



Rugby Club

Scrum on in!

Rugby is a fun, character-building sport which promotes teamwork, leadership, equal participation and good sportsmanship. It is a great way for your child to keep fit, and encourage them to enjoy exercise.

Our program introduces and guides children through all the basics of touch rugby, whilst focusing on techniques such as passing, catching, special awareness, agility & speed, placing an emphasis on the fun and playful nature of the game!

Skills your child will learn from rugby:

- Safe play, whilst having fun
- Improve cardiovascular fitness
- Basic touch rugby fundamentals
- Build strength, flexibility and endurance
- Promotes teamwork, coordination and sharing