



ATHLETICS BOROUGH SPORTS

A FULL DAY PRACTICING THE EVENTS FOR THE
SOUTHEND KS2 BOROUGH SPORTS.
OPEN TO ATHLETES IN YEARS 3 – 6.
WITH COMPETITIONS AND MEDALS.

CHEERLEADING MULTI SPORTS

FOOTBALL, ROUNDERS, DODGEBALL, KWIK CRICKET,
NETBALL, TRAMPOLINING, BASKETBALL, HOCKEY,
GYMNASTICS, ATHLETICS, BENCHBALL, GAMES SUCH
AS MANHUNT, BATTELSHIPS AND MUCH MORE!

Our programme has been planned
and designed for different ages and
all abilities whether it's your first
time trying a sport or whether you're
in a school team!

Our Multi sports sessions are
perfect for anyone with a love
for sport!



WHITSUN 2022



GYM & DANCE

GYMNASTICS AND DANCE DAY – FOR ANY GYM AND
DANCE ENTHUSIAST!

With PE teachers and coaches including Hayley Pegg,
Alex Crudginton, Rachel Blatch, Harry Dacosta,
Southend Gymnastics Academy Coaches, Southend
SSP Coaches and more.

DODGEBALL



Our sessions are filled a range of sports
learning skills, technique, tactics and
applying them into small sided games,
matches or skills competitions.

VENUE – THORPE HALL SCHOOL, WAKERING ROAD, SOUTHEND ON SEA

DATES – MONDAY 30th and TUESDAY 31st MAY 2022

FOR MORE DETAILS AND TO BOOK PLEASE VISIT THE HOLIDAY CLUB PAGE AT:

www.energizeessex.co.uk

Our Summer programme will be released during this week on our website too.