

SPORTS CAMP

Monday 24 July	Tuesday 25 July	Wednesday 26 July	Thursday 27 July	Friday 28 July
<p>9.00-12.00PM Workshops</p> <p>Gymnastics 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>OR</p> <p>Summer Sports Have a go at :</p> <ul style="list-style-type: none"> Athletics Tennis Rounders Frisbee 	<p>9.00-12.00PM Workshops</p> <p>Skateboarding Learn how to do basic Skills and Tricks, Fun Challenges and use Ramps</p> <p>All equipment provided</p> <p>OR</p> <p>BMX Workshop</p> <ul style="list-style-type: none"> Fun games Skills Challenges Races Ramps <p>All equipment provided</p> <p>OR</p> <p>Target Games Have a go at :</p> <ul style="list-style-type: none"> Archery Dodgeball Kurling Golf 	<p>9.00-12.00PM Workshops</p> <p>Ipswich Town Football -Skills Ipswich town coaches will help develop your football Skills such as passing, dribbling and shooting</p> <p>OR</p> <p>Circus Skills Have a go at :</p> <ul style="list-style-type: none"> Juggling Scarves, rings, clubs Spinning plates Ball cups <p>OR</p> <p>Karate Learn a range of basic Karate skills and techniques in fun and safe environment: Karate will give your body physical strength, power and flexibility and your mind self-confidence, concentration, control.</p>	<p>9.00-12.00PM Workshops</p> <p>Nerf and Laser Tag Experience both laser and Nerf gun activities in safe environment.</p> <p>All equipment provided</p> 	<p>9.00-12.00PM Workshops</p> <p>Inflatables and Multi games Experience fun games and awesome inflatables under the guidance of sports coaches</p>  
<p>12.30-3.30PM Workshops</p> <p>Dance Practice and perform dance routines:</p> <ul style="list-style-type: none"> Hip hop Street dance Pop routines <p>OR</p> <p>Parkour Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p> 	<p>12.30-3.30PM Workshops</p> <p>Skateboarding Learn how to do basic Skills and Tricks, Fun Challenges and use Ramps (All equipment provided)</p> <p>BMX</p> <ul style="list-style-type: none"> Skills Challenges Races Ramps <p>(All equipment provided)</p> <p>OR</p> <p>Team Games Have a go at :</p> <ul style="list-style-type: none"> Parachute games Tug of war Tag games Handball Dodgeball 	<p>12.30-3.30PM Workshops</p> <p>Ipswich Town Football-Challenges and Games Ipswich town coaches will put your skills to test in fun games, challenges and small sided matches</p>  <p>OR</p> <p>Circus Skills Have a go at :</p> <ul style="list-style-type: none"> Flower sticks Diabolo Fun wheels, pedal races, unicycle Stilts 	<p>12.30-3.30PM Workshops</p> <p>Nerf and Laser Tag Games Games include: Target shooting and capture the flag under the guidance of sport coaches</p>  	<p>12.30-3.30PM Workshops</p> <p>Inflatables and Multi games Activities from:</p> <ul style="list-style-type: none"> Inflatable obstacle course Inflatable dartboard target Bouncy goal Inflatable slide Fun games 

All sessions are run by trained and qualified staff.

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

24 –28 July 2023

£10 per workshop

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

www.gvtssp.org



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

Sports Camp

24-28 July 2023

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 note workshop 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

