



# Mid Suffolk District Council presents its February 2009 Half Term Activity Programme

All  
Abilities  
Welcome

Experienced  
and Qualified  
Coaches



[www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk)



[www.suffolksport.com](http://www.suffolksport.com)

Encouraging  
and  
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Limited Places,  
Book Early To  
Avoid  
Disappointment

For more information please call 01449 724643 or email [richard.neal@midsuffolk.gov.uk](mailto:richard.neal@midsuffolk.gov.uk)

Date and Venue	Activity (CODE)	Timings	Age Group	Cost
16/02/09 Debenham Leisure Centre	<b>Cheerleading (DLCHEERA)</b> Learning coordinated movements, balances, and steps make cheerleading a really fun and energetic activity.	10:00-12:00	9-16 year olds	£4
16/02/09 Debenham Leisure Centre	<b>Archery (DLCARCHA)</b> An experienced coach will show you the correct technique, help you improve you aim, and show you some fun games.	13:00-15:00	9-16 years old	£4
16/02/09 Beyton Middle School	<b>Girls Football (BMSGIRLFOOTA)</b> Fun games, skill work, drills, competitions, and matches, all with the aim to have fun while improving technique and teamwork.	13:00-15:00	9-14 year olds	£4
17/02/09 Stowmarket Rugby Club	<b>Tag Rugby (SRCTAGRUGA)</b> Fun team games and competitions allowing existing skills to be improved and new skills to be developed.	10:00-14:00	7-11 years old	£8
17/02/09 Woolpit Village Hall	<b>Multisports (WVHMULTIA)</b> Fun games and matches in a wide range of sports, including football, hockey, tag rugby and more.	10:00-12:00	6-9 year olds	£4
17/02/09 Thurston Community College	<b>Mini Soccer (TCCMINISOCA)</b> Skills, drills and fun games, finishing with small-sided matches.	10:00-12:00	6-11 year olds	£4
18/02/09 Hartismere High School	<b>Badminton (HHSBADA)</b> Learn new shots, techniques, tactics, and skills under the guidance of an experienced coach.	10:00-12:00	8-14 year olds	£4
18/02/09 Hartismere High School	<b>Table Tennis (HHSTABTENA)</b> An experienced coach will help improve technique and understanding through fun games and competitions.	13:00-15:00	8-14 year olds	£4
19/02/09 Stradbroke B & E College	<b>Archery (SBECARCHA)</b> An experienced coach will show you the correct technique, help you improve you aim, and show you some fun games.	10:00-12:00	9-16 year olds	£4
19/02/09 Mid Suffolk Leisure Centre	<b>Mini Basketball (MSLCBASKA2)</b> Improve on your dribbling, passing, and shooting skills, putting them into a game to finish.	10:00-12:00	8-12 year olds	£4
20/02/09 Claydon High School	<b>Cheerleading (CHSCHEERA)</b> Learning coordinated movements, balances, and steps make cheerleading a really fun and energetic activity.	10:00-12:00	9-16 year olds	£4
20/02/09 Claydon High School	<b>Trampolining (CHSTRAMPA)</b> Improve or learn different techniques and learn a variety of moves.	13:00-15:00	8-12 year olds	£4

#### BOOKING INFORMATION

If you would like your child to participate in any of the sessions then we require you to complete the following booking form. We would be grateful if you could return your booking form along with any necessary payment to the following address by **Wednesday 11th February 2009**.

#### PAYMENT INFORMATION

Cheques should be made payable to **MID SUFFOLK DISTRICT COUNCIL**. Please return booking forms and payment to Sports Development, Mid Suffolk District Council, 131 High Street, Needham Market, Suffolk IP6 8DL. Please note that concessionary prices are available. For more information please call 01449 724643 or 724641. For confirmation email [richard.neal@midsuffolk.gov.uk](mailto:richard.neal@midsuffolk.gov.uk)

CHILDS NAME: \_\_\_\_\_ AGE & DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_ CONTACT NUMBER: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

EMERGENCY CONTACT NUMBER: \_\_\_\_\_ WHO WILL BE COLLECTING YOUR CHILD: \_\_\_\_\_

I \_\_\_\_\_ give permission for my son/daughter to take part in the session/s selected. Date \_\_\_\_\_

I do / don't (please delete appropriate) give permission for photos to be used in promotional sports material.

Please note that a packed lunch and plenty of drinks needs to be brought to all sessions. All the sessions are subject to sufficient numbers of bookings, if you require confirmation please provide an email address below or provide a self addressed envelope.

EMAIL ADDRESS: \_\_\_\_\_

<p><b>PLEASE LIST EACH CODE FOR ACTIVITY YOUR CHILD WISHES TO ATTEND:</b></p>
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