



## JESUS' SACRED HEART SCHOOL DX - 1, SOUTH CITY, LUDHIANA

### GRADE ( IV - X ) SPORTS CLUB

*Circular No: JSHS/ 0483/0723*

*Date: 19.07.23*

*Dear Parents,*

Sports is an essential part of promoting the health and well being of our children and it also helps them learn various skills like team spirit, leadership, self-discipline and a sense of initiative.

Therefore, we are organizing various activities in morning and evening sports club for children from **21.07.2023 i.e. Friday**. Please make sure that our children should be able to utilize this opportunity. Trained coaches along with school's sports teachers will be providing training in the school premises.

Child can opt any one of the sport from the below mentioned sports:

<i>Category 1 (Morning)</i>	<i>Category 2</i>	<i>Category 3</i>
<i>Timing: 6:15 -7 :00 a.m.</i>	<i>Timing: 4:00-5:00 p.m.</i>	<i>Timing: 5:00-6:00 p.m.</i>
Skating , Basketball , Cricket , Handball, Football, Badminton	Swimming ( Girls )	Swimming ( Boys)

**Note :-** Strength training will be provided for initial days so as to prepare the kids for games. Saturday and Sunday will remain an off.

**Fee Structure:**

For one game: Rs. 1000/ month

**Note :** - Interested children should send their names along with charges in a sealed envelope mentioning the name , class & section at front desk by Thursday i.e. **20.07.23**.