YOUTH SPORT TRUST

# ***After School*** Sport Club

**Weekdays – 5pm**

**#YSTAfterSchool**

## ***Adventure*** Monday

Might involve floor or wall climbing and map reading all within your living room

## Tuesday ***Play***

Imaginative play using things found around the house to create games and activities to get active

## ***Wild*** Wednesday

High tempo competitive activities involving personal challenges

## ***Thinking*** Thursday

Cognitive challenges through movement... against yourself, the clock, siblings or remotely with friends

## ***Fun*** Friday

A chance to let loose and have some fun... dancing and doing what makes you feel good

www.youthsporttrust.org/**AfterSchoolSportClub**