

SPORTS CAMP

| Monday 24 October | Tuesday 25 October | Wednesday 26 October | Thursday 27 October |
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| <p>Skateboarding 9.00-12.00pm Learn how to do basic Skills and Tricks, Fun Challenges and use Ramps</p> <p>All equipment provided</p> <p>OR</p> <p>Target Games 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> • Archery • Dodgeball • Kurling  | <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>OR</p> <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>Multi games and Inflatables Workshop 9.00-12.00pm Participants will experience fun games and awesome inflatables under the guidance of the coaches from Prestige.</p> <p>equipment provided</p>  | <p>Nerf and Laser Tag Workshop 9.00-12.00pm Use laser and Nerf guns in a fun and safe environment.</p> <p>All equipment provided</p>  |
| <p>Skateboarding 12.30-3.30pm 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>OR</p> <p>Team Games 12.30-3.30pm Have a go at :</p> <ul style="list-style-type: none"> • Parachute games • Tug of war • Capture the flag | <p>Ipswich Town Football-Challenges and Games 12.30-3.30pm Put your skills to test in fun games, challenges and small sided matches</p>  <p>OR</p> <p>Dance Workshop 12.30-3.30pm Practice and perform different dance routines and styles: Hip hop, Street dance and Pop.</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>Multi games and Inflatables Workshop 12.30-3.30pm Activities from:</p> <ul style="list-style-type: none"> • Inflatable obstacle course • Inflatable dartboard target • Bouncy goal • Inflatable Soccer cage • Fun games  | <p>Nerf and Laser Tag Workshop 12.30-3.30pm 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 – 12 Venue: Beyton Campus (IP30 9AA)

24-27 October 2022 £10 per workshop

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

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

Sports Camp

24-27 October 2022

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

