MVMNT
Aspire, Believe, Achieve

Follow the **MVMNT** (@mvmntcoaching)

Summer Courses 2023 (ages 4 to 11):

Week One:

Course / Code: Dodgeball **(1)**

Date: Monday 24ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(5)**

Date: Tuesday 25ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: MVMNT of Dance **/** Gymnastics **(2)**

Date: Tuesday 25ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: MVMNT of Dance **/** Gymnastics **(6)**

Date: Thursday 27ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(3)**

Date: Wednesday 26ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(7)**

Date: Friday 28ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(4)**

Date: Thursday 27ᵗʰ July 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Week Two:

Course / Code: Multi-Sports (**8**)

Date: Monday 31st July 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Dodgeball (**12**)

Date: Wednesday 2nd August 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Dodgeball (**9**)

Date: Tuesday 1st August 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Multi-Sports (**13**)

Date: Thursday 3rd August 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football (**10**)

Date: Wednesday 2nd August 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: MVMNT of Dance / Gymnastics (**14**)

Date: Friday 4th August 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: MVMNT of Dance / Gymnastics (**11**)

Date: Thursday 3rd August 2023

Time / Fee: 9:00am – 3:00pm (**£17**)

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Week Three:

Course / Code: MVMNT of Dance **/** Gymnastics **(15)**

Date: Monday 7th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(18)**

Date: Monday 7th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Dodgeball **(16)**

Date: Tuesday 8th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(17)**

Date: Wednesday 9th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Week Four:

Course / Code: Dodgeball **(19)**

Date: Wednesday 16th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: **MVMNT** of Dance / Gymnastics **(22)**

Date: Wednesday 16th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: **MVMNT** of Dance / Gymnastics **(20)**

Date: Thursday 17th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(23)**

Date: Thursday 17th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(21)**

Date: Friday 18th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(24)**

Date: Friday 18th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Week Five:

Course / Code: Dodgeball **(25)**

Date: Monday 21st August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(29)**

Date: Wednesday 23rd August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(26)**

Date: Tuesday 22nd August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(30)**

Date: Thursday 24th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(27)**

Date: Wednesday 23rd August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: **MVMNT** of Dance **/** Gymnastics **(29)**

Date: Friday 25th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: **MVMNT** of Dance **/** Gymnastics **(28)**

Date: Thursday 24th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Week Six:

Course / Code: MVMNT of Dance **/** Gymnastics **(32)**

Date: Tuesday 29th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(36)**

Date: Tuesday 29th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Multi-Sports **(33)**

Date: Wednesday 30th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: MVMNT of Dance **/** Gymnastics **(37)**

Date: Wednesday 30th August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Horsforth St. Mary's Catholic Voluntary Academy (LS18 5AB)

Open to all regardless of the school they attend

Course / Code: Dodgeball **(34)**

Date: Thursday 31st August 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

Course / Code: Jogo Bonito Football **(35)**

Date: Friday 1st September 2023

Time / Fee: 9:00am – 3:00pm **(£17)**

Venue: Ss. Peter and Paul's Catholic Primary School in Yeadon (LS19 7HW)

Open to all regardless of the school they attend

MVMNT

Aspire, Believe, Achieve

Course(s) / Code: 1 2 3 4 5 6 7   8 9 10 11 12 13 14   15 16 17 18

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Childs Name: _____ **Age:** _____ **School:** _____

Parent/Guardian Name (Please Print): _____

Mobile: _____ **Home Telephone:** _____

Email Address: _____

Child's Medical Conditions / Allergies: _____

Parent/Guardian's Signature: _____ **Date:** _____ / _____ / _____

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MVMNT of Dance & Gymnastics: Instructed by Miss Natalie, a qualified dance teacher, gold medalist and professional dancers who performs across the country; dancers of all abilities both boys and girls will be given the chance to express themselves through a variety of different dance based games and themed teachings such as; Lion King, Aladdin, Michael Jackson, Encanto, The Greatest Showman and many more as they develop their dance technique and skills in a variety of different styles, such as; ballet, tap, jazz, hip hop, contemporary and modern in a fun and creative way with our motto **aspire, believe, achieve** at the heart of all our learning. Pupils will also learn lots of different gymnastics skills and techniques such as rolls, shapes, balances, and tricks in a fun and creative way. Helping them grow in confidence and develop strong gymnastic technique.

Dodgeball: Dodge, Duck, Dip and Dive! Run by qualified dodgeball teachers' pupils will work on a variety of different throwing, catching and dodging techniques through a series of fun challenges, practices, and games. Pupils of all abilities will be given a platform to express themselves both individually and as part of a team as we work through our most popular games; Dr. Who, Prison Break, Mat Attack, Beat the Goalie, Kings and Queens, Last Man Standing and many more!

Multi-Sports: This course will expose players of all abilities to a wide range of different skills and games in a variety of popular sports such as; dodgeball, football, hockey, cricket, rounders, handball, basketball, volleyball, golf, multi-skills and many more. Players of all abilities will be given a platform to express themselves and show creativity and freedom in everything they do as they sharpen their skills in a range of sports through small sided games and fun tournaments.

Jogo Bonito (Football): Jogo Bonito, the beautiful game. A unique aspect of **MVMNT** is the Brazilian game of Futebol de Salão. Run by a qualified football coach with links to various professional clubs, players of all abilities will be exposed to a variety of different skills and game based practices that will provide players with a platform to express themselves and show creativity and freedom in everything they do as they develop their skills through individual ball work, tricks and flicks, 1 vs 1's, small sided games, four corners, lightening and tournaments; as they become masters of the ball.

All **MVMNT** teachers are:

| Qualified Teachers/Coaches | Enhanced CRB Checked | Safeguarding Certified | First Aid Trained |

How to Book:

To book your child's place on to any of our holiday courses please complete and return the application form via text or email. Please provide the relevant information as requested on the application form and bring the signed declaration with you on the day.

Registration will start at 8:55am and the tuition fee can be paid via cash or bank transfer please request details on the day of the course. Please ensure payment is named and sealed in an envelope.

Confirmation texts will be sent out once your application form has been received. Please ensure your child arrives wearing appropriate clothing (sports kit consisting of warm clothing, trainers) and have a packed lunch and drinks bottle. You can find competitions for free places on our Facebook page. Please do not hesitate to contact us if you require any further information, we look forward to seeing you soon.

Have a lovely day.

Kind regards,

Jordan Lewandowski and Alex Gyte (**MVMNT** Coaching)