



We invite **YOU** along to our **Basketball Club**

PROGRESSIVE SPORTS South Essex and **Active Essex** is offering your child the opportunity to attend our weekly **free basketball** after school club at **Roding Valley High School in Loughton** every **Tuesday**. Each week will pick the baller of the week which comes with a prize. Coaches delivering the sessions have an up to date DBS.

The club will focus on different sports each week.

Week 1 Dribbling (game)

Week 2: Passing (game)

Week 3: Shooting (game)

Week 4: Ball handling (game)

Week 5: Speed with and without the ball and basic game play (game)

Week 6: Shooting (game)

Week 7: Tournament/competition

This is an example of a typical timetable.

**It's super easy to
sign-up!**

All you need to do is click the link on the or type this link on your webpage
<https://progressivesports.southessex.class4kids.co.uk/> For more info call
01268 955021



COURSE INFORMATION

Club is open to boys and girls Years **Y1, Y2, Y3 & Y4**

Every **Tuesday** from **5.00pm– 6.00pm**

Every **Tuesday** from **6.00pm– 7.00pm** on the following

Club is open to boys and girls Years **Y5** and **Y6**

The following dates:

16 Nov 2021– 04 Jan 2022

Course Cost: Free

Please have suitable clothing and footwear. As well as a drink.