



DODGEBALL & SPORTSHALL ATHLETICS

Wednesdays 3.45 – 4.45

18TH January – 29TH March 2017

(no club on 22 march as it's parent's eve)

Full of Beans will be running a new after school club as above for girls and boys in years 3 - 6. Sessions are straight after school and children will meet instructors in the school hall and sessions will either be outside, weather permitting, or in the school hall. PE kit can be worn.

Children will spend a few weeks working on their dodgeball skills and play a variety of fun games then move onto an exciting programme of adapted athletics activities.



Enhances fitness, ability & core skills



Builds Confidence



Develops team play



Improves throwing and catching ability



Sportshall Athletics covers many activities such as ; *Balance, Long Jump, Vertical Jump, Speed Bounce, Agility, Target Throw, Running, Javelin, Hurdles*

If you would like your child to participate, the cost for 9 weeks is £38 and can be paid on-line, cash or cheque and split into 2 payments if you prefer. Please complete the form below asap and put it in an envelope with "Full of Beans" on. Places will be allocated on a first come first served basis. Children can wear their PE kit.

For further information, please take a look at our website or call Nicky anytime.

M : 07914 836 797

e : nicky@fullofbeansfitness.co.uk

www.fullofbeansfitness.co.uk



INFORMED CONSENT FORM : AVALON DODGEBALL & ATHLETICS SPRING 17

Child's Name Year Group Class

My child will be collected at the end of the session by
(NB if you do send someone else to pick up your child who isn't named here then we cannot release them without your written consent)

PAYMENT

- I have enclosed a cheque (cheques must be written to "Full of Beans Fitness Ltd" with child's name written on the back). If you want to Split the payment, please include a second cheque dated 27 Jan)
- I have enclosed cash
- I have paid by bank transfer to : Full of Beans Fitness Ltd, A/C Number : 03266486 , Sort code : 20-50-36
*** It's important that this is your On-Line Reference number : "AVALON/insert the name of your child" ***

- Any Medical Conditions we should be aware of? Please circle YES or NO If Yes, please put details on reverse of this slip.
- Occasionally, we may take photographs of the children having full of beans fun at our clubs We may use these images in our prospectus or in other printed publications that we produce, as well as on our website. May we use photos of your child as described.
Please circle YES or No

Parents signature..... Printed Name

Emergency Phone No Email Address :

I agree that my child can participate in the exercise session described to me by the instructor and I understand that in order for the session to remain effective it will change and progress as time goes on. The structure, purpose, benefits and risks of the session have been explained to me and I understand that my child may withdraw from the session at any time. I understand that whilst the School provides the venue, it is not responsible for the coaching sessions run by "Full of Beans". I am happy for loco parentis to be given to the Full of Beans Coach during the coaching sessions. I am fully aware that there will NOT be a member of school staff in attendance at the coaching sessions. If my child will not be attending a session, I understand that it is my responsibility to let the school/coach know in writing. I also agree to inform the school and/or Full of Beans if anyone else is going to pick up my child other than the person listed above. Full of Beans operate a no refunds policy from March 2015. We are unable to refund your payment once your place has been confirmed.