



School Holiday Clinics at Vector Health

Are you looking for something for your child or teenager to do in the school holidays? Starting on 5 December, we are coordinating athletic development programs during the school holiday season. It's an ideal time to train hard, and grow fitter, faster and stronger in preparation for the next year ahead!

Contact Sport Development Program

9-13yr olds Date: 11-15 Dec

TIMES: Monday 3.30pm, Tuesday 4.30pm,
Wednesday 3:30pm - Thursday 4:30pm

The focus of these sessions is on moving your own bodyweight, teaching technique of the key movement patterns and to improve running, change of direction and agility technique. There are 4 sessions in the week, with an emphasis on education throughout.
12 spots available for this clinic!

Basketball & Netball Performance Clinic

12-16yrs olds (2 weeks) starting 5 Dec

TIMES: Tuesday 6:30pm Wednesday 5:30pm

If you play Netball or Basketball, and you want to improve vertical leap, your speed around the court and your ability to stay in the contest longer and dominate in the contest, then this clinic is for you. Two options - 4 sessions over two weeks or 2 sessions over 2 weeks, whichever suits you better.

Contact Sport Development Program

14-18yr olds Date: 11-15 Dec

TIMES: 9:30am Monday, Wednesday, Friday
and 4:30pm Monday and Wednesday

Do you play AFL, rugby, or rugby league? This clinic will get you training like a professional for a week! The focus for this week is on building work capacity, and giving young athletes tools and strategies they can use to improve core strength, mobility, speed, agility and fitness for next year.

General Athletic Development Program

9-13 year olds – 11-16 Dec

If your child has not got a lot of training experience, or wants to try something fun and engaging and learn about improving core strength, speed and agility in the holidays this is the clinic to try! With 3 sessions planned over the week, its a great way to let your child experience athletic training! Starting 12 December – Tuesday, Wednesday and Thursday 9am

To get involved in any of the clinics please visit our website www.vectorhealth.com.au click on the blog tab -> School Holiday Clinics -> Register here under the appropriate clinic Or simply contact us by phone 49278190 or email reception@vectorhealth.com.au

If you are unable to attend due to scheduling please contact us to work an alternative.

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