



# TIGER CUBS

The Tiger Cub Program is aimed at children 3-5 years of age. Tiger Cubs is a fun and active program that encourages kids to be physically active with an emphasis on gross motor skills and movement. We do this within a footy themed environment and many of the activities have been adapted from regular training sessions.

## WHAT'S INVOLVED

- The Program runs for 8 weeks with all sessions at Yarrawarra Oval starting in February/March and finishing in March/April (TBC)
- Sessions last about 40 mins and there is time to socialise before, during and after each session
- The Program is free and every Cub receives a matchday bag, water bottle and Tiger Cub training shirt
- You don't need any special equipment, just trainers and a cap if its sunny
- Sessions usually start at 4:30 pm and run through to 5:30 pm. In the event of wet weather and the oval being closed, the session will be cancelled.
- All Cubs will graduate from the Program and receive their certificate at a home game for the U6 team (TBC), all cubs will run onto the Oval to Eye of the Tiger and receive their certificates on the centre circle.
- If any child would like to participate in the U6 teams for the remainder of the season, even if it is just to experience match day and play a few minutes over the season, they would be most welcome

