

# Conyers



# School

**October 2022**

**Dear Parents, Students and Friends,**

This has been a half term to really celebrate what is wonderful about Conyers School. Our Celebration of Achievement evening rewarded students across the school for their academic achievements, their embodiment of our school motto Perseverando and their extra curricular successes. More prizes were awarded than ever before due to amazing year of sporting success and the awards for examination success and the Headteacher's award made a welcome return following Covid enforced absence.

Isabel Cowan who won the Headteacher's award is a worthy winner. Chosen for her academic success, contribution to the school community as a volunteer and commitment to the creative arts Isabel was considered a 'fab choice' by teachers. Isabel embodies our values of creativity and confidence, independence and determination and enthusiasm and empathy. It was wonderful to recognise her efforts and the efforts of those across the school.



As we move forward into the second half term, I would just like to take the opportunity to emphasise the importance of good attendance and punctuality. These skills are hugely important part of making the best progress possible and also significant in achieving success in later life.

Have a wonderful half term I look forward to welcoming staff and students back on Monday 31 October, 8.50am.

**CONYERS  
SIXTH FORM  
OPEN EVENING**

Tuesday 17th January 2023

# Celebrating Achievement

## Headteacher's Commendations

Were awarded to:

Hanna Dabbous 10C, Dylan Morgan 10E, Ksenia Lanigan 9R, Jasmine Grant 9C, Jane Brackenbury 9R, William Horlock 9T, Adam Ahmad 9Y, Anisha Singh 9T, Megan Pickering 9S, Freya Kiddell 9N, Emma Adamson 9O, Rafael Francis 8S, Nathaniel Jervis 8S, Sophie Krenzler 8S, Luca Paleschi 8O, Nicole Swales 8O, Katie White 8T, Ryan Salahshouri 8C, Uzair Mughal 8R, Toby Meek 8S, Morrison May 8N, Taylor Matthewman 8C, Yusuf Ahmad 8O, Jacob White 8O and Maddie Akel 8C for your amazing effort with summer MathsWatch activities. 100% on each of the six assignments is outstanding!

Arzoo Ali 6RA, Libby Metcalf-Smith 6SL, Lucy Purvis 6RH and Abi Wright 6NC for being wonderful ambassadors for Conyers Sixth Form on a visit to All Saints School to promote our college.

## Open Evening

September saw us open our door to prospective Year 7 Students and their parents to showcase the fantastic work that happens at Conyers on a daily basis. Visitors were treated to a sneak peak of the School Show, Return to the Forbidden Planet and had the chance to listen to the musical talents of our School Band. The fun continued in Science where students had chance to participate in a heart dissection and in Food Technology where they were tasting the different types of homemade bread, baked freshly on the evening. The students must be congratulated for the way in which they conducted themselves on the evening; you were all fantastic ambassadors for Conyers - well done!



## Open Evening Helpers

Abha Kulkarni

Amelia Burnside

Angel Darbyshire

Chantelle Vandirai

Alarnee Cassar

Amelia Smith

Anisha Singh

Charlie Cook

Alfie Morgan

Amelie Gunn

Anjali Ajith

Charlii Nicholson



Annabel Lupton

India Richards

Annabelle Ingram-Dove

Tom Yates

Anya Patel

Farouk Mohammad

Arzoo Ali

Charlotte Nieman

Asher Kirk

Charlotte Winchester

Ava Watson

Charlotte Wyatt

Barsett Ayodele

Cherry Hutchinson

Bella Wood

Cobi Nield

Ben Barron

Daisy Garbutt

Ben Saunders

Daisy Jackson

Beth Taylor

Damon Loxley

Beth Timms

Dan Clifford

Alice Horner

Amiaya Egan

Camila Ruiz Carrasco

Daniel Morgan

Alicia Skipp

Amina Marshall

Alliese Georgiou

Amy Kuvinka

Daniel Sauron  
 Danny Hedley  
 Darci Frost  
 Dax Feasey  
 Demi-Jade Mockler  
 Eleanor Alderson  
 Eliza Rose  
 Ella Dezilva-Instrall  
 Ella Walter  
 Ella Walton  
 Ellie Andrews  
 Ellie Jones  
 Ellie Kyle  
 Ellie Matthewman  
 Ellie Staples  
 Emily Dish  
 Erin Biscomb  
 Erin Smith  
 Evan Fitzgerald  
 Eve Rigby  
 Everly Nicol  
 Evie Birtwistle  
 Evie Carter  
 Evie Kearton  
 Evie Swallow  
 Evie Tarran  
 Fatma Nada  
 Fergus Young  
 Freddie Oulare

Georgia Bryan  
 Georgia Kay  
 Grace Evans  
 Grace Martin  
 Grace Pinchin  
 Grace Stout  
 Grace Wilson  
 Gregor Young  
 Gurditta Singh  
 Hana Ibrahim  
 Hanna Dabbous  
 Hannah Chisanga  
 Hannah Massey  
 Hannah Redman  
 Harry Redfern  
 Hattie Hutchinson  
 Holly McCormack  
 Hope Watson  
 Ibby Iqbal  
 Ifra Khaliq  
 Imogen Bailey  
 Imogen Graham  
 Isabel Conti  
 Isabel Cowan  
 Isabella Cooksey-  
 Newlove  
 Isabella Walton  
 Isabelle Husband  
 Isobelle Sample

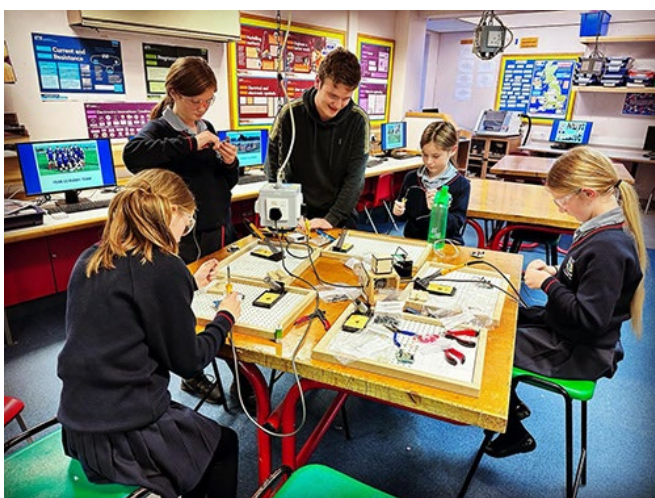
Jasmeet Kaur  
 Jasmine Hastie  
 Jaspreet Kaur  
 Jess Baker

Lilly Tranter  
 Lily Buttery  
 Lily Rose Walton  
 Lily Dale



Jess Birtwistle  
 Jess Scott  
 Jessica Hutchinson  
 Jessica Kelly  
 Jessica Rigg  
 Joe Makepeace  
 Joel Kitchener  
 Joseph Vernon  
 Joseph Allred  
 Josh Angus  
 Joshua Walker  
 Jumana Abouelghit  
 Jun Jie Li  
 Junior Gregory  
 Junior Kenning  
 Katie Gerrard  
 Katie Hutchinson  
 Katie White  
 Keira Donoghue  
 Kieran Drummond  
 Lara Tez  
 Larissa Nieman  
 Larnie Drummond  
 Laura Brown  
 Leanna Jones  
 Leona Scott  
 Libbie Wilson  
 Lilly Atkinson

Lizzie Holbourn  
 Logan McPhillips-O'Brien  
 Lois Fox  
 Lola Carrasco  
 Lolah Tranter  
 Luca Paleschi  
 Lucie Day  
 Lucy Moon  
 Lydia John  
 Maddie Akel  
 Maddie Carroll  
 Maddie-Faith Benson  
 Mae Fletcher  
 Maisie Lowther  
 Mason Benson  
 Matthew Gee  
 Max Saddington  
 Max Zangana  
 Meg Cuthbert  
 Megan Parker  
 Megan Pickering  
 Mia Muldowney  
 Mia Parkinson  
 Millie James  
 Millie Newton  
 Milly Large  
 Miruna Marinca  
 Missie Plews



Freya Kiddell  
 George Gayer  
 Georgia-Mae Crossley

Jack Kirtland  
 Jackie Lee  
 Jady Parkinson

Mollie Davies	Olivia Evans	Safa Ahmed	Tiana Welikela
Molly Harland	Olivia Sangster	Sarah Adamson	Tilly Alderton
Moyi Pegba-Otemolu	Obed Wise	Sarah Hall	Tilly List
Mylo-Lloyd Bone	Ollie Wood	Scarlett Snowdon	Toby Flight
Nadia Lee	Paige Forsyth	Serah Sunu	Tom Hankin
Nadia Szyler	Phoebe Warren	Shamiso Tiyenga	Tyler Simpson
Nancy Hobbs	Polly Wells	Sian Pattison	Uzair Mughal
Narmeen Aazer	Poppy Fairhurst	Sofia Omran	Vinnie Larkin
Natalia Crisp	Poppy Garbutt	Sofia Robinson	Will Craven
Nath Vine	Poppy McCormack	Sophie Armstrong	Will French
Nathan Humphries	Rahma Mohamed	Sophie Chisolm	Will Swindells
Niamh Graham	Raja Singh	Sophie Krenzler	Willow Oyston
Niamh Pattison	Rosie Whitwell	Sophie McGrath	Witness Ikah
Niamh Strike	Ruben Tatham	Sophie Wilks	Yvie Gibson
Nour Ibrahim	Ruby Cotter	Sufian Ahmed	Zehra Verdi
Nicholas Owen	Ruby Jones	Tara Mohamed	Zoe Jones
Nicole Swales	Ruby McMahan	Taylor Matthewman	Zohra Mustafa
Oakley Cassar	Ryan Fox	Theo Dryden	Zoya Iqbal
Olivia Campbell	Sabiya Ishaq	Thomas Bookless	
Olivia Craggs	Sadie Rowland	Tia Singh	

## Hot Chocolate Awards

Year 7: Emma Pulman, Richie Garbutt, Luca Davies, Mia Dover and Penelope Hughes-Morton.

Year 8: Lilly Salmon, Demi-Jade Mockler, Maddie Akel, Dexter Alderson and Kay Munyakazi.

Year 9: Holly Chen, Joseph Jones, Nikky Leone, Ruby McMahan, Cerys Downing and Jin Cheng He.

Year 10: Ben Wills, Kara Nwajiobi, Charlotte Wyatt, Jasmeet Kaur, Luke Bates and Cristina Roberts-Cano.



# Celebration of Achievement Evening

## The D H Hird Curriculum Awards

### Year 11 Curriculum Awards

Art	Katherine Williams
Business Studies	Mary Makaure
Computing	Hatty Jones
Design Technology	William Laird
Drama	Isobel Cordey
Engineering	Jacob Alderthay
English Language	Belle Hunter



English Literature	Adam Levick
Food and Nutrition	Lauren Gill
French	Maria Edmundson
Geography	Ben English
German	Daniel Sauron
Health and Social Care	Jake Baines

History	Laurie Morland
Information Technology	Ellie Neave-Lawrence
Mathematics	Daniel Sauron



Music	Max Saddington
Photography	Oakley Cassar
Physical Education	Ellie Plews
Religious Education	Tegan Reed-Kirby
Science - Combined	Sammie Crallan
Science - Triple	Emma Swales
Spanish	James Cole
Textiles	Ayesha Rahman
Travel and Tourism	Masie Thompson

## School Achievement Awards

### Year 7

Thea Aggett  
Mofifoluwa Akin-Jaiyeoba  
Jacob Dudley  
Luca Paleschi  
Arisha Whyte

### Year 8

Emma Adamson  
Ashlina Akhtar  
Hannah Cook  
James Cowan  
Aidan Husband  
Ruby Jones  
Freya Kiddell  
Luke Nicholson



### Year 9

Emily Beals  
Tom Davey  
Mae Fletcher  
Megan Walker  
Otis Webb

**Year 10**

Sofia Chohan  
Grace Evans  
Kelvin Ho  
Darcey Medden  
Lucas Swindells

Intermediate  
Senior

Eddy Gowland  
Sami Khelifi

**Michael Woollett Award for Excellence**

Mathematics  
ICT

Kadhim Kadhim  
Cole Edwards

**Year 9 Special Awards for Key Stage 3**

Faith Crockett  
Hanna Dabbous  
Lincoln Pawlak  
Izzy Phipps  
Anna Ronafalvi

**Girls into Computing**

Ellie Andrews  
Hannah Cook  
Bethan Rice  
Lara Tez

Alice Cherret  
Natalie Finnie  
Lucy Sauron  
Ava Watson

**Year 11 Special Awards for Key Stage 4**

Sarah Aslam  
Kadhim Kadhim  
Laurie Morland  
Phoebe Walton  
Oscar Wray

**Service to Band Award**

Jun Jie Li

**Service to Choir Award**

Laurie Morland

**Special Commendation 8+ A\*/A grades at GCSE**

Jacob Alderthay	Jamie Berry
James Cole	Isabel Cowan
Maria Edmundson	Ben English
Lauren Gill	Sarah Hall
Belle Hunter	Amy Ingledew
Hatty Jones	Kadhim Kadhim
Max Saddington	Daniel Sauron
Hana Shabbir	Noor Shabbi

**100% Attendance**

Jacob Alderthay

**Reverend David Smith Award for Outstanding Contribution to Creative Arts**

**Linguist Award - Year 10** Erin Biscomb

**Linguist Award - Year 12** Luke Evans

Isabel Cowan

**Maths Challenge – Best in School**

Junior

Jessica Baker

## Student Leadership Programme

### Outstanding Student Leader

Kadhim Kadhim      Mary Makaure  
Nouran Mohamed      Ellie Plews  
Daniel Sauron



Yarm Lions

Daniel Sauron

### Sir Maurice Sutherland Award for Endeavour

Nooria Zulfakar

### Presentation to Head Boy and Girl

Joe Fixter

Olivia Evans

### John Morgan Special Award

Isabel Cowan

## Sports Awards

### International Level

*Acrobatics &*

*Tumbling Gymnastics*      Matilda Madden

*Equestrian*      Henry Leggott

*Kettlebell Sports*      Henry Mack

*Motorsports UK*      Gracie Mitchell

### District Representative

*Athletics*

Charlie Kaye

Daniel Richardson

*Football*

Jessica Baker

Joseph Makepeace

Josh Stolweather

Seb Waller



*Rugby*

Joshua Martin

*Netball*

Sophie Krenzler

*Swimming*

Evelyn Woodward

### National Level

*Acrobatic Gymnastics*

Daisy Clarke

Emily Clarke

Ruby Clarke

*Cheer Leading*

Seren Boyer

*Judo*

Ryan Salahshouri

*Swimming*

Becky Watson

### County Representative

*Athletics*

Isabelle Cooksey-Newlove

Sophie Krenzler

*Cricket*

Josh Wilson

*Cross Country*

Sarah Adamson

*Football*

Lennon Asif  
Grace Campbell  
Hollie Davidson  
Madeline Fenby-Morgan  
Grace Forster  
Nina Gill  
Joseph Jones  
Kaden Nolan  
Lincoln Pawlak  
Katherine Witherwick  
Harry Whitwell

Year 7 Boys Winners Stockton Schools Football League  
Year 7 Boys Winners Cleveland Schools County Football Cup  
Year 8 Boys Winners Stockton Schools Football League  
Year 11 Boys Winners Stockton Schools Football League  
Under 13 Girls Winners Stockton Schools Football League  
Under 15 Girls Winners Stockton Schools Football League  
Year 8 Girls Winners Stockton District 5-aside Football League  
Year 7 Boys Winners Cleveland County Rugby Union  
Year 7 Boys Winners Stockton Schools 10 A-side Rugby  
Year 7 Boys Winners Tees Valley 10 A-side Rugby  
Year 10 Boys Winners Stockton Schools 7 A-side Rugby

*Netball*

Isabella Cooksey-Newlove

*Rugby*

Fraser Brownlee

Louie Plews

*Squash*

Ned Parker

Otis Webb

*Tennis*

Toby Flight

Freya Kiddell

Jacob Spence

**Victor Ludorum for Athletics**

**Preliminary** Daniel Richardson

**Junior** Witness Ikah

**Intermediate** Seth Cowling

**Victrix Ludorum for Athletics**

**Preliminary** Sophie Krenzler

**Junior** Isabella Cooksey-Newlove

**Intermediate** Lauren Tate



**Ruth Grainge Trophy for a girl's outstanding contribution to sport**

Megan Owen

**Regional Representative**

*Cricket*

Shaun Singh

*Cross Country*

Annabel Lupton

*Equestrian*

Annabel Lupton

*Gymnastics*

Jessica Lacey

*Ice Skating*

Annabelle Ingram-Dove

*Netball*

Jemimah Khan

*Swimming*

Annabel Lupton

Albie Mack

*Trampoline*

Jessica Darcy

*Tumbling*

Mia Evans

**Team Awards**

Year 7 Girls Winners Stockton Schools Indoor Athletics



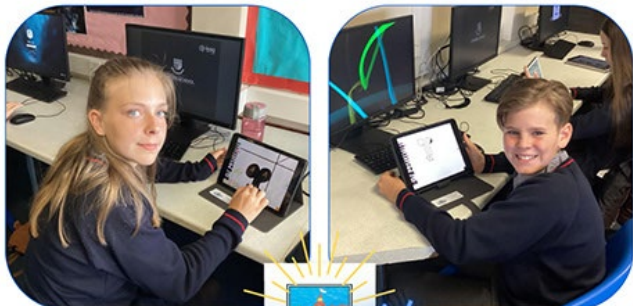
**Rod Neilson Trophy for a boy's outstanding contribution to sport**

Ben English

**The Eddie Hamblett Footballer of the Year**

Millen Burnett





#### Spotlight on... Mission: Perseverando in Year 7 Computing

Mr May and Mrs Hawthorne were so very impressed with the creativity, engagement and excellent design and critical thinking shown by our Year 7's here linked to global marketing and rebranding - well done!



#### Spotlight on... Year 9 in Biology!

Miss Crosby was so impressed by the models of Mitosis made by Harrison and Jayson. Both students worked really hard and were able to model how the body can replicate chromosomes in a cell to create identical daughter cells at the end!  
Fantastic work boys!



#### Spotlight on... Year 9 Speeches!

Miss Shaw, Mrs Farrow and Mrs Hawthorne were all so impressed with the content, quality and execution of the public speaking today in Year 9 English.  
'exponentially', 'abhorrent' and 'provisional' were just a sample of the high level vocabulary used today as Year 9 impressed with their impeccable oracy skills! Amazing work Year 9



#### Spotlight on... Year 11 Textiles I mean - WOW!

Year 11 textiles students stunned us with the quality and creativity shown in these final design sketches. Exploring inspirational women in industry such as Zaha Hadid and Coco Chanel students showed us a thing or two about the art of complex design and the skillful craft of textiles creation.

## English

A busy first half term in English, has seen Year 11 students tackling Romeo and Juliet with astonishing expertise, Year 10 students writing creatively, and Key Stage 3 students responding to texts such as Jane Eyre and Dr Jekyll and Mr Hyde. We have celebrated National Poetry Day and marked the passing of the Queen with a marvellous and respectful display. A Level students have been attacking coursework, learning new terminology and reading Shakespeare and Hardy. At all levels students amaze and delight their teachers with their enthusiasm and determination to progress.

# CONYERS SCHOOL COMPANY

**presents**

This amateur production of *Return to the Forbidden Planet* is presented by arrangement  
with Music Theatre International

All authorised performance materials are also supplied by MTI



## Return To The Forbidden Planet

### **RETURN TO THE FORBIDDEN PLANET**

By Bob Carlton

Inspired by the motion picture "Forbidden Planet" courtesy of  
Turner Entertainment Co.

Forum Theatre, Billingham

Wednesday 16 & Thursday 17 November

Tickets £10



Learning to sing or play an instrument is one of the most rewarding and enjoyable activities a young person can do. It is widely recognised that studying Music helps develop a wide range of skills and abilities that benefit the student both academically and emotionally. This is especially true for students who participate in ensembles such as bands and choirs.

#### **New Starter Offer**

In addition to only being £20 for the first half term, we are offering free loan of brass, woodwind or string instruments for anyone having lessons. Please email [gomusic@conyers.org.uk](mailto:gomusic@conyers.org.uk) for an enrolment pack to take advantage of this fantastic opportunity.

@gomusicconyers on Twitter.

#### **Assisted purchase**

We recommend that any student who has passed their grade 3 invests in their own intermediate instrument. The best way to do this is through our assisted purchase scheme where the cost of the instrument can be spread to the end of the academic year and the instrument can be bought without having to pay VAT.

For more information please email [gomusic@conyers.org.uk](mailto:gomusic@conyers.org.uk)

#### **Dates for your diary:**

##### **Return to the Forbidden Planet**

16 and 17 November

Forum Theatre Billingham

Tickets £10 from [gpattison@conyers.org.uk](mailto:gpattison@conyers.org.uk)

##### **Carol Service**

13 December 7.30pm

Yarm Parish Church

## Preloved Uniform

Our Preloved Uniform scheme has continued to be a huge success across Conyers this year, helping so many of our families. Lots of parents and students have donated items of uniform and PE kit, which no longer fit or are no longer needed. If you have any donations or are struggling to purchase a uniform, please contact Mrs McLean at [kmclean@conyers.org.uk](mailto:kmclean@conyers.org.uk) and we try to help where possible and always appreciate and welcome donations. The Preloved scheme is not only a way of helping families who are struggling financially but is an extremely environmentally friendly scheme - helping with landfill issues.

If your family's circumstances have changed recently and you feel your child may be entitled to free school meals, please follow the link below.

<https://www.cloudforedu.org.uk/ofsm/conyers>



NEW

# GO MUSIC COMMUNITY BAND

THURSDAY 6:30 - 7:30PM

STARTING 3RD NOVEMBER

**Location:**

Conyers School Hall, Green Lane,  
Yarm, Stockton-on-Tees  
TS15 9ET

**For more details and to join the band**

Email: [gomusic@conyers.org.uk](mailto:gomusic@conyers.org.uk)

Woodwind  
Strings  
Brass

Keyboard and percussion welcome too



# School Production

Fasten your seatbelts, return your tray tables to the upright position and prepare to blast off! It's time for this year's school production of the Olivier-award winning jukebox musical - 'Return to the Forbidden Planet'. Featuring rock 'n' roll hits of the 50s and 60s such as "Great Balls of Fire", "The Monster Mash", "Good Vibrations", and others.

The shows are on Wednesday 16 and Thursday 17 November at the Forum Theatre Billingham at 7pm. Tickets are £10 each and on sale from school.

We like to provide our students with the experience of performing in a professional theatre, which of course comes at a cost. All proceeds from the ticket sales go towards staging the production. If any parents or businesses would like to sponsor us and in return we can place an advert / thank you in the program please contact Mrs Pattison.

## PE

### **Netball**

We have entered three teams in the Under 16 leagues and tournaments this year.

Year 11 A - 4th

Year 11 B - 5th

Year 10 A - 4th

They are currently progressing well in the leagues with Under 16 A coming 4th overall, the other two teams results are still outstanding.

### **Boccia**

Five of our students represented Conyers in a new sport on the Stockton Schools calendar - Boccia. The boys who represented us came 5th overall, well done.

### **Cycling**

Our GCSE cohort have recently completed sessions at the velodrome in Middlesbrough for Cycling. Here they have learnt many skills from the basics to the complexities of cycling on the velodrome track. If any student is interested in getting into a new sport please email [adam@northeastcyclingacademy.com](mailto:adam@northeastcyclingacademy.com).

### **Rugby**

All teams have had a brilliant start to the rugby season. The Under 16 team was unbeaten at the Cleveland 10 a side tournament as were the Under 13 and the Under 14 teams. The Under 16s have since played in the DCRFU tournament in which they beat High Tunstall.

The Under12 team formed this half term training on a Friday before school; they are in action for the first time this week.

### **Football**

The ESFA cup games have been in full swing this half term. High Tunstall knocked out the Year 11 and Year 10 boys.

**The Year 7** team beat Manor from Hartlepool in a convincing 9-3 win in their debut match with some superb performances from the boys and Emilia.

**Year 8 boys** beat Northfield in the 1st round and had a convincing win this week against Richmond running out 10-2 winners, shout out to Freddie M who scored 5 of the goals!

**Year 9 boys** are waiting for their second round match against Northfield after they had a bye in the first round.

**Under 13 Girls** are through to the third round of ESFA after a convincing 8-0 away to Dyke house and a thriller away to Durham Johnson with Conyers running out 4-3 winners. Well done to Maddy FM for scoring a hat trick. In the double-header match against Egglecliffe in the league, we had a superb performance and won 9-0. Well done to all the girls and those making their debuts

**Under 15 Girls** are through to the 2nd round of ESFA after a 5-2 victory against Northfield. In the double-header match against Egglecliffe in the league it was a goal fest but Egglecliffe ran out 4-3 winners.

Well done to Jess Baker, Lola Carrasco and Hollie Davidson for all making it into the Under 14 Cleveland County squad. Hollie has also made it to the next selection stage for the English Schools team.

Football league matches will start to come thick and fast - all information and squad lists will be displayed in the PE corridor.

### Calendar Dates

Thursday 20 and Friday 21 October	Staff Development Days, school closed for students
Monday 24 to Friday 28 October	Half term
Tuesday 8 November	Year 9 and 10 tutor evening
Wednesday 16 and Thursday 17 October, 7pm	School Show – Return to the Forbidden Planet, Forum Theatre, Billingham
Tuesday 22 November	Year 8 tutor evening
Wednesday 30 November	Year 9 photographs
Monday 5 to Friday 9 December	Year 11 trial exams
Thursday 15 December	Carol Service, Yarm Parish Church
Tuesday 20 December, 2.30pm	Students finish for the Christmas holidays, buses early
<b>2023</b>	
Wednesday 4 January 8.50am	Students return after the holidays
Tuesday 17 January	Sixth Form Open Evening
Tuesday 24 January	Year 11 subject consultations
Tuesday 7 February	Year 9 subject consultations
Monday 20 to Friday 24 February	Half term
Friday 31 March 3.40pm	Students finish for the Easter holidays
Monday 17 April 8.50am	Students return after the holidays
Monday 1 May	Bank Holiday, school closed
Monday 29 May to Friday 2 June	Half term
Tuesday 18 July, 2.30pm	Students finish for the summer holidays

**Go Sport**  
Conyers

**Gymnastics Coaching**

Fully qualified, experienced coach with an excellent reputation

Go Sport are proud to offer first class gymnastics coaching for all abilities



We follow the British Gymnastics Badge Award Scheme

**New Class**

Every Tuesday (Term-Time Only)

5:00 - 5:45pm

Ages 5+ years

£4.50 per session



To book a class please contact  
GoSport@conyers.org.uk  
01642 790296

**ZUMBA**

Exercise, have fun and make friends at Go Sport's new Zumba class with Amanda Buck

Every Wednesday

6:15 - 7:00pm

Activity Studio

£5.00 per session

To register, contact  
GoSport@conyers.org.uk  
01642 790296

**Stronger**

"We lift, we stretch, we feel strong and toned!"  
For all levels of fitness

Wed 9th Nov  
6:30-7:00pm  
CONYERS, YARM  
£25 for 5 week course  
(or £20 in fitness bundle)

PLEASE BRING A MAT AND 2 DUMBBELLS  
1kg beginner, 2kg intermediate or 3kg for advanced

To book visit [www.EaglescliffeRunningGroup.com](http://www.EaglescliffeRunningGroup.com)

**KETTLEBELLS**

Burn Fat - Boost Metabolism - Get Lean  
A 30 minute HIIT class for all levels of fitness

**AT CONYERS**

Wednesday 9th November  
6:00-6:30pm  
(in the gym)

5 week course  
£25 per person  
(or £20 in fitness bundle)

Please bring your own kettlebell!

The Benefits of Kettlebell Training  
\*Burns Fat \*Improves Core Strength  
\*Increases Flexibility and Mobility \*Builds Lean Muscle  
\*Improves Weakness & Muscle Imbalance \*Boosts The Metabolism

To book please visit [www.EaglescliffeRunningGroup.com](http://www.EaglescliffeRunningGroup.com)

**FITNESS BUNDLE**

**Amazing OFFER!**

Book BOTH and receive 20% discount!

KETTLEBELLS £25  
STRONGER £25  
KETTLEBELLS & STRONGER £40 (save £10)

5 WEEK COURSE  
WEDNESDAY 9th NOVEMBER

Bookings: [www.EaglescliffeRunningGroup.com](http://www.EaglescliffeRunningGroup.com)

**Go Sport**  
Conyers

**Social Badminton**

Play badminton, have fun and meet new people

Every Wednesday

7:15-8:45pm

Ages 14+ years

Contact Martin Herring for  
more information on  
07774 146866

**FACILITIES TO HIRE**

Sports Hall - £30.00 per hour

Gymnasium - £20.00 per hour

Enquiries to GoSport@conyers.org.uk  
01642 790296