

For children  
**7-11 yrs**

# Try High

**HOLIDAY CLUB**

## A ONE WEEK PANTHERS EXPERIENCE

- Rugby - Squash - Wellbeing - Healthy Eating- First Aid -

Fun, Active, Educational and Action Packed

W/C 9 AUG - ELLAND RUGBY CLUB

W/C 16 AUG - GREETLAND RUGBY CLUB

W/C 23 AUG - OVENDEN RUGBY CLUB

W/C 30 AUG - KING CROSS RUGBY CLUB

- Exclusively for children accessing receiving benefits-related free school meals

- 0 cost, breakfast and warm lunch provided

- 4 day programme 10am-2pm Mon-Thurs

- All participants will receive t-shirt, water bottle and free ticket to a selected Panthers game

**INVICTUS**  
well-being



**CALDER  
COMMUNITY  
SQUASH**  
BE THE CHANGE



# Try High

HOLIDAY CLUB



## WHAT IS IT?

One week of fun activities at a Rugby Club near you!

You will join a small team and spend the week taking part in a number of different activities.

It doesn't matter if you've never played rugby or squash before, Try High is all about trying new things and having fun.

## ACTIVITIES!

Have a look at what's on offer!



## RUGBY



## FIRST AID

## SQUASH



## WELLBEING



## HEALTHY EATING



Book Now or learn more at [www.invictuswellbeing.com/tryhigh](http://www.invictuswellbeing.com/tryhigh)

