

All About Amy Addle Dance & Sports Activity Days

We are looking forward to meeting you when you come to Amy Addle Dance & Sports Activity Day. Below is some more information about us and what we do so you can have a better idea of what your day with us will look like.

Who are we?

You will meet some of these adults when you come along:



Where are we?

This is where we will be for our activity session -

Waterwells Sports centre, Stephenson Dr, Quedgeley, Gloucester GL2 2AG

Front entrance



The entrance to the hall will be the double doors on the left of this picture. Amy will meet you there to welcome you all in to meet your other coaches.



Accessibility Information

- Disabled parking
- Ramp access
- Disabled toilets
- Quiet space/sensory area

What will we be doing?

Below is an outline of what our day will look like:

Time	Activity
AGES 5-10 YEARS SESSIONS	
11.30am	Welcome and physical warm up all together. We will then split into groups and chose which station you begin with.
11.40am	Group 1 - Tennis, pickleball (may also be football, netball, benchball) with Max & Lana Group 2 - Dance with Annie Arts & crafts will be available all session with Amy.
12.10	Snack & chill out
12.25	Group 1- Dance with Annie & Amy Group 2 - Tennis pickleball (may also be football, netball, benchball) with Max & Lana Arts & crafts will be available all session with Amy.
1pm	Home time :)
AGES 11-16 years	
1.15pm	Welcome & physical warm up
1.25 pm	Sports - Tennis, pickleball, football, netball with Max & Lana
1.55pm	Snack & Chill out
2.10pm	Dance with Annie & Amy



2.35pm	End with a group game of benchball
2.45pm	Home time :)

If we have to change anything, we will let you know at the start of the day.

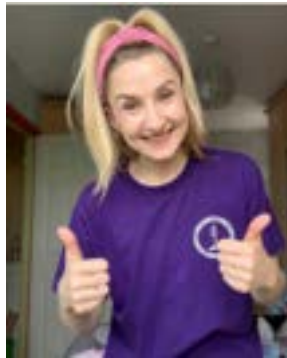
If you still have any questions about the activity, you can contact us by using the details below:

Email: Amy.addle@sky.com

Telephone: 07807850253

Social Media: **AMYADDLEDANCE** on both Facebook & instagram.

If you have any questions or worries during the day, Amy will be there to help you.



Now you know who we are we would love to get to know you better. If you would find it helpful, you can fill out the 'All About Me' form in the link below. This will let us know how best to welcome you on the day:

<http://forms.gloucestershire.gov.uk/AllAboutMe>

We look forward to meeting you in person and having fun!

