



Culford



**Culford Sports and Tennis Centre
Summer Holiday Camps 2022**

Multi-Activity Holiday Camp

Available from

Monday 4 July until Friday 2 September

Holiday Activity Scheme

5 - 8 Years

08:30 - 17:30

£35 per day or £150 per week

The camp will consist on various activities such as basic skills for sports, parachute games, team activities, swimming, playground activities and crafts.

What you will need

Children will need to bring a refillable water bottle, wet and dry clothing and a swimming kit with them each day. Lunch and snacks will be provided throughout the day.

Staff

Children will be supervised at all times by Culford Sports & Tennis Centre staff, all of whom are DBS checked.

Multi Sports Camp

8 - 12 Years

08:30 - 17:30

£35 per day or £150 per week

A camp aimed at children who love to play a variety of sports includes tennis and swimming as well as other sports such as football, basketball and rounder's.

Telephone **01284 385370** or email **cstc@culford.co.uk** to book your place

Cricket Camp

Introduction to Cricket

Monday 4 - Tuesday 5 July

Cricket Development Camp

Monday 11 - Tuesday 12 July & Thursday 25 August

Individual Cricket Sessions

Wednesday 6 & Wednesday 13 July

Please contact the Sports Centre for more Information

7 - 14 years

£35 per day

09:00 - 15:00

All activities will all be cricket related and will use the indoor hall, astro turf and outdoor cricket pitches.

Introduction to Cricket

An introduction to cricket suited for children that are starting to show an interest in cricket and would like to try the sport out. The session will include ball skills and game play using soft balls.

Cricket Development

A cricket development camp aimed at children who are in a cricket team and keen on developing their skills and knowledge of the game.

Individual Cricket Session

Individual sessions are available in either groups of one to one, two, three or four people between the hours of 09:00-15:00. Please contact the Sports Centre for pricing and availability.

What you will need

Children will need to bring a refillable water bottle. Lunch and snacks will be provided.

Telephone **01284 385370** or email **ctsc@culford.co.uk** to book your place.

Football Camp

Monday 25 - Wednesday 27 July
Monday 8 - Wednesday 10 August
Monday 22 - Wednesday 24
August

5-13 years

£30 per session

09:00 - 15:00

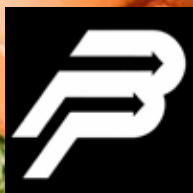
Ex professional coaching helping children to improve skills and learn new skills through fun activities. Children will also enjoy a swimming session during the afternoon.

What you will need

Children will need to bring a refillable water bottle and a swimming kit. Lunch and snacks will be provided.

Staff

Children will be supervised at all times by Culford Sports & Tennis Centre staff, all of whom are DBS checked.



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Slime Workshop

Monday 25 July &
Thursday 18 August
5 - 12 years
09:00-10:30 & 10:30-12:00
£15 per session



Our Slime Workshops are jam packed with fun, slimy things! Children will have the chance to make their own perfect slime, to take home and their own orbeez stress ball. They can enhance their slime by adding into the mix, glitter, foam beads, and other things. Plus we love to make our slimes smell gorgeous by adding scents, and will have a variety available on the day.



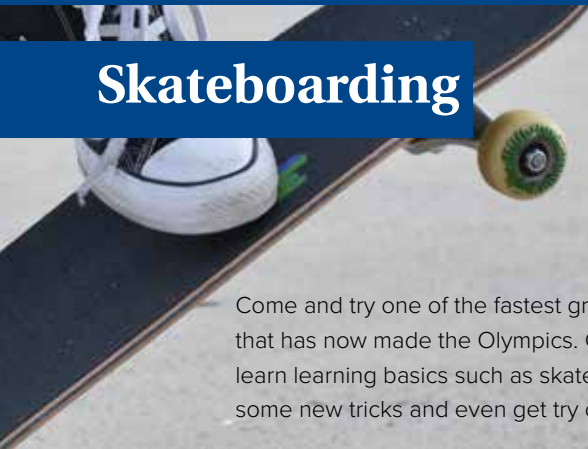
BMX Biking



Tuesday 26 July & Wednesday 10 August
7 - 14 years
£20 per session
09:00 - 11:00, 11:15 - 13:15 & 14:00 - 16:00

RideSmart BMX is run by former National BMX Champion, John Stockwell. He will coach and inspire you to try out BMX racing and learn new skills. Starting with core skills, you will then move onto practicing your new BMX skills on the portable track, culminating in fun races with your friends. Bikes and helmets are included.

Skateboarding



Tuesday 26 July &
Wednesday 10 August
5 - 14 years
£15 per session
09:00 - 10:30, 10:30 - 12:00
& 12:30 - 14:00

Come and try one of the fastest growing sports that has now made the Olympics. Children will learn learning basics such as skateboard moves, some new tricks and even get try out the ramps.

ABC SKATEBOARDING

Netball

Wednesday 27 July & Thursday 11 August

09:00 - 15:00

7 - 14 years

£35 per day

Come and join us for a fun day of netball, suitable for all levels. The camp will be based on ball skills, fun games and match play. All supported by qualified netball coaches.

Lunch and snacks will be provided.



Basketball

Monday 1 - Friday 5 August

09:00 - 16:00

7 - 18 years

£35 per day

Bury bulldogs are running a five day camp developing skills, fitness and game play. The camp will also include some off court development too.

Lunch and snacks will be provided.



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Space Science

Wednesday 3 August

10:00 - 12:00

5 - 8 years

£20 per session

Children will learn about planets using inflatable planets and planet boards. There is a projected film about the ISS, talking about the life of an astronaut. The session includes activities and games learning about the planets including a craft activity making your own version of a moon with different textures.

 **Kinetic**
Innovate · Inform · Inspire

Sports Science

Wednesday 3 August

13:00 - 15:00

7 - 12 years

£20 per session

Children will learn how the body works, muscles, bone structures and have a go at an endoscope in an wooden box and finding the toys, we use the infer red camera and we also do exercises to cover the speed our hearts go and checking our pulses.



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Archery

Monday 1 & Monday 22 August

7 - 14 years

09:00 - 10:30, 10:30 - 12:00

& 13:00 - 14:30

£15 per session

Children will have the chance to enjoy a basic introduction to archery which includes a variety of games and shooting at targets.

Clay Pigeon Shooting

Thursday 4 August

9 - 14 years

09:30 - 11:00, 11:30 - 13:00

& 14:00 - 15:30

£15 per session



The participants use real shotguns which have been deactivated and modified. The guns use infra red technology so are completely harmless. The guns fire a bean at clays launched from a conventional clay trap which launches them at a distance of 35m. Targets are launched from a number of different positions and various speeds and angles.

Scooter

Wednesday 10 August

5 - 12 years

£15 per session

09:00 - 10:30, 10:30 - 12:00

& 12:30 - 14:00



Children will learn basic scooting positioning and moves, have run relay races and much more!

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Laser Tag & Nerf Wars



Friday 5, Friday 12 &
Friday 26 August

7 - 14 years

09:00 - 11:00, 11:00 - 13:00
& 14:00 - 16:00

£20 per session

Enjoy one hour of nerf wars and then one hour of laser tag. There will be various games including individual and team challenges across the battlefields made from BUNKR inflatables.

Little Musketeers Fencing



Monday 8 August

5 - 12 years

£25 per session

5 - 8 years: 09:00 - 12:00

7 - 12 years: 13:00 - 16:00



Our older children fun-fuelled sessions are designed by Olympic fencer and multiple British Champion James Beevers. Children will use bright-coloured foam and plastic equipment that is safe and yet gives the real experience of fencing!

For younger children they will feel a strong sense of belonging and camaraderie as they battle through the ages with Little Musketeers' Battle Ages Adventure and experience the excitement of being a Medieval Knight, a King's Musketeer, a Roman Gladiator, and a Jedi knight!

Circus

Monday 15 - Wednesday 17 August

5 - 14 years

£35 per day

09:00 - 15:00

You will get to try a huge variety of different apparatus and equipment ranging from Aerial Hoop & Hammock, 12 metre AirTrack, Trampoline, Slacklines, Peg Stilts, Walking Globes and Unicycle. Learn to Juggle, Balance Feathers, Spin Plates, Diabolo Manipulation, Spin Poi and Staff!

Lunch and snacks will be provided.



Acrobatics

Thursday 18 August

5 - 14 years

£35 per day

09:00 - 15:00

Children will be working on tumbling and trampoline within the class as well as lots of other gymnastics skills such as acrobalance, hand balance and various tricks! Roll up, roll up and become an acrobat!



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Trampolining



Friday 19 August

5 - 14 years

5 - 7 years: 09:00 - 10:30

7 - 14 years: 10:30 - 12:00 & 12:30 - 14:00

£15 per session

Develop your acrobatic skills learning new tricks and moves from beginner moves to more technical moves.

The session will include some fun activities on the trampoline too.



Climbing Wall

Friday 29 July, Tuesday
9, Friday 19 & Tuesday 30
August

09:00 - 10:30, 10:30 - 12:00
& 12:30 - 14:00

7 - 14 years

£15 per session

Children will try out our climbing wall and learn skills on how to climb safely. There will also be different challenges and games each time you climb!

Telephone **01284 385370** or email **cstc@culford.co.uk** to book your place.



The Greatest Showman

Monday 25 July

09:00 - 15:00

8 - 12 years

£35 per day



Come along to our fun filled day learning songs and choreographed routines to one of our favourites films, The Greatest Showman. The Day will end with a mini show, a chance to show parents what was learnt from the day.

Woodland Fairies Day

Wednesday 27 July

09:00 - 14:00

5 - 8 years

£30 per day



Join our woodland fairies on a magical day playing Woodland Themed Games, fairy inspired crafts and a magical treasure hunt, singing and dancing and we will even have glitter face painting.

Variety Musical Theatre

Thursday 28 July

09:00 - 15:00

10 - 16 years

£35 per day



A fun filled day learning different choreographed routines to your favourite theatre shows. Not to mention a signing workshops and acting, ending with a mini show at the end of the day.

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Encanto Dance Workshop

Thursday 11 August

09:00 - 15:00

5 - 12 years

£35 per session

A day full of singing, dancing, arts, crafts and lots of games. Includes a hot or cold lunch and a snack.



Let's Dance Workshop

Monday 22 August

09:00 - 15:00

5 - 12 years

£35 per session

A day full of fun new dance routines and dance games. Dancing will include modern, jazz and hip hop. Includes lunch and snack.



Princess Training Camp

Wednesday 24 August

09:00 - 14:00

5 - 8 years

£30 per day

Come dressed in your favourite costume and join our glass slipper princess and our mermaid princess who will provide you the skills and training to become a princess.

There will be interactive storytelling, wand and crown making and curtsy lessons, singing and dancing. The day will end with a coronation of all the princesses.



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Balance Bikes

Monday 15 - Thursday 18 August

09:30 - 10:20

2 - 4 years

£50 for the course (4 x 50 minute sessions)

Our balance bike course is designed specifically for children aged 2.5-4 year olds who want to take their first step towards learning how to ride a bike. Please bring your balance bike with you so your child builds confidence on their own bikes.



Learn to Ride a Bike

Monday 15 - Thursday 18 August

10:30 - 11:30

4 - 8 years

£50 for the course (4 x 60 minute sessions)

Our learn to ride course is designed for children aged 4 years + who would like to learn how to ride a bike with pedals independently. Please bring your child's bike so they can learn on their own bike and build confidence.



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Bikeability

Wednesday 17 - Thursday 18 August

12:30 - 16:30

£80 for two days

Our Bikeability course is for children who would like the confidence and skills to ride their bike safely on modern roads. Bikeability is the governments national cycle training programme. The course would include Bikeability Level 1 and 2 training. Please bring your child's own bike to this course.



Swimming 1 - 1 Lessons

3 years - adult

£20 per 30 minute session

A great way to work on specific swim skills and build confidence where the teacher can focus solely on the individual.

Stage 1 Crash Course

£30 per course

Suitable for 4 years +. A three day course to develop children's confidence and skills with their stage.

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