

holiday activities

@ **freedomleisure** uckfield

fun activities for children aged 5 - 12yrs



summer holiday 2010

“

not to be missed...

Master Piece pottery - 3, 10, 17 august
street dance course, ages 6 - 10yrs, 27 - 30 july &
 24 - 27 august 3.00-4.00pm

(£11 per course / £3.50 per session / free as part of holiday activities)

animal handling - 26 august

Brighton & Hove Albion football coaching - 27 july, 12 & 23 august
 25 Aug - *Demonstration from Odd Balls of London. They will be juggling, using the diablo and allowing the children to have a go*

trampolining every week



”

week 1 26 - 30 july

	mon 26 july	tues 27 july	wed 28 july	thurs 29 july	fri 30 july
am	touch rugby painting obstacle course hair braiding	beach volleyball 5-a-side football circle games cool cardz	rounders trampolining benchball uni hockey	basketball / netball crash mat fury olympic races dizzy races	blow paints parachute games team games active play dance mats hair braiding
pm	talent show quick cricket parachute games swimming*	BHA football coaching street dance mosaic pictures swimming*	street dance cooking (cookies) dodge ball swimming*	street dance chocolate chops swimming* bingo penalty shoot out	street dance parachute games rounders hair braiding swimming*

* Children under 8 are not permitted to swim, other activities are provided.

phone to book: **01825 761160**

activities run every school holiday, not to be missed sessions in **bold**



freedomleisure
we'll show you how

week 2 2 - 6 august

	mon 2 august	tues 3 august	wed 4 august	thurs 5 august	fri 6 august
am	crash mat fury track & field pop the balloon make a fruit cocktail	cinema trip team games parachute games	chocolate chops uni hockey model making wall ball squash	active play skate park/bmx (over 8's only) short tennis treasure hunt 5-a-side football	tye dye t-shirts crash mat fury trampolining swimming*
pm	egg drop challenge stoolball quiz swimming*	talent show track & field hair braiding master piece pottery swimming*	rounders blindfold hunt team games swimming*	tri archery obstacle course crash mat fury make a bracelet swimming*	fashion show party games roller skating disco face painting

week 3 9 - 13 august

	mon 9 august	tues 10 august	wed 11 august	thurs 12 august	fri 13 august
am	basketball obstacle course crash mat fury balloon races	5-a-side football team games chocolate chops make a plane and fly it	parachute games mini olympics team games make flowers	beach volleyball crash mat fury trampolining cool cardz team races	hair braiding 5-a-side football 1,2,3 games tri archery
pm	talent show bingo quick cricket swimming*	master piece pottery uni hockey dizzy races on the field swimming*	dodge ball pop the balloon team games swimming*	sports zone story time BHA football coaching swimming*	water madness bring your own water pistols if you have any and prepare to get wet! swimming*

* Children under 8 are not permitted to swim, other activities are provided.

week 4 16 - 20 august

	mon 16 august	tues 17 august	wed 18 august	thurs 19 august	fri 20 august
am	team games active play skate park/bmx (over 8's only) obstacle course uni hockey	french cricket tye dye t-shirts trampolining fruit cocktails blindfold hunt	short tennis tournament football beach volleyball jewellery making	team games make a pizza parachute games touch rugby	talent show swimming* bench ball football
pm	blow paints parachute games basketball swimming*	master piece pottery fashion show football swimming*	balloon races track & field touch rugby swimming*	uni hockey netball/basketball penalty shootout swimming*	1,2,3 games rollerskating face painting party games

week 5 23 - 27 august

	mon 23 august	tues 24 august	wed 25 august	thurs 26 august	fri 27 august
am	games tri archery football / netball parachute games	hair braiding basketball penalty shoot out trampolining	sports circuits odd balls juggling & diablo demonstration make juggling balls	animal handling obstacle course uni hockey parachute games	dizzy races on the field olympic challenge uni hockey chocolate chops, kids rule
pm	crash mat fury rounders swimming* BHA football coaching	street dance uni hockey beach volleyball swimming*	treasure hunt team races street dance swimming*	touch rugby mosaic pictures street dance swimming*	water madness bring your own water pistols if you have any and prepare to get wet! street dance swimming*

* Children under 8 are not permitted to swim, other activities are provided.

“ holiday activities

@ freedomleisure uckfield ”

notes for parents:

Registration is held in the main sports hall for all children from 8.30am. A parent or guardian must accompany their child / children for registration and collection. If you want to make other arrangements for your child / children we must have these arrangements in writing.

Please ensure that our staff are informed of any medical conditions and medicines your child may require. If your child / children require any medicine please note that they will need to administer it themselves. A staff member will be responsible for the time of administration and will watch him / her administer their medication.

Supervised swimming sessions for over 8's are available each day. Swimmers will need to supply a costume, towel and armbands if required. These sessions are optional and alternative activities are available for those not wishing to swim.

Please note that the **collection time** for your child / children is 4.00pm. On collection you will be asked to sign our register to confirm that you have collected your child / children.

Please ensure that your child / children have the **correct clothing** and footwear for the various activities. Some of our activities will be held outside within our grounds. Please ensure your child / children have a coat, change of footwear, sun hat and sun cream if the weather is fine.

We ask all children to provide their own **packed lunch** and if required, a maximum of £1.50 for sweets / chocolate from the vending machine. We can provide a hot or cold lunch at a cost of £3.00.

We reserve the right to change the programme **without notice**.

Spaces are limited. Please book at reception to avoid disappointment. If you need to make a cancellation you must cancel 48 hours prior to the activity to receive a refund (may take up to 14 days).



daily prices:

(please book by phone or at centre reception)

- mornings 8.30am - 1.00pm £10.00
- afternoons 1.00 - 4.00pm £8.00
- all day 8.30am – 4.00pm £17.50



freedomleisure
we'll show you how