



Ready steady go is a fun and educational way to learn the fundamentals of sport. We introduce children to 10 different sports: soccer, basketball, cricket, athletics, tennis, rugby, golf, Australian rules, tee ball and hockey. Our classes run for 45minutes and follow the following structure.

- Welcome
- Warm up
- Stretches
- Sport
- Gross motor activity
- Balance activity
- Eye/hand co-ordination activity
- Cool down
- Sportsmanship and goodbye

We encourage children as young as 2 to adopt healthy and safe sporting habits, hence why we **warm up and stretch** prior to every class. **Warm up and stretches** are done to help prevent sporting injuries and prepare the body for the physical activity it is about to participate in. In the younger age groups it is not the intensity of the **warm up and stretching** as much as it is encouraging a routine or habit of warming up and stretching prior to sport or physical activity.

The ready steady program has been designed with a focus on three fundamental skills that are required in many sporting activities: **gross motor movement patterns, balance and eye hand coordination.**

The gross motor activities focus on 4 key movement patterns **running, crawling, galloping and jumping.** These are all essential movement patterns to learn before advancing to activities such as hopping and skipping. This component of the program is often associated with music and we will focus on 1 movement pattern each term.

Balance is a fundamental component in most sports. We have designed age appropriate balance exercises which also incorporate the importance of posture and body awareness. Activities included bean bag balancing, heel toe walking along lines, and balance obstacle course again this component of the class may incorporate music.

Eye hand co-ordination is an important fundamental skill in many sports. Our program focuses on 4 main activities aimed at enhancing children's eye/hand co-ordination. The main activities are: **bean bag tossing (this is a precursor to the underarm throw), the over arm throw, ball bouncing and ball rolling or bowling.** These basic skills once achieved can be developed into more advanced skills and activities such as the over arm bowl or pitching.

Just as we encourage a warm up each class we also introduce children to the importance of a **cool down.** The **cool down** is also important in injury prevention and helps the body recover from the activity it has just been involved in. This is usually a fun game at the end of the class.

Sportsmanship is a key component of sport and too often forgotten. Encouraging children to respect each other from a young age aims to instill a level of good sportsmanship and respect that they will hopefully continue to develop not only on the sporting field but in everyday life.



SYDNEY LOCATIONS	
<p>MIRANDA (Sutherland Shire)</p> <p>Sportsworld Miranda 8/2-4 Kumulla Road Miranda</p>	<p>PEAKHURST (St George Area)</p> <p>Sportsworld Peakhurst 1/707 Forest Road Peakhurst</p>
<p>THORNLEIGH</p> <p>The Brick Pit 1a Dartford Road Thornleigh</p>	<p>CASTLE HILL</p> <p>Castle Hill Indoor Sports Centre 18 Anella Avenue Castle Hill</p>
<p>FIVE DOCK</p> <p>Five Dock Leisure Centre Cnr Queens Road & William Street Five Dock</p>	<p>ROCKDALE</p> <p>Salvation Army Sports Centre 432 West Botany Street Rockdale</p>
<p>CROWS NEST</p> <p>North Sydney Indoor Sports Centre (NSISC) Cnr Clarke & Oxley Streets Crows Nest</p>	<p>EASTERN SUBURBS DACEYVILLE</p> <p>Eastern suburbs PCYC 26a Bunnerong Road Daceyville NSW 2032</p>
<p>DEE WHY</p> <p>Cromer Community Centre 150 Fisher Road North (just south of Carawa Road) Cromer</p>	<p>MENAI</p> <p>Menai Indoor Sports Centre 98 Allison Crs Menai</p>
<p>CAMPBELLTOWN</p> <p>Campbelltown Sports Centre 1 Swaffham Rd Minto</p>	



Ready Steady Go
Term 3 2010 TIMETABLE Sydney
Monday 19th July - Saturday 25th September

Due to high demand we would advise that a position in a class cannot be guaranteed unless a booking with payment is received.

Previous enrolment does not secure future enrolment

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10 weeks \$179.00	10 weeks \$179.00	10 weeks \$179.00	10 weeks \$179.00	10 weeks \$179.00	10 weeks \$179.00
MIRANDA	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		
PEAKHURST		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years			9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	8.30-9.15 3-4 years 9.15-10.00 3-4 years 10.00-10.45 4-5 years 10.45-11.30 5-7 years
THORNLEIGH		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		
CASTLE HILL	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years 11.45-12.30 3-5 years		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	9.30-10.15 3-4 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	
FIVE DOCK	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years			
DEE WHY						9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years
ROCKDALE				9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		
CROWS NEST	9.45-10.30 2.5-3 years 10.30-11.15 3-4 years 11.15-12.00 4-5 years			9.45-10.30 2.5-3 years 10.30-11.15 3-4 years 11.15-12.00 4-5 years		
EASTERN SUBURBS			10.15-11.00 2.5-4 years 11.00-11.45 4-5 years			
MENAI		9.45-10.30 2.5-3 years 10.30-11.15 3-4 years 11.15-12.00 4-5 years				
CAMPBELLTOWN	9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years			

* = session to run if required



READY STEADY GO ENROLMENT FORM

Child's Name: _____ Child's date of birth: _____

Parent/Guardian's Name: _____

Address: _____

Telephone (Home): _____ Telephone (Mobile): _____

Email: _____

Does your child have any medical condition and/or history which may effect his/her participation in the Ready Steady Go program? **YES / NO.** If yes please indicate below:

How did you first hear about Ready Steady Go? Leader Melb/Syd/AdelaidesChild Playgroup newsletter Brochure from preschool Friend

(Please indicate 2 preferences)

First preference:

Location: _____ **Day:** _____ **Time:** _____ **Age group** _____

Second preference:

Location: _____ **Day:** _____ **Time:** _____ **Age group** _____

Term 1 **Term 2** **Term 3** **Term 4**

(A position in a class is not guaranteed until availability has been checked and confirmed by our head office and payment is received.)

PAYMENT OPTIONS

**This form becomes your tax invoice once payment is made ABN 40615060534
Cost per term (see timetable for cost per term includes GST)**

Cheque EFT CBA Cronulla BSB: 062 150 Account Number: 10245261 (ref CHILD'S NAME) Credit card

Card Number: _____ **Exp Date:** _____

Name on Card: _____

Signature of card holder: _____ **Amount:** _____

YES I would like a Ready Steady Go T-shirt \$17.50 (including postage) **T-shirt(Optional):** _____

Red Green Size 4 Size 6 Size 8 **Total amount:** _____

Disclaimer

In agreeing to attend Ready Steady Go Programs I:

- a. release and forever discharge Ready Steady Go from all claims that I may have or may have had arising from or in connection with my child and Ready Steady Go Programs; and
- b. Indemnify, will keep indemnified and hold harmless Ready Steady Go, to the extent permitted by law in respect of any claim as a result of or in connection with Ready Steady Go programs

I warrant that my child has not at any time suffered blackout, seizure, convulsion, fainting, dizzy spells or any other medical condition and is not presently receiving treatment for any illness, disorder or injury which would render it unsafe for my child to take part in Ready Steady Go Programs.

I have read and I consent for my child to participate in Ready Steady Go Programs and understand the risk involved and further agree to be bound by the codes of conduct, rules of Ready Steady Go.

I acknowledge Ready Steady Go uses its best endeavors to ensure that the equipment and sporting facilities are safe for the Goers and acknowledge that all sports are inherently dangerous. I have voluntarily read and accept the inherent associated risks.

"**Ready Steady Go**" means all directors personally and in their capacity as a director, partners of directors, agents, and any representatives of Ready Steady Go.

"**Ready Steady Go Programs**" include all programs and activities that you or your child participates in during our courses and classes. This includes but is not limited to any organized sport, training, facilities and activities provided by Ready Steady Go

PARENT/GUARDIAN'S SIGNATURE.....DATE.....

Further enquires Ph: 1300 766 892 Fax: 08 8431 7773

Please return this form to Ready Steady Go: PO Box 1722 Burnside SA 5066

www.readysteadygo.net.au



SYDNEY TERM 3 2010
Monday 19th July - Saturday 25th September

Miranda Thornleigh Crows Nest Eastern Suburbs Menai	Dee Why Peakhurst Castle Hill Five Dock Rockdale Campbelltown
Soccer Golf Basketball Athletics Cricket	Soccer Hockey Tee Ball Rugby/AFL Tennis

CANCELLATION POLICY

To enable our programme to remain viable we need to have guidelines on refunds. This is because court hire and the number of classes we run need to be arranged for an entire term. Therefore, no refunds are available.

MAKE UP CLASS POLICY

If your child is unable to attend a class, make up classes may be available if we have had prior warning of non attendance. Make up classes do not carry over to the next term. We cannot guarantee there will be availability in all classes for a make up class. No credits are available for missed classes.

FEE PAYMENTS

We only take bookings for an entire term and our fees are structured this way. Unfortunately we cannot take casual bookings or pro-rata weeks you may be away. Please refer to our make up class policy for missed classes. All fees must be paid prior to commencing the term. If you have difficulty paying the fees please discuss this with RSG administration as payment plans can be arranged in special circumstances



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If your child is unable to attend a class, make up classes may be available if we have had prior warning of non attendance. Make up classes do not carry over to the next term.

We cannot guarantee there will be availability in all classes for a make up class. As we do allow make up classes no credits will be given for missed classes.

FEE PAYMENTS

We only take bookings for an entire term and our fees are structured this way. Unfortunately we cannot take casual bookings or pro-rata weeks you may be away. Please refer to our make up class policy for missed classes. All fees must be paid for prior to the commencement of the term. If you have difficulty paying the fees please discuss this with RSG administration as payment plans can be arranged in special circumstances.