

OUR PHILOSOPHY

Soccercise Starz will develop and strive to maintain a high level of service and excellent coaching programs to all our Soccercise Starz schools and players. We ensure that our coaches are constantly trained with new techniques and sent on advanced gross motor skill programs in order to develop our players efficiently.

ABOUT US

Soccercise Starz provides an early training platform for children aged 2-8 years old where they will learn various skills, not only in soccer, but other sports that involves playing with a ball.

Our trained coaches will provide skills needed for children to become more confident on the sports field.

Each session will be 30 minutes per week, ensuring we keep their attention span active.

These sessions will be held **at your child's school**, and will be on the same day and time throughout the year. Lessons will not be refunded or made up if your child is absent or in the event of bad weather conditions.

Soccer boots are not necessary. We ask players to wear takkies and their Soccercise Starz T-shirt to our sessions. (A Soccercise Starz T-shirt will be included in the registration fee.)



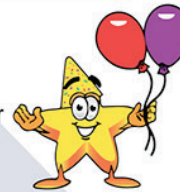
STUDIES SHOW

- ⚽ Children have less access to large gardens and open spaces to run and play.
- ⚽ Children are at risk of spending too much time in front of the television, computer and playing hand held games.
- ⚽ Security risks limit children from going outside and playing sports.

STARZKY'S PARTIES

In addition to soccer lessons, we now offer soccer parties and hiring of jumping castles. Our energetic coaches will entertain your children at a venue of your choice.

Contact our head office for a quotation and to find out more!



ADVANCED TRAINING

Euro Soccer Schools



ESS provides an advanced soccer training platform where emphasis is on fundamental skills needed to develop players efficiently.

For players 6-16 years

To find a venue near you, contact:
JHB Head Office
Tel: (011) - 882 3428
www.eurosoccerschools.co.za

SOCCERCISE

Starz



WHERE YOU BECOME
A SOCCER STAR

BOYS & GIRLS 2-8 YEARS OLD

A division of



www.soccercise.co.za

