



## Grades 5-8 Physical Education Activities 2023-2024

Dates	Sport/ Activity	Cost per child
September 19 <sup>th</sup> – October 24 <sup>th</sup>	Soccer & Tchoukball	\$60 for 6 weeks
January 16 <sup>th</sup> – February 20 <sup>th</sup>	Badminton & Volleyball	\$60 for 6 weeks
April 2 <sup>nd</sup> – April 30 <sup>th</sup>	Basketball	\$50 for 5 weeks

**When:** Tuesday afternoons 2:30-3:15pm.

**Where:** Innerkip Presbyterian Church, 64 Blandford St, Innerkip.

Please enter through the left side door of the church (with the Millpond Logo). Leave outdoor shoes and coats in the hallway on the mats and hangers provided. For the first few sessions, soccer activities will take place outside (weather permitting) before we transition inside for Tchoukball. Have your child wear outdoor running shoes and bring indoor ones in case the weather requires us to move indoors.

Families and siblings are welcome to stay in the designated Millpond room at the church (first door on the left after entering the church) during class. If you choose to do this please stay in the designated space and bring your own quiet activity to do. If you decide to drop your child off and go, please return for pickup 5 minutes prior to the end of the session.

**Bring:** indoor running shoes with a non-marking sole and a water bottle

**What:** Sessions will include warm up activities (traditional gym games), skill building activities, and scrimmage games for the sports chosen for each session.

**To register:** email [millpondacademywoodstock@gmail.com](mailto:millpondacademywoodstock@gmail.com) or send us a message on our website, Facebook page or Instagram! We will send you the registration link from there.

Payment must be made in full upon registration by cheque, cash or email transfer to [millpondacademywoodstock@gmail.com](mailto:millpondacademywoodstock@gmail.com) (for email transfers, please note that payment is for the gym program and the name of your child).