



# Culford

Sports and Activity  
Programme

Easter Holiday 2019

Monday 8 April to Thursday 18 April  
(Weekdays Only)

£17 Half Day  
£28 Full Day  
£130 Full Week

## Easter Holiday Activity Scheme

The Activity Scheme can be booked for a half day, a full day, or any combination of sessions you require. It is aimed at children aged between 5 and 14 years. We aim for children to have a swimming session each day.

The programme will provide structured recreational sports and activities for children, led by an enthusiastic team of qualified sports centre staff.

### Times

from 08:30

Registration time

09:00

Activities start

09:00-13:00

Morning Session

13:00-17:00

Afternoon Session

09:00-17:00

Full Day

Pick up by 17:30

### What you will need

Children will need to bring a refillable water bottle, packed lunch (whether attending morning or afternoon courses) and swimming kit with them each day. Drinks and biscuits 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.



Available to book NOW! Telephone 01284 385370 to book your place.

## Trampolining

Trampolining for boys and girls of all abilities. The sessions will be led by Charlotte Olley; Head of Netball at Culford School. Please note there is a maximum of 12 children per group. Minimum age is 7.

Date: Tuesday 9 April

Times: 09:00 - 10:30 or 10:30 - 12:00

**Price: £18 per session.**



## Battle Camp

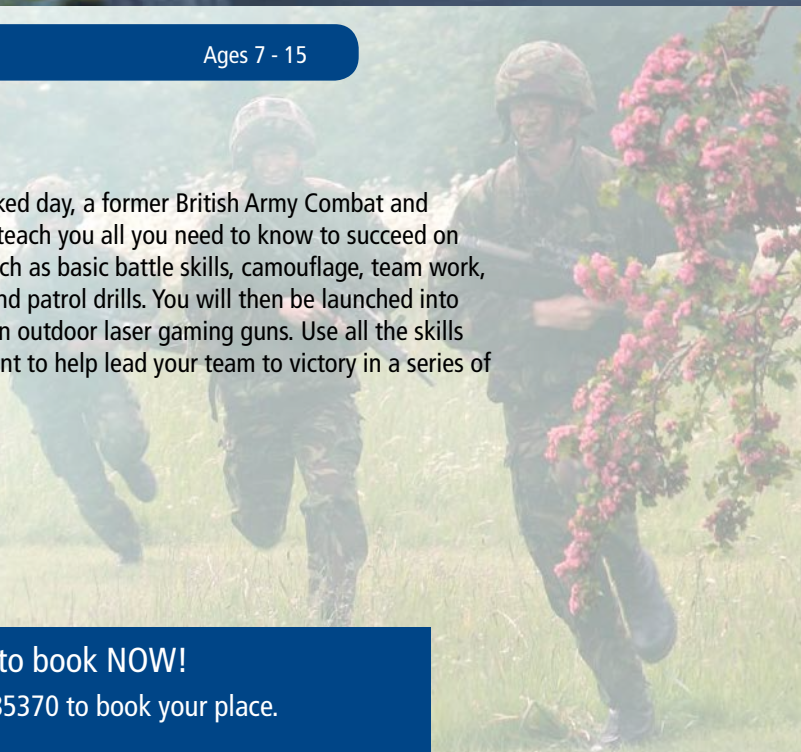
Ages 7 - 15

During your action packed day, a former British Army Combat and Survival Instructor will teach you all you need to know to succeed on the Battlefield; skills such as basic battle skills, camouflage, team work, communication skills and patrol drills. You will then be launched into battle using the latest in outdoor laser gaming guns. Use all the skills and drills you have learnt to help lead your team to victory in a series of mock battles.

Date: Wednesday 10 April

Time: 09:00 - 17:00

**Price: £40**



Available to book NOW!

Telephone 01284 385370 to book your place.

## LTA Tennis Competitions

### LTA Mini Red Competition

Ages 8 and under

Friday 12 April

14:00–16:00 £14

Open to all standards

Code: SUF1950767

### LTA Mini Orange Competition

Ages 9 and under

Friday 12 April

10:00–13:00 £14

Open to all standards

Code: SUF1950766

### LTA Mini Green Competition

Ages 10 and under

Thursday 18 April

10:00–15:00 £14

Open to all standards

Code: SUF1950768

Please visit  
[www.lta.org.uk](http://www.lta.org.uk)  
to book any  
of these  
competitions.

## Fun Tennis Camps are aimed at children of all standards.

**Package 1** gives an introduction to coaching, fun tennis & exercises with the addition of multisport.

**Package 2** provides coaching and fun competition.

Children will need to bring a snack, packed lunch and a drink.

### Package 1

Ages: 5-15 years

#### Fun Tennis & Coaching

Aimed at all standards, with the focus on learning the game while having fun.

09:00 to 13:00

Registration time from 08:30

Dates in April: (Booked as individual days)

Monday 8, Tuesday 9, Wednesday 10, Thursday 11

Monday 15, Tuesday 16 & Wednesday 17

Location: Indoor Tennis Centre

Price: Cost £20 per session or  
£50 for three sessions.

### Package 2

Ages: 5-15 years

#### Coaching and Fun competition

Minimum standard - The ability to play a short rally of 3-5 shots.

09:00 to 15:00

Registration time from 08:30

Dates in April: (Booked as individual days)

Monday 8, Tuesday 9, Wednesday 10, Thursday 11

Monday 15, Tuesday 16 & Wednesday 17

Location: Indoor Tennis Centre

Price: Cost £35 per session or  
£90 for three sessions.

### Combine sessions

Make a day by combining a  
**TENNIS SESSION** followed by  
**MULTISPORTS ACTIVITY** until 17:30

**Tennis package 1** + Multisports  
ONLY £35 per day

**Tennis package 2** + Multi sports  
ONLY £43 per day





## 1 to 1 Private Swimming Lessons

For children and adults of all abilities:

- Learning to travel through water
- Building confidence in and under water
- Improving stroke technique
- Diving, turns and skills

**Price: £17.50 per 30 minute session**

Please call for availability.



## Archery

For boys & girls aged 8-15

Come and learn archery, or improve your existing skills. These sessions will be instructive with an emphasis on having fun and trying something new. All equipment is provided and all staff are DBS checked.

Dates: Monday 8 April and  
Monday 15 April

Time: 09:30 - 11:00

Price: £15.00 per 1.5 hour session



Available to book NOW! Telephone 01284 385370 to book your place.