



A sportball instructor demonstrates softball skills to a youngster *Photo: provided*

Children get active with Sportball

by Lee Richardson, owner Sportball Victoria

Sportball provides the basic concepts and skills behind popular sports without the pressure of competition.

Sportball is a non competitive sports program for children aged 16 months to 10 years. Children develop social interactions with peers as well as gross motor skills through curriculum designed to reinforce self-confidence free of the pressure of competition.

Sportball provides the basic concepts and skills behind eight popular sports: baseball, basketball, golf, hockey, soccer, tennis, football and volleyball. Programs are carefully designed to focus on the development of balance, strength, co-ordination, stamina and timing through professional instruction and positive encouragement, using customized equipment.

The Sportball team is very excited about the opportunity to assist young children on Vancouver Island in building skills and confidence and to prepare them for a lifelong enjoyment of physical activity.

Sportball Soccer and Sportball Multisport are both offered at the Burnside Gorge Community Centre. Please see the Activity Guide for scheduling and fees.