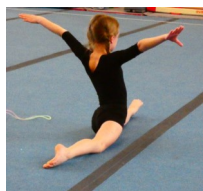













# SPORTS CAMP

Monday 19 February	Tuesday 20 February	Wednesday 21 February	Thursday 22 February
<p><b>Musical Theatre 9.00-12.00pm</b> Learn, practice and perform different dances, songs and scripts to some of your favourite musicals</p> <p><b>OR</b></p> <p><b>Gymnastics Workshop 9.00-12.00pm</b> Practice and perform gym Routines using gym equipment in a fun and safe environment.</p> <ul style="list-style-type: none"> <li>• Floor work/ Partner work</li> <li>• Apparatus work</li> <li>• Vaults</li> </ul> 	<p><b>Skateboarding 9.00-12.00pm</b> Learn how to do basic Skills and Tricks, Fun Challenges and use Ramps. All equipment provided</p>  <p><b>OR</b></p> <p><b>Target Games 9.00-12.00pm</b> Activities to include Archery, Dodgeball and Kurling.</p> 	<p><b>Ipswich Town Football - Skills Workshop 9.00-12.00pm</b> Ipswich town coaches will help develop your football Skills such as passing, dribbling and shooting</p>  <p><b>OR</b></p> <p><b>Inflatables Workshop 9.00-12.00pm</b> Participants will experience fun games and awesome inflatables</p> 	<p><b>Nerf and Laser Tag Workshop 9.00-12.00pm</b> Use laser and Nerf guns in a fun and safe environment.</p> <p>All equipment provided</p> 
<p><b>Dance Workshop 12.30-3.30pm</b> Practice and perform different dance styles and routines . Try Street/Hip Hop, Tik tok dances and Cheerleading</p> <p><b>OR</b></p> <p><b>Parkour Workshop 12.30-3.30pm</b> Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym mats and equipment.</p> 	<p><b>BMX &amp; Skateboarding Workshop 12.30-3.30pm</b> Activities include games, Skills Challenges, Races and Ramps. All equipment provided <b>(Participants will need to be competent on a bike)</b></p>  <p><b>OR</b></p> <p><b>Karate 12.30-3.30pm</b> Learn a range of basic Karate skills and techniques in fun and safe environment. Karate gives your body physical strength, power and flexibility. It also helps with self-confidence, concentration and control.</p>	<p><b>Ipswich Town Football- Challenges and Games 12.30-3.30pm</b> Test your skills in challenges, fun games and small sided matches</p>  <p><b>OR</b></p> <p><b>Inflatables Workshop 12.30-3.30pm</b> Activities from: Inflatable obstacle course Inflatable dartboard target Bouncy goal Inflatable slide</p> 	<p><b>Nerf and Laser Tag Workshop 12.30-3.30pm</b> Games from: Target shooting and capture the flag under the guidance of the coaches from Prestige</p>  

**All sessions are run by trained and qualified staff.**

**AGES: 5 – 13      Venue: Beyton Campus (IP30 9AA)**

**19-22 February 2024      £12 per workshop**

Thurston Sixth, Beyton Campus, Church Road, Beyton, Suffolk IP30 9AA  
Tel: 07734495860  
Email: whopkinjones@thurstoncollege.org or willhopkinjones@hotmail.com

**[www.gvtssp.org](http://www.gvtssp.org)**



Thurston Sixth, Beyton Campus, Church Road, Beyton, Suffolk IP30 9AA  
Tel: 07734495860 Email: whopkinjones@thurstoncollege.org

## Sports Camp

**19-22 February 2024**

**TIME: Am Workshop:9.00-12.00pm / Pm Workshop 12.30-3.30pm (Day 9.00-3.30pm )**  
**AGES: 5 – 13 Venue: Beyton Campus -Thurston Sixth, (IP30 9AA)**

**COST: £12 per workshop**  
(If booked for all day please bring own lunch )

**Please write below which day/s and times you wish to attend**

.....

**Name(s):** ..... **D.O.B** .....  
..... **D.O.B** .....

**Address:**.....  
..... **Postcode:**.....

**Tel No:**.....**Mobile No:**.....

**Emergency Name & No:**.....

**Email:**.....

**School** .....

**Medical Conditions**.....

**Parent/Guardians Signature:**.....

**Please note:**

- **Please send applications as soon as possible as places are limited**
- **Lunch is not provided-Please bring packed lunch**
- **It is the parents responsibility to ensure appropriate clothing is worn/and or available for the child for the activity provided and weather conditions.**
- **In the event that we have to cancel a club for any reason, a full refund will be issued to the person who booked.**

Please tick the box if you do not wish your child to be included in group photographs

Please contact me by phone, email or by sending your completed form to make booking and arrange payment.

**Mr W Hopkin-Jones**  
**Thurston Sixth, Beyton campus**  
**Drinkstone Road**  
**Beyton**  
**IP30 9AA**

