

HECRA HALF TERM

Holiday Program

Monday 15 to Friday 19 February 2010

Address

**Heston Community Sports Hall
Heston Road, Hounslow
Middlesex TW5 0QZ**

time

10am – 4pm

age group

8-15 year olds*

* Children aged 5-7 year olds are welcome but only to attend half day sessions (morning or afternoon but not the whole day)

activities include

Brentford FC Multi Sport Session Days

Wednesday 17 & Friday 19 February.

Inclusive sessions combine a variety of multi sports*

*please ensure children have appropriate clothing, footwear and also a bottle of water.

RollaDome Skating Sessions (NEW)

Tuesday 16 & Thursday 18 February - All Day Sessions

Try the inline or quad skates.

Pads and Skates included in session.

Shentie Mixed Martial Arts Academy Sessions

Wednesday 17 February - All Day Session

Sessions would include: Kung Fu, Kickboxing, Tae Kwon Do, Wu Shu Kwan, Muay Thai, Jujitsu, Boxing and Karate.

PLUS...

Football, Table Tennis, Tennis, Athletics, Trampoline, Rounders, Arts & Crafts Rugby League and lots, lots more.....

For further information please contact:

Junior Taylor, HECRA Coordinator

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or

David Mason, Sports Hall Manager,

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Heston
Community Sports Hall

Helping Every Child Reach Ahead

HECRA



Heston Community Sports Hall in partnership with: