



coram's
fields

CORAM'S FIELDS 2016 AFTER SCHOOL SPORTS PROGRAMME

AGE GROUP	Monday (4-5pm)	Tuesday (4-5pm)	Wednesday (4-5pm)	Thursday (4-5pm)	Friday (4-5pm)
6-12 YR OLDS	DODGEBALL FUN GAMES AND TOURNAMENTS ASTRO TURF PITCH	NEW TASTER SESSION!!! HANDBALL + ROUNDERS ASTRO TURF PITCH	MULTI SPORTS YOUNG PEOPLE GET TO CHOOSE WHAT THEY WANT TO PLAY EACH WEEK! ASTRO TURF PITCH	COACHES V KIDS MASS GAME! ALL CONTENDERS WELCOME! ASTRO TURF PITCH	FRIDAY FUN FOOTBALL TRAINING ALL ABILITIES WELCOME! ASTRO TURF PITCH
AGE GROUP	Monday (5-7pm)	Tuesday (5-7pm)	Wednesday (5-7pm)	Thursday (5-7pm)	Friday (5-7pm)
13-19 YR OLDS	BOXERCISE and FITNESS GET FIT IN A FUN WAY!!! SELF DEFENCE TECHNIQUES CIRCUIT TRAINING AND MUCH MORE YOUTH CENTRE	TABLE TENNIS COACHING SINGLES AND DOUBLES COMPETITIONS! YOUTH CENTRE	FOOTBALL TRAINING 13 – 16 YRS (5 – 6PM) AND 16+ YRS (6 – 7PM) ASTRO TURF PITCH	MULTI SPORTS YOUNG PEOPLE GET TO CHOOSE WHAT THEY WANT TO PLAY EVERY WEEK! ASTRO TURF PITCH	GIRLS GROUP Activities Include: Multi sports Boxercise Dancing And much more! YOUTH CENTRE

ALL SESSIONS AT CORAM'S FIELDS ARE FREE OF CHARGE TO BOYS AND GIRLS OF ANY ABILITY AGED BETWEEN 6 - 19 YEARS.

For more information contact Naz Deen on 02078372609 or

Email: naz@coramsfields.org.uk

