

Wednesday After-School TOTAL ENERGY Club for Year 1-3

Dear Parent / Guardian,

Wigginton Primary School has invited Total Sports to run **Total Energy** – an action-packed after-school class for boys and girls. The whole emphasis of the class is for your child to have fun and to learn about the importance of health and fitness through a variety of games and activities. Each class is structured to ensure maximum fun and enjoyment. The activities will include a mixture of games such as dodgeball, crash-mat relay, benchball, sniper, head-it-catch-it, bashball and others.

Course Information:	Years 1-3
Start Date:	14th January 2026
Time:	3.20pm – 4.20pm
Course Dates:	JAN 14, 21, 28 FEB 4, 11
Payment:	£27.50 for the 5 week course
Return Date:	Online Bookings to be made by Monday 12 th January 2026

1. Bookings for this course should be made via the Total Sports Website – www.totalsportslimited.co.uk/book-online/
You should Select:
Club Type - Afterschool Club, **Venue** – Wigginton Primary School **Course Type** – Total Energy
Child's details should then be completed online.
We have limited places, so please respond quickly.
2. You should receive an order confirmation email via enquiries@totalsportslimited.co.uk
3. What to bring? Suitable clothing for outside and the sports hall, trainers and/or plimsolls and a non-fizzy drink.

Payment terms

Payment is made online, cheques are accepted please make cheques payable to **Total Sports Ltd**. Please write your child's name on the back of the cheque and send to



Total Sports Limited
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Upper Poppleton
York
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Office: 03444 14 13 13 (local rate call)
Web: www.totalsportslimited.co.uk
Email: enquiries@totalsportslimited.co.uk