



Investing in Active Lifestyles.

## **Summer Holiday Sports' Activity Days. 26<sup>th</sup>-30<sup>th</sup> July 2021**

### **Full Sports Days 9am-3pm**

#### **KS1 and KS2 Children**

**Monday 26<sup>th</sup> July**

**Wednesday 28<sup>th</sup> July**

**Thursday 29<sup>th</sup> July**

### **Rugby Specific Days 11am-3pm**

#### **KS2 Children only**

**Tuesday 27<sup>th</sup> July**

**Friday 30<sup>th</sup> July**

### **All at Thurlow Sport's Field/Hall, Epworth.**

Fit4Rugby are holding three days of **different sports' activities** during the Summer break, for KS1 and KS2 children. **Monday, Wednesday and Thursday.** The activities will be multi-sports' based, covering a variety of skills from various sports aimed at developing self-confidence, self-esteem, team participation, with positive encouragement and enjoyment, matched to their age.

All activities are to be held on the Thurlow Sports' Field at Epworth (or dependent on the weather, inside adjacent Thurlow Hall). The days of activities are open to children, their friends, family members- brothers, sisters, cousins- who are within the KS1 and KS2 age group. The sessions will be from 9am- 3pm. £35 booking for one day or £30 per day if booking additional days. (ie. 2 days £60, 3 days £90)

The **Tuesday and Friday** sessions will be **rugby specific days for KS2 children only**, at £25 per day or £20 per day when booking both days. (ie. 2 days £40) Please note times are 11am-3pm. These two days are to be mainly outdoors.

All children need a packed lunch, drinks etc. They need to wear sports' kit, trainers, etc. with a change of clothes (in case needed) with a water-proof coat, sun cream and also hand sanitiser.

All activities will be held following the latest government and sports' organisation covid guidelines. All our coaches hold current DBS certificates, as qualified sports' coaches.

If you wish to book a place, please complete the attached booking form or download from our website- [www.fit4rugby.co.uk](http://www.fit4rugby.co.uk) (found under the 'Camps' section or 'News' section) and complete the form, returning it to us by hand or email. If you have any further questions, please contact us, by calling 07889 410398. We will send out confirmation of booked places.

Regards Paul, Stewart and Sam. (Fit4Rugby Coaches)  
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