

# SUMMER HOLIDAY ACTIVITIES 2020



Suffolk  
New  
College

Suffolk New College Sport Centre,  
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**AT SUFFOLK NEW COLLEGE  
SPORTS CENTRE**

**Week 1 20 July - 26 July**

|        |                   |                  |        |
|--------|-------------------|------------------|--------|
| Friday | Casual Basketball | 10:30am - 3:30pm | Age 7+ |
|--------|-------------------|------------------|--------|

**Week 2 27 July - 2 August**

|           |  |                   |                     |
|-----------|--|-------------------|---------------------|
| Monday    | Monday Morning Madness                               | 10:00am - 11:15am | -                   |
| Tuesday   | Family Fun Session (inc. DMT)                        | 10:30am - 11:30am | -                   |
|           | Bounce Madness and games                             | 1:00pm - 2:30pm   | Age 6+              |
| Wednesday | Toddler Fun including Baby Bounce and Inflatable Fun | 11:00am - 12noon  | 18 months - 5 years |
|           | Inflatable fun and various games                     | 1:00pm - 2:00pm   | Ages 7-12           |
| Thursday  | Casual Racket Sports                                 | 11:00am - 12:00pm | Age 7+              |
| Friday    | Futsal Session                                       | 12:30pm - 1:45pm  | Age 7+              |

**Week 3 3 - 9 August**

|           |                          |                   |        |
|-----------|--------------------------|-------------------|--------|
| Monday    | Casual Sports            | 11:30am - 12:30pm | Age 7+ |
|           | Futsal Session           | 1:30pm - 2:45pm   | Age 7+ |
| Tuesday   | 2-day Trampoline Session | 11:00am - 12:15pm | Age 5+ |
| Wednesday | 2-day Trampoline Session | 11:00am - 12:15pm | Age 5+ |
| Friday    | Casual Basketball        | 10:30am - 3:30pm  | Age 7+ |

**Week 4 10 - 16 August**

|           |  |                   |                     |
|-----------|--|-------------------|---------------------|
| Monday    | Casual Basketball                                    | 11:00am - 1:30pm  | Age 7+              |
| Tuesday   | Toddler Fun including Baby Bounce and Inflatable Fun | 10:30am - 11:30am | -                   |
|           | Casual Trampolining                                  | 1:00pm - 2:00pm   | Age 7+              |
| Wednesday | Toddler Fun including Inflatable Fun                 | 11:00am - 12noon  | 18 months - 4 years |
| Thursday  | Indoor Mini Golf                                     | 11:00am - 12:30pm | 5-10 years          |
| Friday    | Casual Sports  | 10:30am - 11:30am | Age 7+              |

**Week 5 17 - 23 August**

|           |  |                   |        |
|-----------|--|-------------------|--------|
| Monday    | Monday Morning Madness   | 10:15am - 11:15am | -      |
| Tuesday   | Casual Trampolining  | 10:00am - 11:00am | Age 5+ |
|           | Activities for children with disabilities, including Boccia, Curling, and Trampolining | 2:00pm - 3:00pm   | Age 6+ |
| Wednesday | Cricket Taster Session   | 10:30am - 13:00am | Age 6+ |
| Friday    | Casual Basketball  | 10:30am - 3:30pm  | Age 7+ |

PLEASE NOTE: ANY CHILDREN AGED 7 OR UNDER MUST BE SUPERVISED BY A PARENT/GUARDIAN AT ALL TIMES WHILE USING THE SPORTS FACILITIES.

**Casual Basketball (Age 7+) | £3.75** | Our full size basketball court is available for anyone to come and play basketball, all equipment is supplied. Why not get a group of friends together and come and shoot some hoops? The courts are available anytime between 10:30-15:30. Just turn up and play.

**Monday Morning Madness | £4.00** | Get the children out of the house and let them burn off all that energy by charging around the sports hall, playing Basketball, Futsal, and Dodgeball. The sessions will be run by the centre staff and will be played individually, with direction from the staff to ensure everyone can join in the fun.

**Family Fun Session including DMT (No age restriction) | £4.00 per child, parents FREE**  
The sports hall will be set up with our inflatable station, table-tennis, soft tennis, indoor football, double mini trampoline (DMT), and a toddler soft play area to suit all ages. DMT is a cross between trampolining, vaulting and Parkour but is only suitable for ages 7+. All other activities are open to all ages.

**Bounce Madness and games (Age 6+) | £4.00** | We are offering the unique opportunity to come and play on our trampolines, with various fun games supervised by our sports centre staff. Please ensure children turn up with socks and sports clothing.

**Toddler Fun (Ages 18 months - 4 years) | £4.00** | A fun session of soft play and inflatable fun with our inflatable animals, balls, and our large bouncy castle to wear those little ones out. Our 'Baby Bounce' sessions include an introduction to trampolining, developing co-ordination and balance under the eye of a British Gymnastics qualified coach. Please note: Bounce sessions are open to ages 18 months - 5 years.

**Inflatable Fun and various games (Ages 7 - 12 years) | £4.00** | With the combination of the inflatable station and various games like dodgeball, basketball, and futsal, this session will get your children running around and will also wear out the sports centre staff, who will be supervising this session.

**Casual Racket Sports (Age 7+, unless accompanied by an adult) | £3.75** | Come along and play table tennis, badminton, or short tennis, with family and friends. This is a casual session and is unsupervised by the Sports Centre. All equipment is included in the price, parents can join in for FREE.

**Futsal Session (Age 7+) | £3.75** | Enjoy football? Why not try this different kind of indoor football, which is played as a 5-a-side game. Futsal builds confidence and helps you develop better ball skills. Come and join in as everyone gets involved in this small sided game. The activity will be organised by the Sports Centre Staff and will include futsal drills before moving on to the games.

**Casual Sports (Age 7+) | £3.75** | Our casual sports session will be set up with a variety of different activities in the sports hall, including indoor tennis, badminton, dodgeball, table-tennis, basketball, and futsal. This is a great way to encourage your child to enjoy a selection of games and keep active. Just turn up and play!

**2-day Trampoline Course (Age 5+) | £10.00 for 2 days** | Come and enjoy the fun of trampolining, and learn how to develop your skills while working on the British Gymnastics badge scheme. This course is taught by a qualified British Gymnastics coach. Pre booking is advised.

**Casual Trampolining (Age 5+) | £4.00** | Come and take part in our casual trampolining session. This will be run as a come and "have a go" session, with a qualified British Gymnastics coach to teach you the basics. This is open to any ability, so why not bring a group of friends along to have some fun.

**Indoor Mini Golf (Ages 5 - 10 years) | £3.75** | Why not come down and have a go at our mini golf course. Challenge your friends and family to see who can get the best score...

**Activities for children with disabilities (Age 6+) | £4.00** | We will be running various activities, including trampolining, Boccia, curling, and rounders, for children with disabilities. All games will be run as casual "have a go" sessions, with a qualified British Gymnastics coach for the trampolining, and all other activities will be supervised by a member of sports staff. This is a pre-booked session only.

**Cricket Taster Session (Age 6+ | £3.75** | Want to give cricket a go? Come and join our taster session, where you will be taught the basics of bowling, batting, and fielding. This session must be pre-booked.