

RK COACHING

Specialists in Grassroots Sports Coaching

ACTIVITIES TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.20pm-4pm	Quiet Time- Includes Chrome Books Homework Guided Reading Arts and Crafts	Quiet Time- Includes Chrome Books Homework Guided Reading Arts and Crafts	Quiet Time- Includes Chrome Books Homework Guided Reading Arts and Crafts	Quiet Time- Includes Chrome Books Homework Guided Reading Arts and Crafts	Quiet Time- Includes Chrome Books Homework Guided Reading Arts and Crafts
4pm-4.30	Drinks & Snacks (see list provided below)	Drinks & Snacks (see list provided below)	Drinks & Snacks (see list provided below)	Drinks & Snacks (see list provided below)	Drinks & Snacks (see list provided below)
4.30pm-5pm	Indoor/Outdoor Sport/Activity	Dodgeball Club	Indoor/Outdoor Sport/Activity	Indoor/Outdoor Sport/Activity	Indoor/Outdoor Sport/Activity
5pm-6pm	Indoor/Outdoor Sport/Activity Arts & Crafts	Indoor/Outdoor Sport/Activity Arts & Crafts	Indoor/Outdoor Sport/Activity Arts & Crafts	Indoor/Outdoor Sport/Activity Arts & Crafts	Indoor/Outdoor Sport/Activity Arts & Crafts

Breakfast Club Menu

- Cereals, Rice Crispies, Cherrios, Weatabix, Bran Flakes, Cornflakes to mention a few
- Toast with butter, jam or marmalade
- Brioche, breakfast bars, water or squash

Afterschool Club Menu

- Toast with butter, jam, marmalade
- Brioche, waffles, pancakes
- Selection fruit
- Beans on toast
- Rice pudding, water or squash

Note, food on the menu is subject to what RK Coaching has in stock from day to day, and any sport or activities is weather permitting and access to school hall

Let Rich know of any allergies on bookings

To make a booking contact 07976637847 or rkcoaching@hotmail.co.uk