



Investing in Active Lifestyles

April Easter Holiday Sports' Activity Days.

Wednesday 6th April and Thursday 7th April.

9am – 3pm. Thurlow Sport's Field/Hall, Epworth.

Fit4Rugby are holding two days of sports' activities during the Easter School Holidays, 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.

The two day's 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. Payable on the day.

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.

All our coaches hold current DBS certificates, as qualified sports' coaches.

If you wish to book a place, please download the booking form from our website- www.fit4rugby.co.uk and complete the form, returning it to us by 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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