

Dodgeball club for kids



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-523819-z>



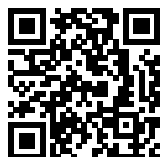
Evening Dodgeball club for children. Every Tuesday from 4:45 - 5:45 @Billingshurst community centre Carried out by Mr Petros, a NGB qualified coach. Throughout the sessions, we will be visiting a variety of different aspects within the game of dodgeball. Including agility, target practice, team work games and much more. Each session will introduce the basic rules, key skill principles and understanding of the game whilst encompassing fun learning, fitness, skills and teamwork. Each session is 1 hour long. Here are some of the health benefits of dodgeball;

- Increases agility and balance
- Improves hand eye co-ordination
- Promotes weight loss
- Improves teamwork skill
- Is fun and



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