

Actionball

ACTIONBALL
is a movement
development program
aimed at improving
muscle tone and
physical development

- Standing
- Jumping
- Hopping
- Running & walking are most important for muscle development

In the lesson we work on:

- Gross Motor Skills
- Body Image
- Spatial Orientation
- Balance
- Posture
- Self Confidence
- Social Skills
- Muscle Toning



- From ages 2 ? 10years
- 30 minutes lessons
- Once a week at your school
- Progress reports
- Medals and certificates for participation



Authorised Licensee
Desiree Jacobs
083 230 0246
*been teaching at Kitty3 for
more than 10 years*

www.actionballsa.co.za



PLEASE FILL IN THIS IMPORTANT INFORMATION
AND SEND IT BACK TO THE SCHOOL!

Child's Name : _____
Surname : _____
Date of Birth : _____
Language : _____
School : _____
Name of Parent : _____
Tel : _____
E-Mail : _____



Desiree Jacobs
083 230 0246



COST

R310 per term

I hereby agree that my child may join Actionball and that I shall not hold Actionball or the instructors liable for any unforeseen accidents that may befall my child during the weekly classes, if my child is handled with care and not exposed to dangerous activities. I also agree to give one month's written notice if I withdraw my child from the Actionball classes.

Signature: _____

Date: _____

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Fees for 2014

- R310 per term
- Fees payable by the first lesson of each term
- Cash or electronic payments accepted. Regret no cheques.

Banking details

- ABSA Bank
- PDF Investment Holdings
- A/C # 4051888768
- Branch Code 632005
- Please reference payment with your child's name and school