



Kids VOLLEYBALL

 **EVERY TUESDAY**

 **4 PM - 6 PM**

 **10 - 14 YEARS OLD**

 **EVENT CENTRE**

 **TRAINING + GAMES WITH COACH**

 **\$ 100**

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TERM 4
23.09 - 25.11



Kids Volleyball Term 4 2025

We are happy to invite kids to our Kids Volley training sessions!

A combination of skill development exercises and games allows kids to get their first feel for the sport.

The main goal is to provide a safe and fun environment for kids to be active and discover the sport of volleyball.

Volleyball is a great sport that benefits the heart, muscles, coordination, mental health, and flexibility. It's a team-building activity that fosters trust, respect, and support. Playing volleyball boosts mood and reduces stress levels.

Training sessions are open to all children aged 10 - 14, whether they are eager to experience volleyball for the first time or have played before.

Details

- **Venue:** Event Centre
- **Dates:** 23.09 - 25.11 every Tuesday
- **Time:** 4-6pm
- **Cost:** \$100 for all period

To join training sessions for Term 4 please fill in the registration form and make a \$100 bank transfer.

<https://forms.gle/8KZKmc2csJzT5cwa9>

Bank account: **12-3234-0126291-00**

Account Name: **CENTRAL LAKES VOLLEYBALL INC**

Particulars: **QTKids**

Code: **Parent Surname**

Reference: **Child Name**

Important: use Code and Reference as in example, to avoid your payment being lost.

***What is volleyball?**

Here are a few videos that provide an idea about the kids volleyball game.

<https://www.youtube.com/watch?v=jxhuopeNAHE>

https://www.youtube.com/watch?v=Yu4xC_WqZHQ