

Hoops

Colour	Code	80cm	Code	89cm
Red	RG154	\$29.00	RG149	\$32.00
Yellow	RG155	\$29.00	RG150	\$32.00
Pink	RG158	\$29.00	RG153	\$32.00
Green	RG156	\$29.00	RG151	\$32.00
Blue	RG157	\$29.00	RG152	\$32.00

Ropes

150gms, 3m x 10mm

White	RG134	\$12.50
Blue	RG132	\$12.50
Pink	RG133	\$12.50
Green	RG131	\$12.50
Red	RG129	\$12.50
Yellow	RG130	\$12.50



Balls

White	RG164	\$19.90
Blue	RG162	\$19.90
Pink	RG165	\$19.90
Green	RG161	\$19.90
Red	RG159	\$19.90
Yellow	RG160	\$19.90
Black	RG166	\$19.90



Ribbons

	4m		6m	
White	RG124	\$19.90	RG116	\$22.00
Red	RG119	\$19.90	RG111	\$22.00
Blue	RG122	\$19.90	RG114	\$22.00
Yellow	RG120	\$19.90	RG112	\$22.00
Pink	RG123	\$19.90	RG115	\$22.00
Black	RG126	\$19.90	RG118	\$22.00
Green	RG121	\$19.90	RG113	\$22.00
Purple	RG125	\$19.90	RG117	\$22.00
Ribbon Sticks	RG102	\$ 8.50		
Ribbon Holder	RG101	\$14.50		

Dance Ribbons

1.6m - Various	RG128	\$ 9.90
2m - Rainbow	PG418	\$11.50
3.6m - Rainbow	PG416	\$13.50



Clubs

Clubs		Adult	Children
	Length	45CM	35CM
Red	Pr	RG135	RG142
Yellow	Pr	RG136	RG143
Green	Pr	RG137	RG144
Blue	Pr	RG138	RG145
Pink	Pr	RG139	RG146
White	Pr	RG140	RG147
Purple	Pr	RG141	RG148
		\$9.90	\$6.90



Prices include GST

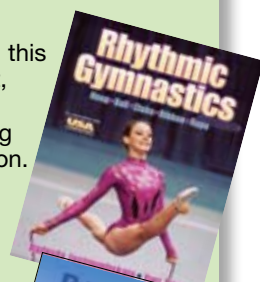
RHYTHMIC GYMDANCE BOOK RESOURCES

Rhythmic Gymnastics

By Nadejda Jastrjemskaia, Yuri Titov

Featuring more than 200 illustrations, this book also includes information about, leaps, balances, pivots, and other body movements. Apparatus handling techniques. Flexibility and coordination. Speed, strength, and endurance.

ISBN0880117109 \$50.90

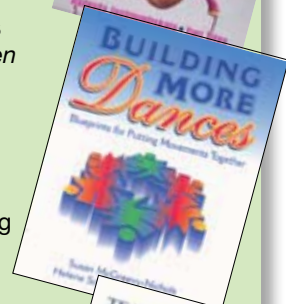


Building More Dances

By Susan McFreevy-Nichos, Helen Scheff & Marty Sparue

Includes 23 creative dance construction models and 108 dance instruction sheets that stimulate students' creativity and inventiveness in the dance making process.

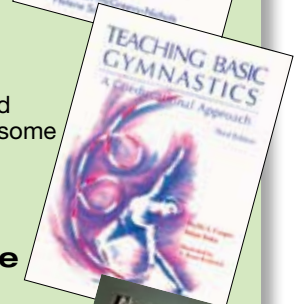
ISBN088011973X \$55.00



Teaching Basic Gymnastics

Provides methods of teaching and spotting for many beginning and some intermediate gymnastic skills.

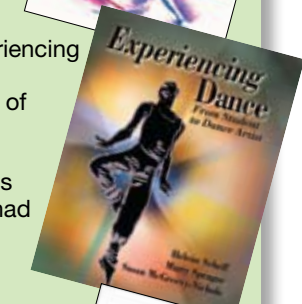
PE154 \$93.00



Experiencing Dance: From Student to Dance Artist

Systematic in its approach, Experiencing Dance: From Student to Dance Artist places teachers in the roles of facilitators who encourage critical thinking and student involvement in the learning process. This text is designed for students who have had some dance experience and are interested in exploring the art of dance.

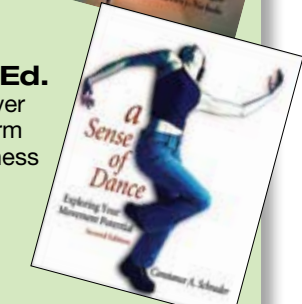
ISBN0736051872 \$51.00



A Sense of Dance 2nd Ed.

Through this text, students discover that dance is an accessible art form that can bring greater self-awareness and self-confidence. It helps new dancers learn how to express themselves through dance.

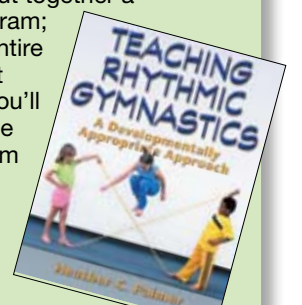
ISBN0736051899 \$51.00



Teaching Rhythmic Gymnastics

With Teaching Rhythmic Gymnastics, you don't need any specialized training to put together a developmentally appropriate program; this book leads you through the entire process. It's so easy to implement that once you've begun reading you'll be able to lead classes through the basics of rhythmic gymnastics from the very first day. This book has everything you need to get going.

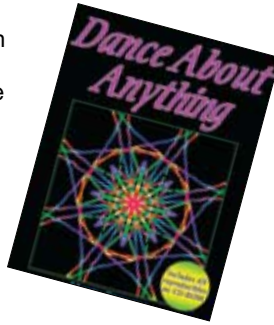
ISBN0736042423 \$49.00



Dance About Anything

The book follows a logical progression of movement activities, increasing in complexity from inspiration and dance design to exhibition of the integrated project. It provides all the materials for teachers to facilitate the creative and critical-thinking skills related to planning integrated projects: Includes CD with 69 Reproducibles.

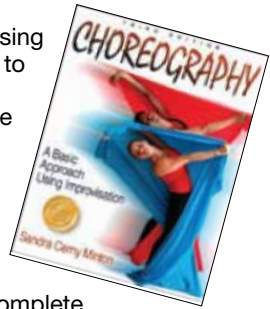
ISBN073603000X \$71.00



Choreography: A Basic Approach. 3rd Edition

Choreography: A Basic Approach Using Improvisation is the complete guide to understanding the entire process of choreography, from concept to stage production. Thousands of dancers and dance instructors have used the first two editions of this book to solve common challenges in choreography, improvise movement phrases, expand movements into dances, and organize dances into complete productions and concerts.

ISBN0736064761 \$48.90



Multicultural Folk Dance Treasure Chest

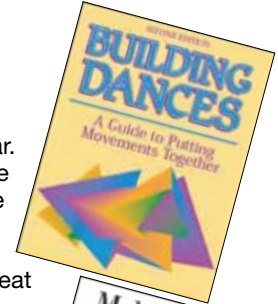
Now, popular dance instructor Christy Lane combines the benefits of a multicultural program with the excitement of dance in the Multicultural Folk Dance Treasure Chest. Featuring 18 authentic ethnic dances, this complete teaching resource consists of two volumes, each containing a video, a printed guide, and music. The videos show you how to teach the dances as they are taught by expert instructors. The guides complement the videos by offering dance directions, background information, and valuable teaching tips. And the music-available on compact discs or audiocassettes-has been carefully selected and recorded specifically for the Treasure Chest.

Multicultural Folk Dance Treasure Chest	Vol. 1&2	DVD + CD	0736071458	\$203.00
Multicultural Folk Dance Treasure Chest	Vol. 1	DVD + CD	0736071431	\$107.50
Multicultural Folk Dance Treasure Chest	Vol. 2	DVD + CD	073607144X	\$107.50
Multicultural Folk Dance	Vol. 1	DVD	0736071466	\$75.00
Multicultural Folk Dance	Vol. 2	DVD	0736071474	\$75.00
Multicultural Folk Dance Treasure Chest	Vol. 1	CD	0880119144	\$44.50
Multicultural Folk Dance Treasure Chest	Vol. 2	CD	0880119209	\$44.50
Multicultural Folk Dance Guide	Vol. 1	Book	0880119055	\$20.00
Multicultural Folk Dance Guide	Vol. 2	Book	0880119217	\$20.00

Building Dances 2E

Building Dances, Second Edition, follows the same winning approach that made the first edition so popular. It takes you step by step through the choreographic process, with sample lesson plans, warm-up ideas, and seven easy steps to follow when building a dance, plus even more great material

ISBN0736050892 \$69.00



SOCCER

SHIN GUARDS

Avaro

Quality PVC shin guard with EVA padding and ankle protection.

Deluxe Large	SK280L	\$14.90
Deluxe Medium	SK280M	\$13.90
Deluxe Small	SK280S	\$12.90

Quality PVC shin guard with EVU padding.

Standard Large	SK282L	\$10.90
Standard Medium	SK282M	\$10.50
Standard Small	SK282S	\$10.00



TRAINING EQUIPMENT

Football Passing Training Arcs

19mm Heavy Duty PVC Arcs ideal for passing and shooting. Fitted with 8mm steel spikes. Height 13" and width 20". Set of 10.

FT160 \$40.00

Spring Base Slalom Poles

68" x 1" pvc poles with flexible spring spikes

FT315 \$26.90ea

Slalom Pole Set

Set of 12 x 25mm PVC poles with 8mm spikes packaged in a heavy duty Nylon carry bag.

FT162 \$225.00



FT160 FT162

FT315



Prices include GST

