



SH Active  
Fitness & Nutrition

SH Active Sports will be hosting the following Extra Curricular activities in your child's school:

**LASER TAG CLUB AT ELLISTOWN PRIMARY**

Thursday's

3.15pm-4.15pm

**LASER TAG CLUB**

12<sup>th</sup> April - 24<sup>th</sup> May (7 weeks - The whole of the Summer 1 half term)

Available to children in all years

Only 20 spaces available

**Book online = £31.50**

**Booking form (below) = £36.50 (£5 admin fee)**

\*online booking closes 48hours before the start of the club.

**Laser Tag**; is a team or individual activity that involves the use of hand-held infrared-emitting targeting device. This means no pain as targeting or shooting is done via Infrared-emitting lasers. The game will improve your child's reactions and spacial awareness, improve tactics and decision making and develop coordination, aim, communication skills and teamwork. In a similar fashion, your child has the wonderful opportunity to learn how to be a team player and work with his friends in order to accomplish a common goal.

**FACT: 1 in 3 children now leave primary school overweight! Regular exercise could not only aid in fitness but in academic development too!**

**FACT: Less than 5% of children in the U.K eat a healthy balanced diet!**

**FACT: Children should participate in at least one hour of vigorous exercise every day!**

To book Online all you need to do is ring **07794949990** and have access to online banking

(you will be asked for your childs name, date of birth ,an emergency telephone number and any medical illnesses your child may have that we will need to know about)

I wish for my child to attend the following club(s) at Ellistown Primary School

Childs Name (IN CAPS) \_\_\_\_\_ D.O.B \_\_\_\_\_ Age \_\_\_\_\_

Main Telephone \_\_\_\_\_ Emergency Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Medical Conditions (please use separate sheet if necessary) \_\_\_\_\_

Total payment enclosed: £31.50 for the club plus £5 admin fee: £36.50 Cash

SH Active Sports cannot be held responsible for any injury during our events or whilst traveling to and from our events. SH Active Sport cannot be held responsible for any loss or damage to personal belongings whilst attending our events. In the event of inclement weather we will host supervised indoor activities. On de-registration an appropriate adult must collect each child. Booking is deemed as acceptance of our terms and conditions.

Signed: \_\_\_\_\_ Name: \_\_\_\_\_