



Summer 2011

Holiday Sports Camp



Judo



Football & Multi Skills



Gymnastics & Street Dance

See overleaf for Camp details, prices and how to book!



www.northamptonshiresport.org

HOLIDAY CAMP DETAILS

CAMP ONE

Monday 1st August—Friday 5th August 2011

9am—3pm

CAMP TWO

Monday 22nd August—Friday 26th August 2011

9am—3pm

Both camps are for ages 6-11yrs

@ Daventry Phoenix Gymnastics Club, Ashby Road, Daventry, NN11 0QE



SPECIAL OFFER:
All participants will receive a
FREE T-shirt!

ACTIVITIES

Summer camps provide children with the opportunity to take part in a range of sport specific and multi skills activities

CAMP	MORNING SESSION	AFTERNOON SESSION
Camp One 1st—5th August	Gymnastics <u>or</u> Street Dance	Multi Skills <u>or</u> Judo
Camp Two 22nd-26th August	Gymnastics <u>or</u> Football	Multi Skills <u>or</u> Street Dance

Pick one activity from the morning and one from the afternoon. All participants will need to wear clothing suitable to the activities which they are to take part in. Don't forget to bring a packed lunch and drink.

PARENTS

CAN GET INVOLVED TOO!

As a parent of a child attending a Get Sparty: Holiday Camp you will be invited to attend a presentation and dance production on the last day of camp.

What is Multi Skills?

Multi Skills is designed to improve fundamental movement skills. Many activities are non sport specific and are based on developing the fundamentals of movement: **agility, balance and co-ordination and sports skills: running, jumping, throwing, catching and striking.** This helps a child develop a sound base for any sport they wish to take part in now or in the future.

WEEKLY COST

10am—3pm: £60.00

9am—3pm: £72.50

www.northamptonshiresport.org

01604 237265

**Book online
or download
an
application
form**

Northamptonshire Sport is committed to ensuring that all activities are both safe and inclusive.