

SPORT	DESCRIPTION	COST PER WEEK
Aboriginal Dance	<b>At Toormina High-</b> (Girls only) Do not have to be Aboriginal. Available for those interested in aboriginal culture and dance.	FREE
Beach Games	<b>Bus to/from Beach (various)</b> – Variety of games on the sand e.g. Cricket, Touch, Soccer, Ultimate Frisbee, Walks etc. <u>NO water sports</u>	\$4
Field Games	<b>Walk to/from Toormina Oval-</b> Participate in a variety of games e.g. Touch, Soccer, Rounders.	FREE
Fishing	Bus to/from Beach (various)- Fishing Activity. Must provide own 2 items of equipment each week: Rod or handline and Bait or Tackle	\$4 for Bus
Gym Activities	<b>Walk to/from Coffs Coast Health Club-</b> The use of cardio equipment and weights.	\$5
Ice Skating	<b>Bus to/from The Big Banana-</b> Skates hired at venue each week. Beginners welcome- Training frames available (no extra charge). Students may wear long pants for protection.	\$4 for Bus \$6 for Activity
Indoor Games	<b>Bus to/from Indoor Cricket Centre</b> – Students participate in a range of indoor games.	\$4 for Bus \$4 for activity
Kegal	<b>Bus to/from Kegal (9 pin bowling)</b> – Rotate through match games with your team, against other teams from our school group.	\$4 for Bus \$4.50 for activity
Learn to Surf	<b>Bus to/from Beach-</b> (Year 7 & 8 Girls only) Students will be taught how to surf or Stand Up Paddleboard by instructors. Board and rash vests provided. <b>Initial/One off cost of \$75 required by the end of week 1 or student will be withdrawn.</b>	\$4 for Bus \$75 (to front office)
Superstar Sports	<b>Walk to/from Coffs Coast Health Club</b> – Students participate in a variety of Gymnastics and Trampolining Activities under the leadership of qualified coaches.	\$5 for activity
Surfing	<b>Bus to/(Various)</b> – <b>Must provide own Surfboard/Body Board, Swimmers and Rash Shirt.</b> Flippers are optional. For safety reasons, students <b>MUST have completed and passed the THS Surf Survival Course prior to entry</b> into Surfing Group.	\$4 for Bus
Surf Survival	<b>Bus to and from Beach (Various)</b> – Students undertake training in Ocean Safety, Survival/Management techniques under the instruction of Senior Lifeguards. <b>Initial/One Off Course Registration Fee of \$14.50 required by the end of week 2 or student will be withdrawn. Must provide own sun protection.</b>	\$14.50 (to front office) \$4 for Bus each week.
Tennis	<b>Bus to/from Sawtell Tennis Club</b> – Students participate in group Coaching and Activities under instruction from Qualified ATA Coaches. <b>Own Tennis Racquet required.</b>	\$4 for Bus \$5 for activity
Walking	<b>Bus to/from Venue (Various)</b> – Students participate in a variety of walks around the Coffs Harbour/Boambee/Sawtell and Toormina Areas. <b>If there is no Bus available due to low numbers, this Group will still operate, but students will be required to Walk from/back to School NO Charge.</b>	\$4 for Bus
Zumba	<b>Walk to/from Coffs Coast Health Club-</b> participate in Zumba (aerobic dance) under the leadership of a qualified Fitness Instructor	\$5