



Investing in Active Lifestyles.

October Half-Term Sports' Activity Days.

Thursday 28th and Friday 29th October. 9am – 3pm.

Thurlow Sport's Field/Hall, Epworth.

Fit4Rugby are holding two days of sports' activities during the Autumn October Half-Term break, on Thursday 28th and Friday 29th October for KS1 and KS2 children. The activities will be multi-sports' based, covering a variety of skills from various sports (including rugby) aimed at developing self-confidence, self-esteem, team participation, with positive encouragement and enjoyment, matched to their age.

These two days' 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 per day or £60 if booking both days.

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 and also hand sanitiser. The Friday afternoon will follow a Halloween Theme and participants may wish to bring a costume to change into. Prizes for the best ones!

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 the booking form from our website- www.fit4rugby.co.uk returning it to us by email or at Saturday sessions. If you have any further questions, please contact us, by calling 07889 410398 or 01709 868560. We will send out confirmation of booked places.

Regards Paul, Stewart and Sam. (Fit4Rugby Coaches)

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