

## Wednesday After-School Total Energy for Years 1-2

Dear Parent / Guardian,

Park Grove Primary School have invited Total Sports to run a **Total Energy Club** – an action-packed after-school class for boys and girls. The whole emphasis of the class is for your child to have fun and to learn about the importance of health and fitness through a variety of games and activities. Each class is structured to ensure maximum fun and enjoyment. The activities will include a mixture of games such as dodgeball, crash-mat relay, benchball, sniper, head-it-catch-it, bashball and others.

<b>Course Information:</b>	Years 1-2
<b>Start Date:</b>	27 <sup>th</sup> April 2022
<b>Time:</b>	3.15pm – 4.15pm
<b>Course Dates:</b>	APRIL 27 MAY 4, 11, 18, 25 ( <b>£2.50 per Session</b> )
<b>Payment:</b>	£12.50 for the 5 week course
<b>Return Date:</b>	Online Bookings via <a href="http://totalsportslimited.co.uk">totalsportslimited.co.uk</a>

1. Bookings for this course should be made via the Total Sports Website – [www.totalsportslimited.co.uk/book-online/](http://www.totalsportslimited.co.uk/book-online/)  
You should Select:  
**Club Type** - Afterschool Club, **Venue** – Park Grove Primary School, **Course Type** – Total Energy  
Child's details should then be completed online.  
We have limited places, so please respond quickly.
2. You should receive an order confirmation email via [enquiries@totalsportslimited.co.uk](mailto:enquiries@totalsportslimited.co.uk)
3. What to bring? Suitable clothing for outside and the sports hall, trainers and/or plimsolls and a non-fizzy drink.

### **Payment terms**

Payment is made online, cheques are accepted please make cheques payable to **Total Sports Ltd**. Please write your child's name on the back of the cheque and send to



Total Sports Limited  
Unit 6, Oakwood Business Park  
Upper Poppleton  
York  
YO26 6QZ



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