



BY JOANNES RHINO

*Sports offer a plethora of benefits to all those who participate. As parents, it is an obligation to introduce sports to our kids at the early age. But what kind of sport and when should a child begin the sport depends on several things that parents need to consider carefully. Sometimes, it is wise to seek outside guidance. Here we have put together a list of sports available in Bali for parents to consider for their kids.*

## TRAMPOLINE

Parents love to watch their kids bouncing on trampolines. Not only for the fun part, but also because it offers many physical and health benefits. When kids jump up and down in the air, both sides of their brain and body work together to maintain coordination and balance, resulting in the development of their motor skills. This kind of exercise is perfect for kids who are not into sports activities. A trampoline gives them a chance to move their body for a few minutes, allowing their heart a great workout, without them even realising!

At **Junior Sports Academy**, the fundamentals of trampoline work are taught along with techniques to maximise safety and enjoyment. Through the use of specialised coaching techniques and equipment, a child will learn to execute a variety of movements and how to effectively transition between skills. For beginners, they can learn the correct trampoline trick basics, such as jumping alignment, back and stomach drops, wall runs, twists, grabs, backdrop to backflip.



## RUGBY

It takes guts for parents to sign up their kids to rugby practice. Put aside the dangerous part of the game (which technically every sports has) rugby is one of the best disciplines parents can offer to a child. Actually, it is not until high school that rugby becomes a full-body contact sport. It is not just to develop a discipline, rugby can also help develop concentration, tolerance and determination. Children will learn not to be selfish by playing as a team player. As in any sports, they are encouraged to play in a fair manner and respect the referees.

Rugby practice at **Junior Sports Academy** is all about having fun with activities and games. Running every Wednesday from 4 PM to 5 PM for all ages, children will be supervised under the alert eye of the expert coaches. They also train participants at a professional level.

## SOCCER

Ranked as the number one team sport in Indonesia, soccer is also popular amongst children. Playing soccer helps kids to improve cardiovascular health, strength and enhances flexibility, as well as to strengthen their core muscles which allows them to be more physically active. Since soccer is a team sport, your kids will also learn how to work together and communicate effectively in the field.

At **Junior Sports Academy**, the focus of the training is to develop technique, creativity, ball control and fast decision making during the game. However, for those kids below 6 years old, the class will be about having fun and learning to love soccer. In the intermediate class, children will learn the most fundamental skills in soccer, including passing, receiving, controlling, shooting and dribbling. To apply all the skills trained during the week, as well as



# COOKING CLASS

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*Children, in general, love to eat, and being part of the cooking process is a form of entertainment for them.*

*Since kids are full of imagination and rather curious, they tend to get involved and don't mind getting their hands dirty when parents are cooking. Getting your kids to help out in the kitchen can make for great family bonding that creates long lasting memories. Apart from that, asking your kids to learn how to cook builds confidence, independence and empowerment that will benefit for their future life.*

*But before you let them loose on your kitchen gadgets and begin creating customised sweets, baking some slices of bread or cooking up a local dish, you may need to sign your little ones up for a cooking lesson.*

**W**hen it comes to teaching our kids to cook, as parents, it is not easy to find the time or even know how to get started or where to begin. Thus, this may require sending our kids back to school. Not the kind with tests and chalkboards, though, but culinary schools that offer safety preparations and basic cooking techniques. Due to its wider appeal, children's cooking classes are popping up all over this island from upscale restaurants to local recreation centres. But before you sign up your child, you may need to find out the level of difficulty and the dishes they are offering. From main courses to desserts and snacks, with plenty of tasting along the way, here are a few delicious options to be considered.

## PIZZA

Who doesn't love pizza? For kids, making their own pizza is all about excitement when they get to make funny faces out of their pizza toppings. They love getting messy with the flour, before unleashing



their creative side when it comes to the toppings. The fun part is there won't be any arguments about which toppings to choose from! The kids will also have great satisfaction when they get to eat their own creations at the end of it all.

'We Love Pizza' is a special concept at the kids cooking zone at **Four Points Kuta**. Their culinary team will guide your little ones through a step-by-step lesson to make the tastiest and the most authentic wood-fired pizza. From tossing a chunk of dough, placing the toppings, putting it into the wood-fired oven to the revealing their unique creation, the fun times are guaranteed.

Still in the same area, the cooking class at **Sands Restaurant** promises a tempting one-day experience that will create cherish-able memories for your kids. Decked up against a traditional modern Balinese ambience, featuring the beachfront setting of the iconic Kuta Beach, your kids can explore their creativity by making pizza together with the chef.

## INDONESIAN FAVOURITES

The cooking of Indonesian dishes is not limited to actions only, but also the history behind it. Each spice has a story, each herb has a fragrance, and when each of them is combined with meats and vegetables, they turn into a medley of culture and history. The kids will be surprised to know that there are so many histories embedded within each meal they are about to cook.

Jimbaran Bay Cooking Academy at **Four Seasons Jimbaran Bay** introduces students to Indonesian gastronomy and indigenous cooking techniques. The outstanding hands-on kitchen experience allows them to experience the exotic richness of Indonesian culture, dining

and cooking altogether. The school offers several regional menus (Balinese, Sumatran, Javanese, Sulawesi and Nusa Tenggara). Most produce is sourced from the 3-hectare gardens located within the resort grounds, with more than 25 varieties of vegetables, herbs, spices and fruits.

The class starts with an optional market tour to Jimbaran Fish Market at 9 AM accompanied by the chef. This is a unique experience for students, as they are introduced to Indonesian culture where they are allowed to communicate and bargain with the local shopkeepers to buy all that is needed. Upon returning to the resort, the chef continues the tour around the resort's own vegetable and herb gardens. A light breakfast is served at the Cooking Academy before students start the interactive step-by-step lesson on the preparation of each menu item. Classes are intentionally kept small with a maximum of eight participants.

## BALINESE CUISINE

Balinese cooking classes often provide a quick overview of the Balinese people and their unique way of living. It also represents the culture, art, lifestyle and traditions of Bali

