Footy Fundamentals aims to prepare our kids for the future. Fundamental Movement Skills are patterns of movement that involve different body parts such as the legs, arms, trunk and head and include skills such as running, hopping, catching, throwing, striking and balancing. These skills are the foundation movements to more specialised, complex skills used in kids games, sports, dance and every day activities.

Fundamentals is a ‘pre Auskick’ program where we cater for two age groups, 3-4 year olds and 4-5 year olds.

For more information or to REGISTER please contact Emma Swanson on eswanson@wafc.com.au or 0439 717 316

Atom Stadium, East Fremantle – Thursdays
Starting 12th May - 16th June

Williams Skeet Reserve, Forrestdale – Fridays starting
Starting 13th May - 17th June

$90 for the full 6 weeks – or $15 per session
All sessions 9-10am or 10-11am