

PE CLUBS

SEPTEMBER-OCTOBER 2014

TIMES: 2.50-4.00 PM.

Monday:

- Table Tennis – All years (CST & LBA). **HALL**
- Boys Football- Years 10 & 11 (CTI & LMO). **ASTRO**

Tuesday:

- Meeting night.
- Girls Basketball – All years (Coach + SCO). **SPORTS HALL**

Wednesday :

- Boys Football – Years 8 & 9 (CST, CTI (LMO)). **ASTRO**
- Girls Netball – All Years (SCO & LBA). **SPORTS HALL**

Thursday:

- Boys Basketball - All Years (Coach + SCO) **SPORTS HALL**
- Girls Football - All Years (Coach + LBA) **ASTRO**
- Boys Rugby - All Years (LMO & CTI) **ASTRO**

Friday:

- Badminton- All years. (JSH). **SPORTS HALL**
- Boys Football – Years 7 (CTI). **ASTRO**



Why should you take part?

- It's FREE and FUN!!!!
- Great way to help keep fit and healthy.
- Meet new people.
- Opportunities to represent ALNS.
- Learn new skills and improve your performance.
- Points available on PARS for every club you attend.



Rugby Club;

Studs are required plus kit that you can get muddy!!!
Expect to finish at 4.30pm

All Rugby fixtures are before October half term.

What do you need?

For all clubs PE kit is required.

No previous experience is necessary or 'sign up' required.

See you there!!!!