



Fit for Sport

Tuesdays 3:15- 4:15pm

with Mr Watson

**New Club
starting after
half term**

30th Oct- 18th Dec

Please come and join us

Fitness training for all sports - Balance, Coordination and Agility

Available to children in Year 3-6

St Mary's School. Kirkby Lonsdale

Contact Mrs S Lyall 0152442 71334 to book your place





Dear Parents

I am pleased to offer throughout this year, an opportunity to participate in a new club being offered by school. Mr Watson will be running a 'Fit for Sport' club at the Lunesdale Sports Hall after School on Tuesdays. Throughout the year we are inviting children to take part. The club is free to those taking part.

During the session, children will be developing their agility, balance and speed for whatever sport they play or just for their own personal fitness. The session will be from 3:15-4:15pm, picking up at the Lunesdale Sports Hall unless your child is at After School Club. In this situation Mr Watson will walk the children back to After School Club. The sessions are for all of next half term and will run on Tuesdays.

Please can you complete the form to say yes or no to the club by Friday to enable us to plan for after half term. Many thanks

Mr Jones

Fit for Sport – Return Slip

Name of Child:

Year:

My child wishes to take part Fit for Sport.

My child does not wish to take part Fit for Sport.

Parent signature granting permission

Date