



We are excited to confirm that **Next Generation Sport** will be back after Easter continuing with our BRAND NEW After School **ACTIVE KIDS Club** at Hartwell Primary!

Starting **Wednesday 20th April 2022 (15:15 – 16:15)** our **Active Kids Club** will run weekly right up to May Half Term

The cost of the 6 week course is **£24**

A bit about our new club....

“The aim of the Active Kids Club is to teach everyone the fundamental principles of fitness whilst having FUN!

The classes provide coaching for all young people to give them the skills, knowledge and confidence to become fitter, faster and stronger, now and throughout life.

The activities will include speed, agility and quickness training, bodyweight movements such as squats and lunges as well as light cardiovascular exercises. Everything will be tied together in order to make fitness fun.

This type of club is great to help kids improve in all sports but we also know that sports or PE is not every child's thing. With this in mind, we provide a fun, relaxed, team environment where any child can enjoy staying active in their own way. Sessions are FUN focused and will include cardiovascular exercises, running, gymnastics, and bodyweight training!”

All NGS coaches hold a full enhanced DBS and are fully trained, and in many cases either current professional players or coaches.

To Book:

Places will be allocated on a first come first served basis, and can be booked online or by completing the form below.

Scan the QR code to take you direct to the booking page or copy the link into your browser www.openplay.co.uk/view-course/60048

Alternatively, complete the form below and return with payment in full to the school - please make all cheques payable to **Next Generation Sport Ltd.** (writing the name of the child on the back). Payment & completed slips must be received before any child may participate.



Hartwell ACTIVE KIDS Club - Wednesday After School

NAME OF CHILD

YEAR/CLASS DATE OF BIRTH

MEDICAL NOTES

PARENTS NAME CONTACT TEL

EMAIL ADDRESS

Will your child be COLLECTED / WALK HOME (please delete as appropriate)

Do you give consent for Next Generation Sport to keep your information on file for 3 years. This information will only be used by us to send you details about upcoming camps/clubs that we are running.

We ensure to keep all personal information secure: YES / NO

PARENTS NAME & SIGNATURE:

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