

**CHRIS MILLARD'S AFTER SCHOOL ATHLETICS FUN – YEARS 4-6
AT HIGH DOWN JUNIOR SCHOOL (TERMS 1 & 2**

To guarantee a space at this popular club, please return forms and payment to School Reception ASAP (first-come first-served) – Deadline Friday September 14th 2018

- 1 – MONDAY SEPTEMBER 24TH 2018 – 3.30PM – 4.30PM
- 2 – MONDAY OCTOBER 1ST 2018 – 3.30PM – 4.30PM
- 3 – MONDAY OCTOBER 8TH 2018 – 3.30PM – 4.30PM
- 4 – MONDAY OCTOBER 15TH 2018 – 3.30PM – 4.30PM
- 5 – MONDAY OCTOBER 22ND 2018 – 3.30PM – 4.30PM
- 6 – MONDAY NOVEMBER 12TH 2018 – 3.30PM – 4.30PM
- 7 – MONDAY NOVEMBER 19TH 2018 – 3.30PM – 4.30PM
- 8 – MONDAY NOVEMBER 26TH 2018 – 3.30PM – 4.30PM
- 9 – MONDAY DECEMBER 3RD 2018 – 3.30PM – 4.30PM

9 WEEKS FOR £36.00

- ✓ 9 HIGH-QUALITY FUN SESSIONS, DELIVERED BY GB INTERNATIONAL, LEVEL 3 COACH (SOUTH WEST DEVELOPMENT COACH OF THE YEAR 2013, SOUTH WEST COACH OF THE YEAR 2018)
- ✓ GRADED CERTIFICATES FOR ALL ATTENDING ATHLETES, & MEDALS FOR WINNING INDIVIDUALS AND TEAMS IN WEEKLY CHALLENGE, * PLUS NEW UK ATHLETICS GRADED SEW-ON BADGES FOR ALL ATHLETES *

STANDING LONG JUMP, STANDING TRIPLE JUMP, BALANCE, SPEED BOUNCE, HURDLES, SPRINTS, ENDURANCE, VORTEX THROW, TURBO JAVELIN, TARGET THROW, SKIPPING, RELAYS, TECHNIQUES, VORTEX GOLF, RUN THE GAUNTLET, CROCODILE GAME, RACES, FUN FITNESS & GAMES

I wish for my child to take part in Chris Millard's Autumn/Winter after school athletics club.

Child's Name..... Class..... Year.....

Email (for confirmation/weekly updates)

Any medical issues?.....

Emergency Contact No.....

For maximum safety, please confirm how your child will be getting home (collecting, after school club, or walking by themselves)

I enclose a cheque/cash to the value of £36.00, made payable to 'Fitness on Track Ltd'