



Community Clubs

Woolden Hill Primary School

£4
per session

Book whole term
for a discount

Ask coach
for details

Monday

Adults Boxercise Club

The session will include a warm up, fitness work, pad work and lots and lots of fun.

AGES 18+



Tuesday

Gymnastics (The Tumblers)

The session will include a warm up, jumping, vault, floor work, along with balance and co-ordination to help perform sequences.

AGES 4-11



Wednesday

Adults Circuit Training

This session is a mix of cardio, weight and bodyweight exercises to get the heart pumping, also lots of fat burning and muscle toning/building activities.

AGES 18+



Thursday

Street Dance Club

This session will include, a dance warm up, routines, dance moves and a fun dance show at the end of each half term to the parents.

AGES 4-11



Contact

www.metcalfmultisports.co.uk
Email: ashley@metcalfmultisports.co.uk



Twitter: [@metmultisports](https://twitter.com/metmultisports)
Facebook: facebook.com/metcalfmultisports

Clubs run every week during school term time

6-7pm



We are delighted to offer you/your child the chance to take part in our evening clubs. The key purpose of Metcalf Multisports Limited is to learn the fundamental skills of a variety of sports in a safe and enjoyable environment. Adults and children of all abilities are welcome to participate.

All our coaches are fully qualified sports coaches in numerous sports and have up to date DBS check along with first aid and child safe guard training. I have also had the privilege of working for Leicester City Football Club as Academy Coach.

Steps to confirm your child's place and/or your own place on adult classes

- Step 1** Please fill in the consent form at the bottom of this leaflet before the club starts.
- Step 2** This must be filled in every half term before the club begins, even if you have attended our club before.
- Step 3** Please bring this form and method of payment on the first session you attend.
- Step 4** Bank transfer details are below, cheques to be made out to Metcalf Multisports Limited.
- Step 5** If payment and slip aren't received you/your child won't be able to attend the club.
- Step 6** No refunds are available.
- Step 7** We require you/your child to bring suitable clothing and a drink.

Please can the relevant fields be filled in each half term to confirm you/your child's place on the course. No refunds available.

Which course will you /your child(ren) be attending?.....

I give permission for..... to take part in Metcalf Multisports course

School Year.....Telephone Contact(s)

Any medical conditions?.....

Will your child be collected or can they make their own way home (Key stage 2 only)

Total paid £.....Cash Cheque Bank Transfer Date transferred Reference

Signed..... (Adult with parental responsibility) Date

Bank transfer details - Metcalf Multisports Limited, Sort code- 77-15-33, Account number- 03199360 (Childs name, course)

Contact: Ashley Metcalf, 07792659978
Email: ashley@metcalfmultisports.co.uk



Twitter: @metmultisports
Facebook: facebook.com/metcalfmultisports