



# RUN, THROW, JUMP...

## IT'S TIME TO GET ACTIVE !



# After School Athletics Club

A fun and inclusive athletics club where children will learn, develop and practice running, jumping and throwing skills for a healthy , confident future.

Each week your child will take part in activities which include:

- \* Fun and engaging warm up and cool down games,
- \* A minimum of two activities focused on either running, jumping or throwing.



Times: 3:00pm – 4:10pm

Years 1 and 2 – Club Starting **Friday 10<sup>th</sup> January 2025** ( 6 sessions - £33 )

Years 3, 4 and 5 – Club Starting on **Tuesday 7<sup>th</sup> January 2025** ( 6 sessions - £33 )

All children must be collected from outside the school office promptly at 4:10pm.

Children should wear their **PE kit**.

Places are limited and will be offered on a first come first served basis.

### After School Athletics Club

To book a space please complete as necessary and email it to [activeforlife.dorset@gmail.com](mailto:activeforlife.dorset@gmail.com)

Name of Child: \_\_\_\_\_ Class: \_\_\_\_\_

I give permission for my child to take part in the After School Athletic Club

Photography Consent : grant permission / do not grant permission

Medical condition/ medication if any \_\_\_\_\_

Allergies if any \_\_\_\_\_

I consent to any medical treatment that may be considered necessary.

Emergency Contact Name & Number: \_\_\_\_\_

**Please pay only via bank transfer. Payment details will be provided with space confirmation.**

For more information please contact Kate Morcos Email: [activeforlife.dorset@gmail.com](mailto:activeforlife.dorset@gmail.com)

