

**Outdoor multi-sports club: HIIT, dodgeball, yoga, multi-skills (and lots of fun)**

We are delighted to be running our **outdoor multi-sports club** starting in the Autumn Term for all children.

This club will involve a number of different sports including dodgeball, multi-skills, HIIT and yoga with a focus on team building and increasing confidence.

**This will run outside each week so please send appropriate clothing and check the weather in case some weeks it’s sun hats and others its raincoats!**

We are opening booking and will follow all Government guidance about keeping everyone safe. At the moment this club can run in September and booking reserves your place (no payment is required to complete the booking). In the event of anything changing that prevents clubs from running we will notify you at the earliest opportunity.

Multi-sports runs on Wednesdays 3:20pm-4:20pm starting Wednesday 9th September and each session costs £5.50 (full details can be found on the website). **We accept all childcare vouchers, payments can be made in instalments and no payments are due until September**.

To sign up please visit [www.rattleandrollperformance.com](http://www.rattleandrollperformance.com/) and use code HILANG1 or click on the HIIT classes link (you will need to register first if you haven’t previously). **Please note places are limited due to strict child:teacher ratios.**

If you have any questions please contact us on [enquiries@rattleandrollperformance.com](mailto:enquiries@rattleandrollperformance.com) or call 07722 014301.

Thank you and best wishes,

**Katy Emmerson**

**Rattle and Roll**

**Join us for Summer Holiday Clubs running in West Bridgford and East Bridgford in July and August**