are made.

Most of the After School Activities have no cost. A cost is charged for those activities where an outside coach/instructor has been brought in to run the program, the activity is off-site or there are costs for consumable items. Payment for the whole semester is expected to be paid up front to the school administration office for all applicable activities (Payment details will be published on invoices sent to students in the first week).

Malaysian Studies has now been incorporated into timetabled classes for all students concerned; therefore it is no longer part of the After School Activity program. Agama is a compulsory after school class for all Malaysian Muslims. Whilst Agama is a compulsory subject for those students, but not an After School Activity, it has been included on the schedule so that parents/students can make selections on other days.

There will be a Crèche offered on each of the After School Activity days for students in Prep to Year Two who travel by bus and have older siblings participating in the After School Activity program. If you would like your younger child to attend crèche please indicate this on the online selection form. Where you have a number of children participating in After School Activities, for ease of transport organisation you may like to consider placing your children into activities conducted on the same day. Students are not to remain at school after 3.30pm unless they are involved in an After School Activity or are in crèche.

All efforts will be made to ensure that students get their first choice, however some activities accommodate limited numbers. The class/homegroup teacher will receive a class list showing the allocation of activities for each student in the class.

It is important that your child makes an informed choice. Should students wish to change their After School Activity this will be possible in the second week of the After School Activity Semester Two program (if the activity they wish to join is not already full) but not beyond that time.

Should you have any other queries please do not hesitate to contact me at: asa@aism.edu.my

Yours Faithfully,

**Steven Warren**  
**2011 After School Activity Coordinator**

## ***AIMS After School Activities – Full List Semester 2, 2011***

This is a list of all After School Activities that are available to students for Semester 2, 2011. Use this list to make your decisions before filling in the selection sheet online (available in Week 8 of Term 2).

Before making a decision you should first check:

- a) The activity applies to the age level of the student making their choice.
- b) You are happy to pay any cost associated with that activity.
- c) There is not already a compulsory class on that day for you (These classes are highlighted with blue writing).

Remember, After School Activities are Semester based. Students who enrol should be prepared to stay with their chosen activity for its duration\*.

Any After School Activities with payments are expected to be settled by the second week of that activity (Week 3 of Term 3). Students who don't settle their bill on time may be asked not to attend the activity until payment is made.

***PRICES LISTED ARE SUBJECT TO MINOR CHANGE, DEPENDING ON HOLIDAYS AND OTHER INTERRUPTIONS TO THE SEMESTER TIMETABLE THAT EFFECT THE PROGRAM.***

\*Exception: The gym and field sports for Years 8 – 12 on Tuesday and Thursday will run on a Term-basis and students can elect to participate in both terms of sport, or select to do one term-sport (if they are selected).

## MONDAY

Crèche	Year Levels: Prep – 2	Teacher Aids	Cost: Free
Students in Year 2 and lower can go to Crèche while older siblings are participating in After School Activities on the same day.			
Soccer	Year Levels: 1 – 7	Mr Nasyarul	Cost: Free
Learn the basics to this exciting game! Aimed at junior/middle students who wish to improve their coordination and ball skills whilst learning the amazing game of soccer and having lots of fun!			
Dance	Year Levels: 1 – 12	External Provider	Cost: RM 600 (Semester)
In this After School Activity students will learn dance routines in jazz and hip hop styles. There may also be opportunities for school performances.			
Mad Science	Year Levels: 2 – 6	External Providers	Cost: RM 640 (Semester)
Full hands on scientific experiments conducted in one of the SCIENCE LABS! Every week you get to take something home! There will be 15 sessions on Monday over term's 3 and 4. This semester's fee includes a surcharge for 4 special sessions involving rocket science.			
Engineering	Year Levels: 2 – 7	CT Workshop	Cost: RM 640 (Semester)
Engineering workshops introduce kids to a variety of mechanical concepts. Children will explore and investigate topics such as gears, levers, pulleys, wheels & axles and structures & forces as they construct a variety of mechanisms using LEGO®. By the end of the workshops, children will have an understanding of these mechanical concepts and their real-life applications.			
Ragwork & Weaving	Year Levels: 3 – 8	External Provider	Cost: RM 324 (Semester)
Ragwork - Introducing this craft combined with stitching and appliqué as a contemporary craft. Students will make accessories for fashion and interiors. Weaving - Students will use traditional patterns weaved onto modern everyday home accessories. Each individual will start with easy to follow projects and patterns and eventually creating own designs with these craft skills.			
Video Game Design	Year Levels: 4 – 7	CT Workshop	Cost: RM 640 (Semester)
Don't just play them, learn how to create them! Gamemaker workshops teach the fundamentals of video game design through five different levels: Junior Midway, Senior Maze, Master Platform, Master Rescue and 3D Guru. Kids will work through interactive Adobe Flash tutorials developed by the Children's Technology Workshop. By the end of the workshops, students will have compiled a portfolio of their own (non-violent) games to take home.			
AISM Orchestra	Year Levels: 5 – 12	Mr McCormick	Cost: Free
This Activity is for Middle and Senior School students who play a String, Woodwind, Brass or Percussion instrument with a minimum standard of Grade 2 or the equivalent. This Ensemble will learn a diverse repertoire and perform at school and community events. Ideally, this is a developmental program and students are expected to remain in the ensemble for the entire year.			
Netball	Year Levels: 7 – 12	Mrs Wilkins & Ms Wilkins	Cost: Free
Teams are selected in the U-13, U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals and competitions with ISAC schools. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Agama	Year Levels: 9 – 12	External Provider	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be automatically enrolled.			
Beginner's Swimming	Year Levels: Open	External Providers	Cost: RM 450 (Semester)
Students will learn, practice and refine their survival and swimming skills. Certificates will be awarded according to their level of achievement. There will be 15 sessions on Monday over term's 3 and 4.			

## TUESDAY

Crèche	Year Levels: Prep – 2	Teacher Aids	Cost: Free
Students in Year 2 and lower can go to Crèche while older siblings are participating in After School Activities on the same day.			
Junior Cooking	Year Levels: 1 – 4	Mrs Goves	Cost: RM 60 (Semester)
Students will have the opportunity to be involved in basic cooking activities. Each week students will get the chance to follow different recipes. Children get to taste their recipes. Preference will first be given to those student who did not get to participate in this activity in Semester One.			
Drama Club	Year Levels: 1 – 4	Ms Wendy	Cost: Free
This ASA is designed to develop students' confidence in speaking and performance. There may be opportunities for public speaking during the Semester.			
Art & Craft	Year Levels: 2 – 6	External Provider	Cost: RM 425 (Semester)
Introduction to Mosaic Art, Clay, Krakelee Painting, glass Painting and Oil Painting.			
AISM Young Voices Choir	Year Levels: 3 – 4	Mrs Bal-Short	Cost: RM 40 (Semester)
Students involved in this After School Activity are selected by an audition process. Only students who have been selected will be eligible for this activity and will be automatically enrolled. As such, this activity will not appear on the After School Activity selection form. This is a developmental program and students are expected to remain in the ensemble for the entire year. The cost will cover the semester fee for an accompanist.			
Computer Skills	Year Levels: 3 – 8	Mrs Clark	Cost: Free
Students will investigate the more advanced features of Microsoft Office programs, practise touch typing skills, create Google documents as a group and create a Google website for a class assignment or just for fun!			
Ten Pin Bowling	Year Levels: 5 – 8	Mr Abu	Cost: RM 180 (Semester)
Tenpin Bowling is a fun alternative to staying at school for After School Activities. The cost includes 2 games and shoe hire and the transport to and from the venue at The Mines. As this is a public venue, the children are expected to behave accordingly as they are representing the school.			
Middle Production	Year Levels: 5 – 8	Mr Suffolk and Mrs Warren	Cost: Free
Students will be auditioning to take part in this year's Middle School production at the end of Term Two. Only students who have been selected will be eligible for this ASA. As such, this ASA will not appear on the selection form, and students who have been chosen will automatically be enrolled.			
Training Band	Year Levels: 5 – 8	Mr McCormick	Cost: Free
This After School Activity a continuation of Beginner Band and is for students in the Middle School who are learning a woodwind, brass or percussion instrument. Students are expected to remain in the ensemble for the entire year.			
Yoga	Year Levels: 5 – 12	Ms Miller	Cost: Free
This After School Activity includes: Physical postures for strength & flexibility in the body. Relaxation & breathing techniques to help create balance in the body. The overall focus is on general "well being".			
Robotics Workshop	Year Levels: 7 – 9	Mr Kennedy	Cost: RM 50 (Semester)
For beginning roboteers! Using PICAXE robots from the UK, you will learn to program them to do various tricks. They have flashing LED lights, can play tunes and can move around on their wheels. They can detect collisions, sense solid objects and follow a line. They also can be controlled by an Infra red remote. There are only 15 robots so get in quick!			

Rock Climbing	Year Levels: 7 – 12	Mrs Harrison	Cost: RM 540 (Semester)
Scale new heights! An exciting activity for students of all abilities. Challenge yourself and your flexibility. Qualified instructors. (Yes, we do use ropes!!)			
Volleyball [Term 3]	Year Levels: 8 – 12	Mr Pollock & Mr Agg	Cost: Free
Boys and Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Basketball [Term 4]	Year Levels: 8 – 12	Mr Unsworth & Mr Kilpatrick	Cost: Free
Boys and Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Soccer [Term 3]	Year Levels: 8 – 12	Mr Thorpe & Mr Nasyarul	Cost: Free
Boys and Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Boys Rugby [Term 4]	Year Levels: 5 – 12	Mr Coombes, Mr Martineau	Cost: Free
This activity continues from Term Three Rugby and would also welcome newcomers. Teams will be selected based on age and ability. Some teams will compete in the ISAC Competition.			
Girls Touch [Term 4]	Year Levels: 8 – 12	Mr Wilkins, Ms Wilkins	Cost: Free
Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Intermediate Swimming	Year Levels: Open	Ms Fearon	Cost: Free
This is available to competent swimmers who know their strokes, and wish to improve their style and speed. It is NOT a learn-to-swim program.			
Aikido	Year Levels: Open	External Provider	Cost: RM 315 (Semester)
Aikido, translated as "the way of harmonious spirit", is a Japanese martial art developed by Morihei Ueshiba. The goal is to create an art practitioners could use to defend themselves without injuring their attacker. There will be 18 sessions over term's 3 and 4.			



## WEDNESDAY

Crèche	Year Levels: Prep – 2	Teacher Aids	Cost: Free
Students in Year 2 and lower can go to Crèche while older siblings are participating in After School Activities on the same day.			
Junior Cooking (repeat)	Year Levels: 1 – 4	Mrs Pietsch	Cost: RM 60 (Semester)
Students will have the opportunity to be involved in basic cooking activities. Each week students will get the chance to follow different recipes. Children get to taste their recipes. THIS IS A REPEAT OF TUESDAY'S SESSION. Preference will first be given to those student who did not get to participate in this activity in Semester One.			
Sports Fun!	Year Levels: 1 – 7	Mr Pietsch, Mrs Wilkins, Mrs Hurditch	Cost: Free
Students will be participating in weekly rotations of fun modified games that will develop skills and teamwork strategies that can be used across a wide range of sports.			
Creative Design Projects	Year Levels: 2 – 4	Mrs Questel	Cost: RM 40 (Semester)
In the design course students would undertake a number of creative projects. They will design and make a small doll's house out of cardboard boxes and furnish it using recycled materials. They will design some fashion items to be modeled on paper dolls. They will design and make a decoupage jewellery box and produce some greeting cards. They will produce some house designs and mazes. If there is time, they will undertake a paper mache project. Students will need to bring in additional boxes and recycling materials for their projects where required.			
Starter String Group	Year Levels: 5 – 8	Mr McCormick	Cost: Free
Students involved in this After School Activity are selected by an audition process. Only students who have been selected will be eligible for this activity and will be automatically enrolled. As such, this activity will not appear on the After School Activity selection form. This is a developmental program and students are expected to remain in this group for the entire year.			
Swim Conditioning	Year Levels: 5 – 12	Ms Ward	Cost: Free
Students who wish to practice their different strokes can take this opportunity to use the pool. Some games will be set up, but the emphasis will be on students who want to complete their own program. A great opportunity to get the laps in before the swimming carnival!			
Senior Vocal Ensemble	Year Levels: 5 – 12	Mrs Bal-Short and Mr Suffolk	Cost: Free
This group is for students in the Middle and Senior School. The Vocal Ensemble will learn a diverse range of repertoire for performance at school and community events. Come along and join in the joy of singing. This is a developmental program and students are expected to remain in the ensemble for the entire year.			
Rugby (Boys) [Term 3]	Year Levels: 5 – 12	Mr Coombes, Mr Martineau & Mr Kilpatrick	Cost: Free
Students will continue to develop the skills required for this fast paced game. There may be opportunities to play competitions and/or friendlies with other schools during the term. Several teams will be selected based on age-group and ability and selections will be made for the AISM ISAC team for Term 4. All teams will continue to train and play in Term Four on Tuesday and Thursday.			
Agama	Year Levels: 6 – 8	External Provider	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be automatically enrolled.			

<b>Yearbook</b>	<b>Year Levels: 6 – 12</b>	<b>Ms Nicholson</b>	<b>Cost: Free</b>
Calling all writers, artists and designers!! The AISM Yearbook needs you! We will document the year's events in a creative and interesting in order to create a great Yearbook! Adobe Illustrator and Photoshop will be used, but knowledge of this software is not required.			
<b>United Nations</b>	<b>Year Levels: 7 – 12</b>	<b>Mr Broadbent</b>	<b>Cost: Free</b>
Model United Nations (or MUN) is a role play simulation of the real United Nations. Students take part in debates and write resolutions to solve the world's problems ranging from global warming to tackling terrorism. This After School Activity is open to students from Year 7 to 12, but it is strongly recommended for those with a keen interest in current affairs and a flare for public speaking.			
<b>Touch (Girls) [Term 3]</b>	<b>Year Levels: 8 – 12</b>	<b>Mr Wilkins &amp; Ms Wilkins</b>	<b>Cost: Free</b>
Students will continue to develop the skills required for this fast paced game. There may be opportunities to play competitions and/or friendlies with other schools during the term. Teams will be formed and will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. In Term 4, selected students will form the AISM ISAC team for Touch and will train on Tuesday and Thursday.			
<b>Senior Arts: Jewellery Making</b>	<b>Year Levels: 9 - 12</b>	<b>Mrs Goonting</b>	<b>Cost: Free</b>
Students will get the opportunity to design and make jewellery with silver wire, ceramics, plastic and a range of found materials.			
<b>Triathlon</b>	<b>Year Levels: Open</b>	<b>Mr Baynes and Mr Gallagher</b>	<b>Cost: Free</b>
This After School Activity is about preparing students of all ages to compete in triathlon, biathlon and running events. Students will train to compete in our own cross country events, our school triathlon, and have the opportunity to participate in events organized in the broader community. We will train at school across the different disciplines, students will learn about the sport of triathlon and we will run regular mini events.			
<b>Athletics Training [Term 4]</b>	<b>Year Levels: Open</b>	<b>TBA</b>	<b>Cost: Free</b>
Students will develop skills and train for upcoming Athletics carnivals and competitions early in 2012.			
<b>Taekwando</b>	<b>Year Levels: Open</b>	<b>External Provider</b>	<b>Cost: RM 320</b>
Learn the skills and discipline required to perform in this Martial Arts After School Activity. There will be 16 sessions over term's 3 and 4 for this activity.			



# THURSDAY

Crèche	Year Levels: Prep – 2	Teacher Aids	Cost: Free
Students in Year 2 and lower can go to Crèche while older siblings are participating in After School Activities on the same day.			
Junior Board Games	Year Levels: 1 – 4	Ms Ping	Cost: Free
Come and be challenged by some of the familiar games and learn to play new ones. An activity for the thinking student who'd like to extend his or her mental abilities in strategy, planning and astuteness.			
Junior Jewellery Making	Year Levels: 2 – 4	Mrs Mather	Cost: RM 50 (Semester)
Students will learn to make simple bracelets, earrings and necklaces using simple beading techniques.			
Mad Science (repeat)	Year Levels: 2 – 6	External Providers	Cost: RM 760 (Semester)
Full hands on scientific experiments conducted in one of the SCIENCE LABS! Every week you get to take something home! THIS IS A REPEAT OF MONDAY'S SESSION. There will be 18 sessions over term's 3 and 4. This semester's fee includes a surcharge for 4 special sessions involving rocket science.			
Agama	Year Levels: 3 – 5	External Provider	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be automatically enrolled.			
Photoshop Workshop	Year Levels: 5 – 8	Mr Ellis	Cost: Free
An introductory course to Adobe Photoshop for students in the Middle School looking to take their art to the next level.			
Murder under the Microscope	Year Levels: 5 – 8	Mrs Broadbent	Cost: RM 10 (Semester)
Come and join Detective Broadbent for some Environmental sleuthing. This is CSI KL with a difference! Students will work in teams to review and investigate evidence online to solve an "Environmental Murder" of an endangered species. Open to all middle school students who would like to see justice prevail!			
Batik Painting	Year Levels: 5 – 8	External Provider	Cost: RM 380 (Semester)
Batik Painting classes for beginner and intermediate levels.			
Middle School Study Group	Year Levels: 5 – 8	Mrs Booker and Middle School Teachers	Cost: Free
Students who need time to complete their studies can come to this After School Activity to both work independently in the library, or seek assistance with their homework/projects from the teacher who is there on the day. Some students may be requested to come to this group, but all are welcome to join. All students who attend must have work to complete at each session.			
Chess/Scrabble Club	Year Levels: 5 – 12	Mrs Lee	Cost: Free
Come and be challenged by these familiar games. An activity for the thinking student who'd like to extend his or her mental abilities in strategy, planning and astuteness. Focus will be on strategies used in Chess and improving Scrabble skills. Beginners are welcome, experts are more than welcome! There may be opportunities for competition later in the semester and investigating other stratagem games.			
Musical Theatre Dance	Year Levels: 7 – 9	Miss Toner	Cost: Free
Students will learn some basic dance techniques, before learning musical theatre/Broadway style dance routines.			

Scrapbooking	Year Levels: 7 – 12	Ms Gibson	Cost: RM 100 (Semester)
Learn about the art of Scrapbooking and develop skills and talents in creating artworks, keepsakes and gifts of favourite photographs, pictures, holidays and people. Have fun exploring your individual creativity. Discounted fees for this activity will be offered to returning students.			
Volleyball [Term 3]	Year Levels: 8 – 12	Mr Pollock & Mr Agg	Cost: Free
Boys and Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Basketball [Term 4]	Year Levels: 8 – 12	Mr Unsworth & Mr Kilpatrick	Cost: Free
Boys and Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Soccer [Term 3]	Year Levels: 8 – 12	Mr Thorpe & Mr Nasyarul	Cost: Free
Boys and Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Boys Rugby [Term 4]	Year Levels: 5 – 12	Mr Coombes, Mr Martineau	Cost: Free
This activity continues from Term Three Rugby and would also welcome newcomers. Teams will be selected based on age and ability. Some teams will compete in the ISAC Competition.			
Girls Touch [Term 4]	Year Levels: 8 – 12	Mr Wilkins, Ms Wilkins	Cost: Free
Girls teams are selected in the U-15 and Open age groups. These teams will train in preparation for upcoming invitational carnivals, friendlies and the ISAC competition. Only students who have been selected will be eligible for this activity and will be automatically enrolled.			
Karate	Year Levels: Open	External Provider	Cost: RM 180 (Semester)
Karate or karate-dō is a martial art, known primarily as a striking art, featuring punching, kicking, knee/ elbow strikes and open handed techniques. However, grappling, joint manipulations, locks, restraints/ traps, throws and vital point striking also appear in karate. There will be 18 sessions over term's 3 and 4 for this activity.			
Barracudas	Year Levels: Open	External Provider	Cost: TBA
Barracudas is the name of the school's swim team. Students that regularly train during morning sessions can elect to extend their training time on this afternoon. See Mr Wilkins for more information. This Activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.			



## ADDITIONAL ACTIVITIES

International Awards	Year Levels: 7 – 12	Mr Colbey, Mr Warren & Mrs Martineau	Cost: TBA
<p>The award offers young people aged between 14 and 25 the opportunity to develop themselves across a broad spectrum of life skills, encouraging responsibility, organisation and teamwork within its parameters. Students can attend one of the regularly scheduled meetings to get more information about the Award's requirements.</p> <p>This Activity will not be on the selection form. Students who are enrolled will be automatically placed on the list. Please see one of the supervising teachers for more information.</p>			
Barracudas	Year Levels: Open	External Provider	Cost: TBA
<p>Barracudas is the name of the school's swim team. Students train before school on different days of the week. See Mr Wilkins for more information.</p> <p>This Activity will not be on the selection form. Students who are enrolled will be automatically placed on the list.</p>			
Gym	Year Levels: 9 – 12	Mr Tyr-Egge and Mr Thorpe	Cost: Free
<p>AIMS has a fitness gym with many resistance and aerobic training stations. This facility is available for both staff and students. Mr. T and Mr. Thorpe will ensure the gym is monitored and provide programs and instruction as required by students (and staff) everyday from 7.00am to 8.30am.</p> <p>Why not consider improving your fitness by coming to school a little earlier and embarking on an exercise program? You will need at least 30 minutes plus time for a shower afterwards. Bring gym clothes and a towel.</p>			
Badminton	Year Levels: Open	External Provider and Mr Kasim	Cost: RM 480 (Semester)
<p>Badminton is one of the most popular sports in Malaysia. Badminton coaching for all levels is available on Saturday from 4.00pm to 6.00pm in the school gym.</p> <p>Whether you are a complete beginner or an advanced player, you can still join this sport. Bring your own racquets. Places are limited.</p> <p><i>There will be 16 sessions over term's 3 and 4 for this activity.</i></p>			
Track Running	Year Levels: 3 - 12	Mr Gallagher	Cost: Free
<p>Students will participate in a number of running drills and training to help improve fitness, speed and stamina. This activity is open for students aged 9 and above who have a good base level of fitness. Every Tuesday and Thursday morning from 7am till 8am. See Mr. Gallagher for more details.</p>			



