



TRILINE Fitness has coached all year groups during curriculum time at The Firs for a number of years. We are delighted to now extend this provision to After school clubs and next half term between week commencing October 28th & December 9th (7 weeks) we are offering the following clubs 3.30 – 4.30pm :

- A) Year 1 & 2 football club on Tuesdays**
- B) Year 3 & 4 football club on Wednesdays**
- C) Year 2- 4 Multiskills & fun fitness on Thursdays**

Our sports clubs all seek to make the children we coach better all round sportspeople & fitter. Therefore they will have elements of : MOVEMENT PROFICIENCY, EYE TO HAND / FOOT CO-ORDINATION, TEAMWORK & PROBLEM SOLVING SKILLS, AEROBIC ABILITY, AGILITY & GAME UNDERSTANDING.

Costings

The cost for the 7 weeks is just **£25.00. Two siblings just £45.**

Payment methods

*Cheques (payable to **Triline Sports**) or cash

*Bank transfer reference child's surname & class to : Account name Triline Sports / Number 53788813 / Sort code 16 57 10

The slip below to be returned (with payment if applicable) in an envelope to the school office before Friday October 18th. Each club is limited to 20 children.

For further info please look at the kids section of www.TRILINEFitness.co.uk
Any queries please contact us via abe.kerr@trilinesports.co.uk / 07977 413535

RETURN SLIP - Please delete the clubs the child is not attending & payment methods not used.

Child 1's name & class _____ Club (A/B/C)

Child 2's name & class _____ Club (A/B/C)

DoB1 ____/____/____ DoB 2 ____/____/____

Medical conditions _____

Parent / Guardian Signature _____

Payment method (CASH / CHEQUE / ONLINE)