

**CHRIS MILLARD'S AFTER SCHOOL RUNNING & FITNESS FUN  
SCHOOL YEARS 4-6  
AT HIGH DOWN JUNIOR SCHOOL (TERMS 3 & 4)**

To guarantee a space at this popular club, please return forms and payment to School Reception ASAP (first-come first-served) – Deadline Friday January 11<sup>th</sup> 2019

- 1 – MONDAY JANUARY 14<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 2 – MONDAY JANUARY 21<sup>ST</sup> 2019 – 3.30PM – 4.30PM
- 3 – MONDAY JANUARY 28<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 4 – MONDAY FEBRUARY 4<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 5 – MONDAY FEBRUARY 11<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 6 – MONDAY FEBRUARY 25<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 7 – MONDAY MARCH 4<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 8 – MONDAY MARCH 11<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 9 – MONDAY MARCH 18<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 10 – MONDAY MARCH 25<sup>TH</sup> 2019 – 3.30PM – 4.30PM

**10 WEEKS FOR £40.00**

✓ 10 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)

✓ IMPROVE YOUR SPEED, STRENGTH AND FITNESS

**SPRINTS, CHALLENGES, INTERVALS, RACES, AGILITY, CHASES, RUNNING GAMES & FUN FITNESS**

I wish for my child to take part in Chris Millard's Winter after school running/fitness 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)

\* WRAP UP WARM AS WE WILL BE OUTSIDE FOR MOST OF THESE SESSIONS! \*

I enclose a cheque/cash to the value of £40.00, made payable to 'Fitness on Track Ltd'