

SPORTS CAMP

Tuesday 1 June	Wednesday 2 June	Thursday 3 June	Friday 4 June
<p>Dance Workshop 9.00-12.00pm</p> <p>Practice and perform dance routines:</p> <ul style="list-style-type: none"> Hip hop Street dance Pop routines 	<p>Parkour Workshop 9.00-12.00pm</p> <p>Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p> 	<p>Skateboarding Workshop 9.00-12.00pm by abc skateboarding</p> <p>Learn how to do basic skills and tricks</p> <ul style="list-style-type: none"> Use ramps Fun Challenges <p>All equipment provided</p> 	<p>Ipswich Town Football Skills Workshop 9.00-12.00pm</p> <p>Ipswich town coaches will help develop your football Skills-passing, dribbling, shooting</p> <p>Then put them into practice in Fun Games and Mini matches</p> 
<p>Gymnastics Workshop 12.30-3.30pm</p> <p>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>Capoeira 12.30-3.30pm</p> <p>Capoeira is a martial art that combines elements of fight, acrobatics, music, dance and rituals in a very elegant and magnetic way. It is often called "Capoeira game" that is played, not a fight. The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity.</p> 	<p>Cycling Workshop - 12.30-3.30pm</p> <ul style="list-style-type: none"> Fun games Races Ramps <p>All equipment provided</p>  <p>http://www.ridesmart.org.uk/</p>	<p>Ipswich Town Football Festival and Challenges 12.30-3.30pm</p> <p>Test yourself and your team mates in various football Challenges. Prizes to be won</p> <p>Football Tournament</p> 

All sessions are run by trained and qualified staff.

1-4 June 2021

**AGES: 5 – 12 Venue: Beyton Campus (IP30 9AQ)
£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

1-4 June 2021

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 9AQ)

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

.....

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 by 28 May**
- 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
Church Road
Beyton
IP30 9AQ



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