



# WEIGHTLIFTING ACADEMY OF TASMANIA



## PHYSICAL LITERACY PROGRAM FOR CHILDREN

The development of physical literacy in childhood is so important for health and well-being throughout life but in the 21st century children are subjected more than ever to sedentary lifestyle.

The aim of our program is to provide a varied diet of exercise and activity to build movement competency in a safe and enjoyable environment. We hope that children in this age group will have an opportunity to participate in a variety of sports.



### Safety

Teaching life-long physical skills for safe lifting in the gym, home and workplace.



### Athleticism

Developing coordination, agility, balance, stability and speed for success in sport.



### Skill

Progressing through levels of skill that are challenging, interesting and fun.

## ABOUT THE ACADEMY

The Weightlifting Academy of Tasmania is a sport club that caters for all ages and all levels of ability. Our business is making people fit and strong for daily life.

And yes, we are specialists in Olympic Weightlifting as seen in the Commonwealth Games and Olympic Game



[www.weightliftingacademy.com.au](http://www.weightliftingacademy.com.au)

**CALL LEO: 0423 767 955**

Email : [leo@weightliftingacademy.com.au](mailto:leo@weightliftingacademy.com.au)

18, Knoll Street, Glenorchy,  
Tasmania, 7010