

Experienced Cambewarra guitar tutor offers

Guitar Lessons

Just right for kids wanting to learn the guitar!

The course will cover:

- Notes, positioning and tuning;
- Chords and Strumming Patterns;
- Learning your choice of favourite songs
- How to read Guitar Tablature.

Lessons cost \$25 for Half an Hour.

Beginner Guitars Available for Hire

If you are interested, please contact me, Jesse Bourne,
on:

Mob: 0423 965 209

Be Quick!

Spots Filling for late 2014 and 2015

The K.I.S.S. Arts Festival Circus Workshops are back!

5th – 9th & 12th – 14th Jan 2015 “La Petite Grande” mini circus big top, Hindmarsh Park, Kiama.

The K.I.S.S. Arts Festival will be returning to Kiama this summer with awesome artists from around the world and with that comes..... The Circus Workshops!

Learn **Trapeze, acrobatics, juggling, unicycling, Hula Hoops, comedy performance**, how to work in a group and much, much more. The workshops will focus on mental and physical development, confidence building, dexterity and the basics of performance. We guarantee exhausted happy kids!!

Most of all, we intend to have a lot of fun!

Dates: 5th – 9th & 12th – 14th Jan

Times: 10 am – 3pm

Cost: \$50 per person

Ages: 4+

Children should wear loose fitting “gym” clothes and bring sneakers for unicycle.

Please bring a packed lunch and plenty of water.

Parents are welcome to leave their children with us, or they can stay for the day if they would like. We perform a small “show” at the end of the day so why not come back at 2.45pm and watch your budding circus star!

Bookings can be made at www.kissartsfestival.com.au or by phoning: **0403 817 549**

ANYBODY CANDANCE

HIP HOP * CONTEMPORARY * BALLET BASICS * TAP * JAZZ * SINGING *

BREAKDANCING * TOTS CLASSES * BALLROOM * FUNK * TROUPES

Come and enrol to our family friendly dance school just opened in Nowra.

Offering classes from 2 years old up in the styles above. \$8 classes :)

Enrolment day Saturday 17th January 2015 at our South Nowra

studio 2 doors up from Dads Mums and Little Ones, Central Ave.

We offer eisteddfods for our troupes and a full school mid-year and end of year concerts.



Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

WHEN DOES GO4FUN RUN?

Go4Fun runs for 9 weeks after school or on weekends during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practice.

Every week the children will also be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle

Your child can also earn bonus rewards including:

- Wristbands
- Bouncy balls and
- \$30 Sports equipment voucher*

HOW DO I ENROL?

Registrations for Term 1 programs are now open with limited places available in our **Nowra program** running every **Saturday** from 9:30am – 11:30am at Nowra PCYC starting Saturday 31st January.

We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your child's place in a program by contacting 1800 780 900

**who complete 8 or more sessions & Healthy Growth Check 2.*



Try Cali for FREE days 2015

Diamond Calisthenics Club is moving...

to an **EXCITING NEW LOCATION:-**

**Berry School of Arts and Scot's Presbyterian Church
Halls, Alexandra Street, Berry**

We invite you to join us for our launch days on **3rd and 10th
February 2015** to see first-hand the physical, academic,
emotional and social benefits of calisthenics. Parents are
welcome to stay to meet our talented coaching staff
including the Shoalhaven's Young Citizen of the Year!

REGISTER YOUR INTEREST TODAY

Simply email diamondcalisthenics@hotmail.com

OR

Call Jodie 0414 655 129

With each participant's name, date of birth, a mobile number and
email address.

Details of time and studio for your trial class will be sent to you.

**We look forward to welcoming you to our
performance dance sport with everything!**

Website: www.diamondcalisthenics.com

Shine Bright

Kids' fishing workshop



Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am–2 pm and involves fishing techniques, bag & size limits, fish handling for catch & release.

COST: \$40 PER CHILD, and includes rod & reel combination, shirt, hat, tackle box and show bag — all to take home!



BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

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Locations and DATES

Greenwell Point

Tuesday 13th January 2015

Wednesday 8th April 2015

To book, ring Stephen Thurstan, Primary Industries NSW, Ph 02 4220 8484 or 0438 245 190 or e-mail stephen.thurstan@dpi.nsw.gov.au

Workshop details are on the web:

<http://www.dpi.nsw.gov.au/fisheries/recreational/info/workshop>