



YMCA Hiwinui Afterschool Care

**TERM
3**

Y - Kids Hiwinui has partnered with local providers and organisations to provide fantastic afterschool programmes to keep your kids active while learning some valuable skills! If you are an existing After School Care client and your kids attend on any of the below days they will automatically take part in the activity for that afternoon.



Register today! www.ycentral.nz / 0800 YMCA 4U / hiwinui.asc@ycentral.nz



MARTIAL ARTS

- Week 1 - Bully Proof, 27 July
- Week 2 - Self Defence, 3 Aug
- Week 3 - Black Belt Character, 10 Aug

WITH SENSEI SHANE WALLACEHOSKIN



NETBALL

- Week 1: Landing + Balance - 30 July
- Week 2: Ball Skills - 6 Aug
- Week 3: Pivoting - 13 Aug
- Week 4: Shooting - 20 Aug
- Week 5: Dodging + Change of Direction - 27 Aug
- Week 6: Defense - 1 Aug
- Week 7: Interceptions - 8 Aug
- Week 8: Passing into Space - 15 Aug
- Week 9: Defense of the shot - 22 Aug
- Week 10: Game Play - 29 Aug

WITH REBECCA FROM NETBALL MANAWATU

PROUDLY SUPPORTED BY



VOLLEYBALL

- Week 1 - Serving 29 July
- Week 2 - Passing/Digging 12 Aug
- Week 3 - Setting 26 Aug
- Week 4 - Spiking 9 Sept
- Week 5 - Games 23 Sept

WITH NATAYLA FROM VOLLEYBALL MANAWATU

PROUDLY SUPPORTED BY



BASKETBALL

- Week 1 - (dribbling) 5 Aug
- Week 2 - (passing) 19 Aug
- Week 3 - (shooting) 2 Sept
- Week 4 - (defence and rebounds) 16 Sept

WITH COLE FROM BASKETBALL MANAWATU U15 REP TEAM

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