

## **Appendix D: Sports Clinic**

The Kidz Academy Sports Arena will play host to two exciting new sport – Kangoo Jump and Flybar! Simply book your child a space at the trial clinic. Remember to bring your own sport socks!

Besides the lesson times below, the Sports Arena will be open for rental of Kangoo Jump and Flybar gear for your entertainment! Rental fees will be at \$2 for 10 minutes.

### **1) Fun with Kangoo Jumps**

Have lots of bouncing fun on Kangoo Jumps - the world's lowest impact shoes with built-in "mini-trampolines". They are so much fun, easy and safe, that you will be bouncing back for more! The Kangoo Jump is conducted by Spring Gear instructors.

#### ***Kangoo Jump Lessons:***

Age: Above 6 years

Max Class Size: 30 pax

\*IMPORTANT: Each participant must bring their own sports socks!

#### ***Lesson Timings:***

<b>Saturday, 20 March</b>	<b>Sunday, 21 March</b>
02:00 – 02:40 PM	11:00 – 11:40 AM
04:00 – 04:40 PM	01:00 – 01:40 PM
06:00 – 06:40 PM	03:00 – 03:40 PM
	05:00 – 05:40 PM
	07:00 – 07:40 PM

### **2) Introduction to Flybar**

Flybar is the modern-age pogo sticks that will work muscles on your entire body to train your balance, coordination and dexterity. With the unique teaching methods used by Spring Gear instructors, you will be able to pick up the sport easily!

#### ***Flybar Lessons:***

Age: Above 6 years

Max Class Size: 30 pax

\*IMPORTANT: Each participant must bring their own sports socks!

#### ***Lesson Timings:***

<b>Saturday, 20 March</b>	<b>Sunday, 21 March</b>
02:40 – 03:40 PM	11:40 – 12:20 PM
04:40 – 05:20 PM	01:40 – 02:20 PM
06:40 – 07:20 PM	03:40 – 04:20 PM
	05:40 – 06:20 PM
	07:40 – 08:20 PM