

SPORTS CAMP

Monday 25 October	Tuesday 26 October	Wednesday 27 October	Thursday 28 October	Friday 29 October
<p>Ipswich Town Football Skills Workshop 9.00-12.00pm Ipswich town coaches will help develop your football Skills such as passing, dribbling and shooting</p> 	<p>Parkour Workshop 9.00-12.00pm Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p> 	<p>Skateboarding by abc skateboarding 9.00-12.00pm 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>Dance Workshop 9.00-12.00pm Practice and perform dance routines:</p> <ul style="list-style-type: none"> • Hip hop • Street dance • Pop routines 	<p>Nerf and Laser Tag Workshop 9.00-12.00pm Use laser and Nerf guns in a fun and safe environment. All equipment provided</p> 
<p>Ipswich Town Football Challenges and Games 12.30-3.30pm Ipswich town coaches will put your skills to test in fun games, challenges and small sided matches</p>  <p>OR</p> <p>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>Capoeira Workshop 12.30-3.30pm Capoeira is a martial art that combines elements of fight, acrobatics, music and dance. Develop body strength, power and flexibility and your mind self-confidence, concentration, courage and creativity.</p>  <p>OR</p> <p>Multisport Workshop 12.30-3.30pm Have a go at :</p> <ul style="list-style-type: none"> • Handball • Dodgeball • Tag Rugby • Archery 	<p>BMX Workshop 12.30-3.30pm</p> <ul style="list-style-type: none"> • Fun games • Skills Challenges • Races • Ramps <p>All equipment provided</p>  <p>www.ridesmart.org.uk/</p>	<p>Gymnastics Workshop 12.30-3.30pm 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>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>  

All sessions are run by trained and qualified staff.

25 -29 October 2021

£10 per workshop

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

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

www.gvtssp.org



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

Sports Camp

25-29 October 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

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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 9AQ

