



Sports and Life Skills

Here to make a difference

**13-19 YEAR OLDS  
MULTI-SPORTS SESSIONS**

**MONDAYS 6-7PM  
WEDNESDAYS 6-7PM  
FRIDAYS 6-7PM**

**SESSIONS WILL BE PHASED BACK IN TO FULL  
CAPACITY, WILL BE 24 PARTICIPANTS MAX.**

**CONTACT US: 07940359009**

**INSTAGRAM: SPORTSANDLIFESKILLS**

**WEBSITE: WWW.SPORTSANDLIFESKILLS.CO.UK**



**THE  
NATIONAL  
LOTTERY**



**SPORT  
ENGLAND**