

SPORTS CAMP

Friday 22 July	Monday 25 July	Tuesday 26 July
<p>Inflatables Workshop 9.00-12.00pm Experience awesome inflatables under the guidance of the coaches from Prestige.</p>  <p>Inflatables Workshop 12.30-3.30pm Activities include:</p> <ul style="list-style-type: none"> • Inflatable obstacle course • Inflatable dartboard target • Bouncy goal • Inflatable Soccer cage 	<p>Skateboarding 9.00-12.00pm Learn how to do basic Skills and Tricks, Fun Challenges and use Ramps. All equipment provided OR Multi sports-Team Games 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> • Handball • Tag Rugby • Basketball • Parachute games  <p>Skateboarding - 12.30-3.30pm OR Adventure Workshop 12.30-3.30pm Activities include:</p> <ul style="list-style-type: none"> • Orienteering • Teambuilding / Problem solving • Tug of war 	<p>Gymnastics Workshop 9.00-12.00pm Practice and perform gym routines in a fun and safe environment using gym equipment :</p> <ul style="list-style-type: none"> • Floor work • Partner work • Apparatus work • Vaults  <p>Dance Workshop 12.30-3.30pm Practice and perform different dance routines and styles: Hip hop, Street dance and Pop. OR Parkour Workshop 12.30-3.30pm Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p>
Wednesday 27 July	Thursday 28 July	Friday 29 July
<p>Ipswich Town Football 9.00-12.00pm Skills Workshop Ipswich town coaches will help develop your football Skills such as passing, dribbling and shooting OR Target Games 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> • Archery • Dodgeball • Kurling <p>Ipswich Town Football-12.30-3.30pm Challenges and Games</p> <ul style="list-style-type: none"> • Fun games, • Challenges • Matches  <p>OR Parkour Workshop 12.30-3.30pm Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p>	<p>Circus Skills Workshop 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> • Juggling • Scarves, rings, clubs • Spinning plates • Ball cups, Poi <p>OR Summer Sports 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> • Tennis • Athletics • Rounders <p>Circus Skills Workshop 12.30-3.30pm Have a go at :</p> <ul style="list-style-type: none"> • Flower sticks • Diabolo • Fun wheels, pedal races, unicycle • Stilts 	<p>Nerf and Laser Tag Workshop 9.00-12.00pm Use Laser guns and Nerf guns in a fun and safe environment. Build your own bases.</p>  <p>Nerf and Laser Tag Workshop 12.30-3.30pm Games include: Target shooting and capture the flag under the guidance of the coaches from Prestige</p>  <p>All equipment provided</p>

All sessions are run by trained and qualified staff.

AGES: 5 – 12 Venue: Beyton Campus (IP30 9AA)

22-29 July £10 per workshop

Contact: 07734495860 / whopkinjones@thurstoncollege.org or willhopkinjones@hotmail.com

www.gvtssp.org



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

Sports Camp

22-29 July

TIME: Am Workshop:9.00-12.00pm / Pm Workshop 12.30-3.30pm (Day 9.00-3.30pm)
AGES: 5 – 12 Venue: Beyton Campus -Thurston Sixth, (IP30 9AA)

COST: £10 per workshop
(If booked for all day please bring own lunch)

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

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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

