









SPORTS CAMP

Wednesday 21 July	Thursday 22 July	Friday 23 July	Monday 26 July
<p>Circus Skills Workshop 9.00-12.00pm</p> <p>Have a go at :</p> <ul style="list-style-type: none"> Juggling Spinning plates Flower sticks Diabolo <p>www.chrisaliscloving.co.uk</p>	<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>Capoeira Workshop 9.00-12.00pm</p> <p>Capoeira is a martial art that combines elements of fight, acrobatics, music and dance. It is often called "<u>Capoeira game</u>" that is played, not a fight.</p> <p>The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity.</p> 	<p>Skateboarding Workshop 9.00-12.00pm</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>Parkour Workshop 12.30-3.30pm</p> <p>Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</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>Parkour Workshop 12.30-3.30pm</p> <p>Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p>	<p>BMX Workshop 12.30-3.30pm</p> <ul style="list-style-type: none"> Fun games / Challenges Races Ramps <p>All equipment provided</p>
Tuesday 27 July	Wednesday 28 July	Thursday 29 July	Friday 30 July
<p>Ipswich Town Football Skills Workshop 9.00-12.00pm</p> <p>Ipswich town coaches will help develop your football Skills such as passing, dribbling and shooting</p> 	<p>Multisports-Ball Games 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> Handball Dodgeball Tag Rugby Basketball <p>Or</p> <p>Martial Arts Workshop</p> <p>Learn a range of basic martial arts skills and techniques in fun and safe environment: Boxing, Kickboxing , Self defence and Fitness</p>	<p>Nerf and Laser Tag Workshop 9.00-12.00pm</p> <p>Use laser and Nerf guns in a fun and safe environment.</p> 	<p>Football Mania Workshop 9.00-12.00pm</p> <p>Participants will experience fun football games and awesome inflatables under the guidance of the coaches from Prestige.</p> 
<p>Ipswich Town Football Challenges and Games 12.30-3.30pm</p> <p>Ipswich town coaches will put your skills to test in fun games, challenges and small sided matches.</p>	<p>Summer Sports Workshop 12.30-3.30pm</p> <p>Have a go at :</p> <ul style="list-style-type: none"> Archery Tennis Athletics Rounders 	<p>Nerf and Laser Tag Workshop 12.30-3.30pm</p> <p>Games include: Target shooting and capture the flag under the guidance of the coaches from Prestige.</p>	<p>Football Mania Workshop 12.30-3.30pm</p> <p>Inflatable dartboard target, bouncy goal plus test your shot power on our speed radar.</p> 

All sessions are run by trained and qualified staff.

21 July –30 July 2021

Cost: £10 per Workshop

AGES: 5 – 12

Venue: Beyton Campus (IP30 9AQ)

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

www.gvtssp.org



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

Sports Camp

21 July—30 July 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
- 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

