

## ASHURST WOOD/FOREST ROW JOINT SPORTS TASTER SESSIONS

DAY ONE – WEDNESDAY 11 <sup>TH</sup> AUGUST			DAY TWO – THURSDAY 12 <sup>TH</sup> AUGUST			
Session	Ashurst Wood	Forest Row		Ashurst Wood	Forest Row	Session
9.30-10.10	Registration and warm up JPF	Registration and warm up FRSG		Registration and warm up AHW	Registration and warm up FRSG	9.30-10.10
10.15 - 11.15am	Tennis – JPF Netball - AHW	Athletics – MH Cricket - FRSG	ARTS & CRAFTS	Badminton – VC Karate - AHW	Football – FRSG Tennis – FRSG	10.15 - 11.15am
BREAK – and move to next session				BREAK – and move to next session		
11.30 – 12.30pm	Netball - AHW Tennis - JPF	Athletics – MH Cricket - FRSG		Badminton – VC Kickboxing - AHW	Football – FRSG Tennis – FRSG	11.30 – 12.30pm
12.30 – 1.00pm	LUNCH BREAK and assemble for afternoon sessions			LUNCH BREAK and assemble for afternoon sessions		12.30 – 1.00pm
1.15 – 2.15pm	Judo – AHW Football - JPF	Athletics – MH Cricket – FRSG	ARTS & CRAFTS	RELAY RACE TO FINISH	/	1.15 – 1.45pm
BREAK				BREAK		
2.30 – 3.30pm	Judo – AHW Football - JPF	Athletics – MH Cricket – FRSG		PICK UP AT 2.00PM FROM ASHURSTWOOD SCHOOL		
3.30 – 4.15pm	/	RELAY RACE TO FINISH				
4.15pm	PICK UP FROM FOREST ROW – MICHAEL HALL					

AHW – Ashurst Wood School ~ JPF – John Pears Field ~ VC – Village Centre ~ FRSG – Forest Row Sports Ground ~ MH – Michael Hall School