

# SPORTY RACKET SKILLS



For children aged 4 and 5 (reception year) bridging the gap between Sporty Tots and the coaching of each individual sport. The introduction of using bats & rackets whilst still a big emphasis on improving on hand/eye, hand/foot co-ordination, mobility, balance, control, body strength and spatial awareness. The sessions are dedicated to improve the children's self esteem and confidence, establishing good habits for being active, developing important brain structures, developing communication, social and team work skills, making decisions, solving problems and listening skills.

**VENUE:** INDOOR Sports Hall at The Limpsfield Club, Limpsfield, RH8 0DH

**TIME:** MONDAYS 4pm – 4.45pm

**COST:** Members (parent of child) £70. Non member £80 for 10 weeks, Monday 24<sup>th</sup> April 2017 – 10<sup>th</sup> July 2017 (excl 1<sup>st</sup> & 29<sup>th</sup> May )

**Max 8 children per class. Run by Janet Spicer, ex international sports player**  
To book your child's place please complete and email the form to [janetspicer@btinternet.com](mailto:janetspicer@btinternet.com) and queries please call me: 07792 396035

Name of child.....DOB.....AGE.....

Relevant medical info.....

Address.....

.....Mob Tel.....

Email Address.....

Name of parent member if paying £70 .....