



Alwyn Infant School

Extra-Curricular Activities – Autumn Term 2022

Day	Club	Time	Dates
Monday	Yoga – Year One and Year Two Run by Kalyani Yoga. Children will be inspired to improve their health and wellbeing while also developing their strength, flexibility, balance and posture. Yoga can also help to understand emotions and encourage a calm and relaxed state.	3.30 – 4.30pm	10 weeks 12 th September to 28 th November EXCEPT MONDAY 31 OCTOBER – INSET DAY
	Ballet – Year One and Year Two Run by Karen Robinson AISTD (Muse Dance). Ballet uniform is available to order on Mrs Robinson's website and is of a specific colour, but is not compulsory. PE kit may be worn but not another choice of dancewear.	8.00-8.40am	11 weeks 13 th September to 29 th November
Tuesday	Football – Year One and Year Two Run by Mr Baker (MNR Coaching). Football Club will take place on the field or in the hall if the weather is particularly cold or wet. Please ensure your child has appropriate clothing for wet and cold weather, including football boots and, if possible, shin pads.	3.30-4.30 pm	10 weeks 13 th September to 29 th November EXCEPT TUESDAY 11 OCTOBER – PARENT'S EVE
	Kickboxing – Year One and Year Two Run by Little Samurai, kick boxing will take place in the hall. Children are asked to wear PE kit and have bare feet.	8.00-8.45am	11 weeks 14 th September to 30 th November
Wednesday	Multi-Skills – Year One and Year Two Run by Mr Baker (MNR) Coaching. The children will participate in different activities and games each week e.g. escape & evasion, tag mania, dodgeball and many more.	3.30-4.30pm	11 weeks 14 th September to 30 th November
	Gym Club – Year One and Year Two Run by AK Gymnastics Academy, Gym Club will take place in our hall. The children will be asked to have bare feet.	8.00-8.45am	11 weeks 15 th September to 1 st December
Thursday	Dance – Year One and Year Two Run by JDFD, this dance and fitness club is suitable for boys and girls. The children will learn a variety of dance styles including Street, Jazz & Creative Dance as well as dance games.	8.00–8.40am	11 weeks 16 th September to 2 nd December
Friday			