

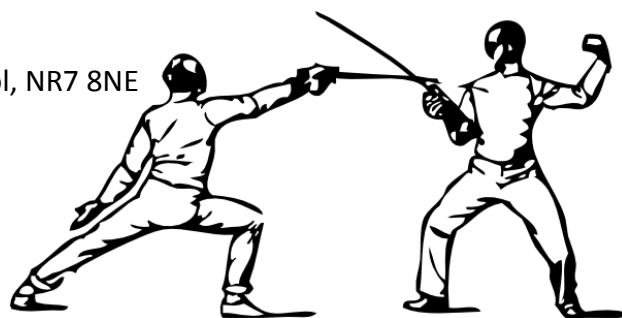
SPORTZONES



Book both sessions together and pay just £14 for the day!

Junior Fencing

- When:** Friday 19th February
- Where:** Sprowston Community High School, NR7 8NE
- Time:** 10am – 12pm
- Age:** 5 – 8 years
- Cost:** £8



A fun session learning the skills of fencing with foam sabres, from basics to a friendly competition at the end of the session. Long sleeved tops, track suit trousers and non-marking shoes must be worn. Please bring a drink!

Athletics

- When:** Friday 19th February
- Where:** Sprowston Community High School, NR7 8NE
- Time:** 1pm – 3pm
- Age:** 5 – 8 years
- Cost:** £8



Introducing children to recognised athletic events, covering running (including small obstacles), throws and jumps for track and sports hall. Athletics is a great opportunity for confidence building and fitness, whilst achieving personal and teams goals. Please wear suitable clothing, non-marking shoes and bring a drink!

Book online at www.broadland.gov.uk/t2t
or call the booking line (01603) 430525



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