FALMOUTH SPORTS HUB

evolving your fitness

February Half Term Activities Programme 2019

In partnership with

FALMOUTH SCHOOL

St. Francis C. of E. School

P·A·F·C

MSJ COACHING

CORNWALL SPORTS PARTNERSHIP

FALMOUTH SPORTS HUB
evolving your fitness

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Cornwall Sports Partnership Multi Sports (Details next page)	09.30-16.30 Ages 6-15 £20	09.30-16.30 Ages 6-15 £20	09.30-16.30 Ages 6-15 £20	09.30-16.30 Ages 6-15 £20	09.30-16.30 Ages 6-15 £20
Plymouth Argyle Football					10.00-15.00 Ages 3-15 £18
MSJ Rugby Coaching	10.00-15.00 Ages 9-15 £30				

Monday 18-22 February 09.30-16.30

Multi Sport Activity Day

Age: 6-15
Cost: £20.00 per day
Venue: Falmouth Sports Hub/Sports Hall
We will be offering 5 different days of activities for you to take part in. You can sign up for any number of days during the week. Develop your skills across a range sports and perhaps give some sports a go for the very first time! All sessions will be delivered by Cornwall Sports Partnership coaches. You will need to bring a packed lunch and plenty of drink for the day to keep you hydrated.

Please click here to book! You will be able to see how many spaces are available for each day whilst making your booking. Please note that places will be limited to 32 for each day. Booking deadline **Wednesday 13 Feb**.

Monday: Basketball, Futsal, Handball, Dodgeball, Indoor Hockey
Tuesday: Fencing
Wednesday: Rounders, Indoor Tennis, Archery, Badminton, Bowls
Thursday: Basketball, Volleyball, Cricket, Netball, Softball
Friday: Futsal, Dodgeball, Hockey, Tennis Volleyball

Monday 18 February 10.00-15.00

MSJ Coaching - Rugby training day

Develop your rugby knowledge and skills through expert coaching with former professional Matt Jess. You will take part in skill based activities and plenty of game time to help you gain confidence and refine your play.

Age: 9-15
Cost: £30
Venue: Falmouth Sports Hub

Book your place by following the link:
https://www.msjcoaching.co.uk/product/cornwall-training-day-falmouth-school-today-18th-feb-2019/

Friday 22 February 10.00-15.00

Plymouth Argyle FC Roadshow

Develop your football skills in a fun environment through drills and game based activities at our brand new sports facility.

Age: 3-15
Cost: £18 (use the code FEB25 to save 25% when booking)
Venue: Falmouth Sports Hub

Book your place by following the link:
https://argylecommunitytrust.co.uk/courses/