

# UWA Holiday **SPORTS CLINICS**



**OUR SPORTS**



**UWA** |  
PERTH · AUSTRALIA

**SPORT**

## 1. Aerobics

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Aerobics is a rhythmic and repetitive form of exercise which aims to build cardiovascular endurance, usually set to music.

## 2. Aikido

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Aikido is a defensive martial art which focuses on using an opponent's strength against them. The UWA Aikido Club provides the opportunity for students of all ages to develop self-discipline and defensive skills through martial arts practice.

[facebook.com/butokuryu](https://www.facebook.com/butokuryu)

## 3. All Abilities Football (Australian Rules)

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These sessions, run by trained coaches from All Abilities Football, use Australian Rules Football as a medium for building each child's sense of independence, wellbeing, self esteem and teamwork skills. The premise of this sport is that children of all ability levels can be involved and participate in a safe and collaborative environment.

## 4. Archery

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Archery is the art of using a bow and arrow to hit targets with accuracy. Our archery sessions are delivered by trained experts and allow participants to learn the fundamentals of archery in a safe and enjoyable environment. Fundamental skills include how to hold a bow, how to aim, and how to fire an arrow at a target.

## 5. Athletics

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Athletics is a diverse sport encompassing a range of running, throwing and jumping events. Participants will experience the breadth of the Athletics discipline using equipment such as miniature hurdles, relay batons, vortexes, shotputs and jumping sacks. The UWA Little Athletics Club provides the opportunity for students to pursue their chosen discipline.

[uwaac.com.au/home](https://www.uwaac.com.au/home)

## 6. Badminton

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Badminton is an indoor racquet sport played with the aim of hitting a shuttlecock back and forth over a net. Participants will be introduced to the basics of the game, developing hand-eye coordination and control over their use of the racquet. To continue participating, the UWA Badminton Club holds community sessions on Wednesdays during the university semester.

[facebook.com/UWABadminton](https://www.facebook.com/UWABadminton)

## 7. Baseball

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Baseball is a batting and fielding game played with the aim of each team scoring as many runs as possible. Participants will learn how to throw, catch, pitch and bat through engaging drills and games. The UWA Baseball and Softball Club has an extensive Juniors program where students can continue participating in the sport.

[uwabaseball.com.au](https://www.uwabaseball.com.au)

## 8. Basketball

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Basketball is a game where players attempt to shoot the ball through a hoop at either end of the court, moving the ball by passing and dribbling. Students will learn the basics of the game by participating in dribbling, shooting and passing drills. The UWA Basketball Club offers afternoon sessions four days a week for UWA Students.

[facebook.com/UWABasketballClub](https://www.facebook.com/UWABasketballClub)

## 9. Boomerang

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Traditionally a hunting weapon, the Indigenous Australian art of boomerang involves throwing a curved, flat object of the same name, with the goal of it returning to the thrower. Our sessions are run by the WA Boomerang Association, who teach participants basics, such as how to hold the boomerang, throwing positions, and the importance of throwing angle to assist in the boomerang's successful return to thrower. The boomerangs used are soft to ensure safety and allow children to try and catch the boomerang upon its return.

## 10. Capture the Flag

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The aim of capture the flag is to take the other team's flag from its base and get it across the mid-line into your team's area. This game encourages teamwork, strategy and athleticism.

## 11. Cricket

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Cricket is a team sport where players bat, bowl and field with the aim of scoring as many runs as possible for their team. Participants will learn bowling, batting, catching, throwing and wicket-keeping skills. The UWA Cricket Club provides opportunities for UWA students to participate in local leagues.

[uwacricket.com](https://www.uwacricket.com)

## 12. Dodgeball

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Dodgeball is a sport where players must dodge balls thrown by opponents, while also accurately throwing their own balls. The aim is to eliminate all opponents by either hitting them with a ball or catching a ball that they have thrown. This game helps children develop their throwing, catching and dodging skills.

## 13. Fencing

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Fencing is a martial art which focuses on the use of a sword and footwork to outmanoeuvre an opponent. Participants will work on the fundamentals of footwork and basic swordplay with plastic swords to ensure a safe learning environment. The UWA Fencing Club provides opportunities to continue involvement in this exciting sport.

[uwafencing.org](https://www.uwafencing.org)

## 14. Football (Australian Rules)

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Australian Rules Football, commonly known as 'football' or 'footy', involves teams attempting to kick a ball through a set of goals at either end of the field. Participants will learn the fundamentals of moving the ball, including handballing and kicking, through a variety of drills, relays and games.

[uwafootballclub.com.au](https://www.uwafootballclub.com.au)

## 15. Futsal

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Futsal is an indoor form of soccer, where players aim to move the ball down a field and score goals without using hands or arms. Children will participate in drills focusing on skills such as trapping, dribbling and kicking the ball.

## 16. Gymnastics

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Gymnastics is a sport that focuses on controlling the body to change its shape in various ways. Children will develop their balance, flexibility and strength to learn new skills and grow their confidence.

## 17. Hockey

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Hockey is a team sport where teams use curved sticks to manoeuvre a ball towards goals on either end of the field. Participants will use plastic sticks and plastic wiffle balls to develop ball skills including passing, trapping and hitting targets, as well as basic defensive skills. The UWA Hockey Club fields a number of junior teams in local leagues.

[uwahockey.org.au/home](http://uwahockey.org.au/home)

## 18. Judo

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Judo is a form of wrestling which uses speed and leverage to throw and grapple opponents. Based at the UWA International Martial Arts Centre, the UWA Judo Club provides expert coaches, protective gear and Japanese tatami mats to provide a safe and authentic experience for students.

[judouwa.com.au](http://judouwa.com.au)

## 19. Karate

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Karate is a martial art with a focus on counter-attacking and defence, as well as the development of self-discipline and resilience. Participants will learn the fundamentals of Karate and build the essential skills of balance and coordination. The UWA Karate Club offers opportunities for continued involvement in Karate.

[facebook.com/uwakarate](https://facebook.com/uwakarate)

## 20. Kayak

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Kayaking is a fun activity that involves moving through the water in a small vessel with the aid of a double-bladed paddle. These sessions will focus on learning a range of paddling strokes, playing the exhilarating game of kayak polo, and propelling your kayak along the Swan River. The UWA Outdoor Club offers regular kayak excursions and kayak polo games.

[outdoorclub.com.au](http://outdoorclub.com.au)

## 21. Kendo

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Kendo is a Japanese fencing sport which utilises a two-handed bamboo sword. Participants will learn striking and blocking techniques, focusing on breathing and discipline to control the sword. The UWA Kendo Club offers opportunities for continued involvement in Kendo.

[facebook.com/UWAKendo](https://facebook.com/UWAKendo)

## 22. Kickball

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Kickball is a team sport where participants aim to kick a ball and complete as many runs for their team as possible. The sport helps develop throwing, running and kicking skills.

## 23. Kobudo

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The Okinawan style of Kobudo is a Japanese martial art focused on the use of weapons. Training in Kobudo helps develop vital skills such as coordination, body control, and discipline. The UWA Kobudo Club offers training for students aged 16 and older.

[facebook.com/KobudoUWA](https://facebook.com/KobudoUWA)

## 24. Lacrosse

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Lacrosse involves using sticks with a netted head to move a ball across a field. Points are scored by getting the ball into the goal at the end of the field. Sessions focus on improving familiarity with the stick and ball, with drills for throwing, catching and retrieving the ball from the ground.

## 25. Mountain Bike

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Mountain biking is an adventurous sport of riding bicycles on and off-road, such as through the beautiful paths and trails of King's Park. Cycling sessions will consist of bike safety education, changing gears, rules and signals of cycling in a group, as well as an assortment of fun activities at cycling destinations.

## 26. Netball

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Netball is a team sport where players attempt to shoot the ball through a hoop at either end of the court, and are only able to move the ball by throwing. Children will participate in drills to develop the skills of passing, catching, shooting and teamwork. The UWA Netball Club provides opportunity for children to continue pursuing the sport.

[uwanetballclub.com](http://uwanetballclub.com)

## 27. Rugby

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Rugby is a passing and running game, where the aim is to get the ball over a try line at the end of the field to score tries. Skills focused on in these sessions include passing, dodging, agility, and teamwork. The UWA Rugby Club fields a number of junior teams in local leagues, with training held on Tuesday and Thursday evenings.

[facebook.com/groups/uwarugby](https://facebook.com/groups/uwarugby)

## 28. Soccer

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Soccer is a ball-based field sport with the aim of moving the ball down a field and scoring a goal without using hands or arms. These sessions will focus on the skills of dribbling, kicking and defending through fun drills and games. To continue being involved with the sport, the UWA Nedlands Football Club operates a large MiniRoos program, as well as fielding junior teams in the Winter season.

[uwanfc.com.au](http://uwanfc.com.au)

## 29. Softball

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Softball is a batting and fielding game played with the aim of each team scoring as many runs as possible. Participants will learn how to throw, catch, pitch and bat through engaging drills and games. The UWA Baseball and Softball Club has an extensive Juniors program where students can continue participating in the sport.

[uwabaseball.com.au](http://uwabaseball.com.au)

## 30. Spikeball

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Spikeball is a growing sport similar to four-square and volleyball, where players aim to hit the ball to each other by bouncing it on a central net. This sport requires the skills of hand-eye coordination, agility and reaction times.

## 31. Squash

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A game of speed and agility, squash is a racquet sport which is played indoors in a similar fashion to tennis. The UWA Squash Club trains on Wednesday and Thursday evenings during the university semester.

[facebook.com/uwasquash](https://facebook.com/uwasquash)

## 32. Stand-Up Paddleboard (SUP)

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Stand-up paddle boarding is a popular water sport activity that involves standing up on a board and using a paddle to make your way through the water. These sessions will focus on learning the array of paddling strokes, playing games utilising the SUP boards, and enjoying the serenity of paddling on the Swan River. The UWA Outdoor Club holds regular SUP excursions on the Swan River and around Perth.

[outdoorclub.com.au](http://outdoorclub.com.au)



### 33. Swimming

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At the UWA Aquatic Centre, we offer swimming experiences to cater to the needs of all, ranging from Parent and Toddler courses, recreational and competitive squads, and the award-winning UWA West Coast Swimming Club. Register your child for both a Junior Clinic and Holiday Intensive Swimming Lessons to receive 10% off – call our team on 6488 2277 to claim.

[uwawestcoast.org](http://uwawestcoast.org)

### 34. Table Tennis

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Table tennis is a racquet sport played with small bats and a lightweight ball, played on a table. Sessions focus on skills including forehand and backhand strokes and ball skills. The UWA Table Tennis Club runs family-friendly social sessions regularly on Thursday and Saturday afternoons.

[uwattc.com.au](http://uwattc.com.au)

### 35. Taekwon-Do

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Taekwon-Do is a combat sport originating in Korea, consisting of a series of stances, strikes, blocks and punches. Sessions focus on skills including discipline, punching, kicking and basic combinations. The UWA Taekwon-Do Club offers training opportunities for university students and community members.

[uwattc.com.au](http://uwattc.com.au)

### 36. Teeball

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Teeball is a batting and fielding game played with the aim of each team scoring as many runs as possible. Participants will learn how to throw, catch, pitch and bat through engaging drills and games. The UWA Baseball and Softball Club has an extensive Juniors program where students can continue participating in the sport.

[uwabaseball.com.au](http://uwabaseball.com.au)

### 37. Tennis

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Tennis is a racquet sport which involves hitting a ball back and forth over a net. Skills that are focused on in our sessions include hand-eye coordination using the racquet, and basic forehand and backhand motions. The UWA Tennis Club offers training and junior pennants, run at UWA Tennis Centre on clay and grass surfaces.

[uwatennis.com.au](http://uwatennis.com.au)

### 38. Touch Football

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Touch football is a passing and running game, where the aim is to get the ball over a try line at the end of the field to score tries. Skills focused on in these sessions include passing, dodging, agility, and teamwork.

### 39. Triathlon

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Triathlon is a multisport race involving swimming, cycling, and running. Triathlon races are one continuous event with transitions between each sport to prepare for the next activity of the race. These sessions will consist of learning about the rules of triathlon, fun transition, and skill games, and then a triathlon race on Matilda Bay. To continue participating in the sport, the UWA Triathlon Club offers Junior training sessions for children aged 12 and up.

[uwatriathlonclub.com.au/home/](http://uwatriathlonclub.com.au/home/)

### 40. Ultimate

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Ultimate frisbee is a non-contact team sport played with a flying disc. Although Ultimate has many transferrable skills from more traditional sports, it is very different in that it has no referees and is self-officiated. The UWA Ultimate Club is a popular club among university students, competing in local leagues.

[facebook.com/UWAUltimateClub](https://facebook.com/UWAUltimateClub)

### 41. Underwater

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Exploring the underwater world, the UWA Underwater Club provides snorkelling and SCUBA diving opportunities for UWA students and community members. All sessions are run by trained leaders and allow safe and exciting experiences for those involved.

[uwauc.org.au](http://uwauc.org.au)

### 42. Volleyball

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Volleyball is a ball sport which involves two teams hitting a ball back and forth over a net in an attempt to either land the ball in the opponent's court, or the opponent to hit the ball out. Skills drills for this sport will focus on basic dig, set, and underhand serving. The UWA Volleyball Club has opportunities for individuals of high school age and above to play for the club in the WAVL.

[uwavolleyballclub.com](http://uwavolleyballclub.com)

### 43. Water Polo

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Water polo is a team sport played in water between two teams of seven players each. The teams attempt to score goals by throwing the ball into the opposing team's goal. Strength and power is required to play water polo and you must be confident in the water. The UWA Water Polo Club hosts a popular Friday night FlippaBall competition, with the aim of assisting children to have fun in a safe aquatic environment.

[uwawaterpolo.com.au](http://uwawaterpolo.com.au)

### 44. Yoga

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Widely practiced for health and relaxation, yoga involves breath control and the adoption of specific body poses. In our sessions, the participants are introduced to basic poses which focus primarily on breathing and balance. These sessions are led by a qualified Yoga Instructor.

### 45. Zumba

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Zumba is an aerobic fitness activity which features movements from various styles of Latin American dance, which are set in routines to music. Our sessions are focused on fun, energy, maximal engagement and use age-appropriate music and routines. These sessions are led by a qualified Zumba Instructor.