



14th September 2023

Dear Parent/Carer

Adapted Cross Fit Club will commence after school on Wednesday 20th September 2023.

The club will be held **in the Treetops School hall every Wednesday between 3-4 pm and is free of charge.**

Students from MLD Year Groups 7-14 are invited to join. Places are extremely limited to just 15.

Places will be allocated on a first come first served basis and you will receive a text message either confirming your child's place or whether he/she has been placed on a waiting list.

If you would like your child to join the club, please complete and submit the link [HERE](#)

Responses must be submitted by **14.30 on Monday 18th September 2023.**

Buxton Road
Essex
RM16 2WU



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CEO of Trust: Mr Paul Smith