



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 45 minutes 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.



MELBOURNE TERM 3 2010
Monday 12th July - Saturday 18th September

<p align="center">Narre Warren Donvale Sandringham Heidelberg Werribee Kilsyth Malvern East Caroline Springs Hawthorn Essendon</p>	<p align="center">Templestowe Ashburton Mornington Wantirna Altona Meadows Kensington Port Melbourne Brighton Pakenham</p>
<p align="center">Soccer Hockey Tee Ball Rugby/AFL Tennis</p>	<p align="center">Soccer Golf Basketball Athletics Cricket</p>

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 for 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



MELBOURNE LOCATIONS	
ALTONA Westgate Sport and Leisure Centre Crn Grieve Parade and Dohertys Rd Altona North (Mel Ref. P.54 G1)	ASCOT VALE/KENSINGTON YMCA Kensington Community and Recreation Centre Crn Kensington and Altona Roads Kensington (Mel ref. P.42.J3)
ASHBURTON Ashburton Pool and Recreation Centre YMCA 8 Warner Avenue Ashburton (Mel Ref. P.60 E10)	BRIGHTON St Peters Church Hall Were St Brighton Beach (Mel Ref. P. 76 E2) (Just behind the Church)
CAROLINE SPRINGS Caroline Springs Leisure Centre 9-19 The Parade Caroline Springs (Mel Ref. P. 356 G10)	DONVALE Manningham Disc 360 Springvale Road Donvale (Mel Ref. P.48 F4)
ESSENDON St Johns Church Hall Cnr Mount Alexander Road & Buckley St, Essendon 3040 Mel Ref. P.28 G4	EAST MALVERN Phoenix Park 1 Robb Roy Street East Malvern (Mel Ref. P.69 D2)
HAWTHORN Hawthorn Aquatic Centre Linda Crs Hawthorn	HEIDELBERG Olympic Leisure Centre 15 Alamein Road Heidleberg West 3081
KILSYTH Kilsyth Memorial Hall Mount Dandenong Road Kilsyth (Mel Ref P. 51 F5)	MORNINGTON Mornington Indoor Sports Centre Milgate Drive Mornington (Mel Ref. P.145 K3)
NARRE WARREN Narre Warren Scout Hall Fountain drive Narre Warren (Max Pawsey Reserve) (Mel Ref.P. 110 C3)	PAKENHAM Cardinia Recreation Centre 4 Olympic Way Pakenham (Mel Ref. P. 215 J4)
PORT MELBOURNE Fishermans Bend Community Centre Cnr Dunstan Pde and Centre Ave Garden City (Mel Ref. P. 56 H2)	SANDRINGHAM Kings Club Basketball Stadium 150 Tulip Street Sandringham (Mel Ref. P.86 D1) (Basketball Stadium next to Klim Swim School)
TEMPLESTOWE Templestowe Heights Primary School High Street Lower Templestowe (Mel Ref. P.33 C7) (Gymnasium at the School)	WANTIRNA Knox Indoor Sports Centre 108 Lewis Road Wantirna South (Mel Ref. P.64 B11)
WERIBEE Werribee Sports & Fitness Centre YMCA 35 Ballan Road Werribee (Mel Ref. P. 205 F8)	



Term 3 2010 Timetable Melbourne

Monday 12th July - Saturday 18th 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 (8 weeks \$143.20 Sandringham Court unavailable Wed 18th Aug & Wed 8th Sept)	10 weeks \$179.00	10 weeks \$179.00 (9 weeks \$161.10 Pakenham Court unavailable Fri 13th Aug)	10 weeks \$179.00
SANDRINGHAM	9.30-10.15 3-4 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 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	
MALVERN EAST		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	
ASHBURTON	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 11.45 - 12.30 3-5 years	9.30-10.15 3-4 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	
DONVALE		9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		9.15 -10.00 2.5-4 years 10.00 - 10.45 4-5 years		
NARRE WARREN		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		8.30-9.15 3-5 years 9.15-10.00 2.5-3 years 10.00-10.45 3-4 years 10.45-11.30 4-5 years 11.30 - 12.15 5-7 years*
MORNINGTON		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		9.00-9.45 2.5-3 years 9.45-10.30 3-4 years 10.30-11.15 4-5 years
TEMPLESTOWE						8.45-9.30 3-4 years 9.30-10.15 3-4 years 10.15-11.00 4-5 years 11.00-11.45 5-7 years
WANTIRNA	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
WERRIBEE		9.30-10.15 2.5-3 years* 10.15-11.00 3-4 years 11.00-11.45 4-5 years				
ALTONA			9.30 - 10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years			
KENSINGTON		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	
KILSYTH		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	
PORT MELB					9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years	8.45-9.30 2.5-3 years 9.30-10.15 3-4 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years 11.45-12.30 3-5 years
CAROLINE SPRINGS	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 11.45-12.30 3-5 years		
PAKENHAM					9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years*	
BRIGHTON		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
HEIDLEBERG	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		8.45-9.30 2.5-4 years 9.30-10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years
HAWTHORN			9.30 - 10.15 2.5-3 years 10.15-11.00 3-4 years 11.00-11.45 4-5 years		10.30-11.15 2.5-3 years 11.15-12.00 3-5 years	
ESSENDON	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	

* = 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

(Visa/MasterCard only)

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



CODES OF BEHAVIOUR AND RULES OF READY STEADY GO

CODES OF BEHAVIOUR FOR CHILDREN

- Play by the rules.
- Co-operate and listen to your instructor.
- Respect your team mates and others in the class.
- Have fun and try your best.
- It's not a competition, we participate to learn and have fun.
- Participate for your enjoyment, not just to please others.
- Respect each other regardless of ability, gender, cultural background or religion.
- Be a good sport. Applaud great efforts made by all.

CODES OF BEHAVIOUR FOR PARENTS

- Remember your child participates for their enjoyment in the program not yours.
- Encourage your child to participate but don't force them to.
- Focus on their efforts not their ability.
- Encourage them to play and abide by the rules of ready steady go.
- Support all efforts to remove verbal, physical abuse and swearing from sporting activities.
- Respect all instructors' decisions and teach your children to do the same.
- Never ridicule or yell at your child for making mistakes
- Appreciate good performance by all participants.
- Respect all rights, dignity and worth of all children regardless of their gender, ability, cultural background or religion.

RULES FOR READY STEADY GO

1. All parents must be present for the duration of the class.
2. No rough play with each other. Any child seen being rough will be asked to leave the court.
3. Any child or parent displaying verbal or physical abuse during the class will asked to leave the class.
4. Listen to instructors and respect their instructions
5. When whistle blows stop what you are doing.
6. No jumping into nets.
7. No damaging equipment.
8. No food or drinks to be taken onto the playing surface.
9. Wear appropriate sports wear for classes i.e. track pants or shorts, t shirts and runners or enclosed shoes.
10. Bring your ready steady go drink bottle with water to each class.
11. Have lots of fun!!!!