



Region X After School Program

Term 1 and 4,

Little Kids - Monday afternoons from 3:30pm to till 5pm

Big Kids - Wednesday afternoon 330pm - 5pm

The Region X After School Program is a mentor led development program to build coordination, resilience and communication. Your kids will work both independently and within a team to improve decision making, lateral thinking and social skills. Our aim is to teach kids about the local marine environment, learn water skills for life, improve self-esteem whilst just having fun. Your child will gain extensive knowledge about rips, tides and wind and the effects on the environment.

We use kayaks as our vehicles to explore and develop our skills and confidence.

What to wear: Clothes suitable for water sports, long sleeve UV rash top, short wetsuits. Your clothing will get wet. A short long wetsuit is a good investment for this program!

What to bring: Sun cream, drinking water, sun hats, dry change of clothes for afterwards

Week	Program
1	Intro to paddling, challenges and sandbar walk
2	Intro to paddling, Environmental Mangrove paddle
3	Paddle games, relays and team challenges
4	Intro to rescue, capsize, buddy rescue and scenario-based rescue
5	Paddle games, relays and team challenges
6	Self-rescue, swimmer rescue, towing and challenges
7	Paddle games, relays and environmental walk
8	Paddle launching and landing in small waves

This 8-week program will enable students to develop their confidence in and around the water.

We are always happy to chat about your child's needs.



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