

MACARTHUR DISTRICT TEMPORARY FAMILY CARE

SPORTING GROUP

for young people with disabilities & siblings



MARTIAL ARTS

When - Tuesdays during school term...
from 5.00 pm to 5.40 pm

Where - 'Budo-Jitsu'
Unit 8, 3 Hollylea Rd,
Leumeah

Cost - \$5.00 per child

Please contact Quinton if you are interested in attending

MACARTHUR DISTRICT TEMPORARY FAMILY CARE

LOTS 2 & 3 SURREY ST MINTO
PO BOX 367 MINTO, 2566

Phone: 9603 7011
Fax: 9603 7982

E-mail: peersupport@mdtfc.org.au

A Martial Arts program for children & youth aged between 5-18yrs with a disability. Siblings are also encouraged to attend! Some benefits of participating include:

- Physical exercise
- Socialisation
- An opportunity for parents & children to meet other families & form friendships
- Improves physical fitness & strength
- Improves coordination & flexibility
- Focus on self discipline & self control
- Builds self confidence
- Lessons features a 'Bully Buster' component (how to deal with school bullying, & stranger danger)
- FUN!



