Summer Holiday Sports & Activity Programme

Holiday Activity Scheme
Every day 8:30am – 5:30pm     Only £28 per day

Canoeing/Kayaking, Climbing, Combat Battle Camp, First Aid, Raft Building, Rugby, Swimming, Tennis, Hockey and more.
## Holiday Sports & Activity Programme Example Week

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>8:30am - 9:00am</td>
<td>Drop off and supervised free play</td>
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<tr>
<td>9:00am - 9:30am</td>
<td>Introduction, fire drills, meet and greet the activity leaders and team activities</td>
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<tr>
<td>9:30am - 10:15am</td>
<td>Team Games</td>
<td>Mini Athletics</td>
<td>Sitting Volleyball</td>
<td>Netball</td>
<td>Badminton or Assault Course</td>
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<td>10:15am - 10:30am</td>
<td>Morning Break</td>
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<tr>
<td>10:30am - 11:30am</td>
<td>Swimming or Parachute Games</td>
<td>Outside games or Indoor Hockey</td>
<td>Swimming or Netball</td>
<td>Outside Games or Dodgeball</td>
<td>Swimming or Creation Station</td>
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<tr>
<td>11:30am - 12:30pm</td>
<td>Outside Games or Bench Ball</td>
<td>Swimming or Creation Station</td>
<td>Outside Games or Parachute Games</td>
<td>Swimming or Creation Station</td>
<td>Outside Games or Hunter vs Hunted</td>
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<tr>
<td>12:45pm - 1:15pm</td>
<td>Lunch and AM Pick up, PM Drop off</td>
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<tr>
<td>1:15pm - 2:00pm</td>
<td>Table Tennis or Creation Station</td>
<td>Ultimate Frisbee or Basketball</td>
<td>Foot Golf or Indoor Hockey</td>
<td>Rounders or Team Games</td>
<td>Team Challenge</td>
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<tr>
<td>2:00pm - 2:45pm</td>
<td>Quick Cricket</td>
<td>Rounders</td>
<td>Team Games</td>
<td>Volleyball</td>
<td>Football</td>
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<td>2:45pm - 3:00pm</td>
<td>Afternoon Break</td>
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<tr>
<td>3:00pm - 4:30pm</td>
<td>Swimming or Badminton</td>
<td>Swimming or Netball</td>
<td>Swimming or Creation Station</td>
<td>Swimming or Capture The Flag</td>
<td>Swimming or Netball</td>
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<td>4:30pm - 5:00pm</td>
<td>End of day games and activities</td>
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<td>5:00pm - 5:30pm</td>
<td>Extended pick up and supervised free play activities</td>
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Multi Sports Holiday Activity Scheme
Monday 24 July - Friday 1 September 2017

Half day or full day, any day or every day of the summer, the Holiday Activity Scheme provides recreational sports and activities for all children aged 5 to 15 years. It includes swimming, tennis, rounders, arts & crafts and lots more. Children will swim every day.

The scheme is led by an enthusiastic team of qualified sports centre staff, all of whom are DBS checked.

The Holiday Activity Scheme will run every weekday from Monday 24 July - Friday 1 September. You can book anything from a half day, a full day or a whole week.

Children will need to bring a packed lunch (whether attending a morning or afternoon session) and a swimming kit with them each day. Drinks and small snacks will be provided throughout the day. On hot days, a hat and sunscreen are also recommended; your child must be able to apply the sunscreen themselves. We allow a 30 minute drop off and pick up window: 8:30am - 9:00am and 5:00pm - 5:30pm.

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<tr>
<th>Session Times</th>
<th>9:00 - 13:00</th>
<th>13:00 - 17:00</th>
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<tr>
<td>Half Day</td>
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<td>Full Day</td>
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<td>Full Week (5 days)</td>
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<td>£130</td>
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Look out for the ‘Make A Day of it’ (MAD) price that combines the Sports and Activity Programme with any individual session you book, to allow for 8:30am - 5:30pm fun!

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

For Boys & Girls aged 7-12

The rugby camp is for all children, whether new to the game or players looking to develop their skills. Led by Mark Bolton; Eastern Counties First XV Head Coach, 10 year professional player of both the union and league games with international rugby experience, and Charlie Sadler; former Northampton Saints full back. Charlie was spotted by a professional team at a young age and in addition to his rugby experience he has developed his skills to include player strength and conditioning. The course has been designed to focus on individual and team skills, strategy, player development and kicking skills.

Times: 9:30am - 3:30pm

Dates: AUGUST
- Monday 14 August       U7 & U8
- Tuesday 15 August       U9 & U10
- Wednesday 16 August  U9 & U10
- Thursday 17 August      U11, U12 & U13
- Friday 18 August           U11, U12 & U13

Price: £40 per day

Raft Building

For Boys and Girls aged 8-15

Working in groups the children will work together to scavenge for equipment, with their challenge to build their team raft. The session will end in the swimming pool, giving the children the opportunity to compete in games and challenges to test their building skills and their rafts durability!

Times: 1:00pm - 5:00pm

Dates: JULY
- Friday 28

Dates: AUGUST
- Monday 7
- Wednesday 30

8:30am to 5:30pm

Price: £22 per session

£36

Available to book NOW! Telephone 01284 385370
Combat Battle Camp

For Boys & Girls aged 7-15

The Sergeant Major (Ex British Army Combat and Survival Instructor) will hold Combat Battle and Combat Survival Schools at Culford in the summer holidays. During your action packed day all recruits will go through either Battle School or Survival School training.

**BATTLE SCHOOL:**
The Sergeant Major 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.

**SURVIVAL SCHOOL:**
The Sergeant Major will show you how to build a shelter, find water, track, hunt for food and how to build a fire. Later you will utilise what you have learnt to become a master survival expert by combining the skills learnt in a laser game based scenario.

Both days are crammed full of fun things to do in a safe and friendly environment. So fall in and sign up NOW!!

**Dates:**
- **BATTLE SCHOOL:** Tuesday 8 and Tuesday 29 August
- **SURVIVAL SCHOOL:** Thursday 10 and Thursday 31 August

**Price:** £40 for each day

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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 31 July
- Monday 7, 14 & 21 August

**Price:** £15 per 1.5 hour session

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**New!**

£40
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<th>Week 1</th>
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<td><strong>17 - 21 July</strong></td>
<td><strong>24 - 28 July</strong></td>
<td><strong>31 July - 4 August</strong></td>
<td><strong>7 - 11 August</strong></td>
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<td><strong>LTA Mini Tennis Orange Comp</strong></td>
<td><strong>LTA Mini Tennis Red Comp</strong></td>
<td><strong>Crash Course Swimming</strong></td>
<td><strong>Raft Building</strong></td>
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<td><strong>10:00am - 1:00pm</strong></td>
<td><strong>2:00pm - 4:00 pm (all standards)</strong></td>
<td><strong>Culford/Glasswells Open Tennis Tournament</strong></td>
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<td><strong>Battle School</strong></td>
<td><strong>Fun First Aid</strong></td>
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<td><strong>8:30am - 5:30pm (5 - 14 year olds)</strong></td>
<td><strong>LTA Junior Matchplay</strong></td>
<td><strong>Crash Course Swimming</strong></td>
<td><strong>Tennis Camp</strong></td>
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<td><strong>9:00am - 3:00pm</strong></td>
<td><strong>Crash Course Swimming</strong></td>
<td><strong>Survival School</strong></td>
<td><strong>Hockey 10:00am - 12:00pm &amp; 1:00pm - 3:00pm</strong></td>
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<td><strong>Culford/Glasswells Open Tennis Tournament</strong></td>
<td><strong>Bikeability 10:00am - 2:30pm (2 day course)</strong></td>
<td><strong>Football 10:00am - 3:00pm</strong></td>
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Please read on for more activity information...
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<tr>
<th>Date</th>
<th>Activity Scheme (5 - 14 year olds)</th>
<th>Tennis Camp</th>
<th>Archery</th>
<th>Rugby Camp 9:30am - 3:30pm</th>
<th>Football 10:00am - 3:00pm</th>
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<th>Raft Building 1:00pm - 5:00pm</th>
<th>LTA Mini Tennis Green Comp 10.00am - 1.00pm</th>
<th>LTA Mini Tennis Orange Comp 10:00am - 1:00pm</th>
<th>LTA Mini Tennis Red Comp 2:00pm - 4:00 pm (all standards)</th>
<th>Tennis Camp</th>
<th>Crash Course Swimming</th>
<th>National Pool Lifeguard Qualification</th>
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<td>11 August</td>
<td>Summer Holiday Activity Scheme</td>
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<td>14 - 18 August</td>
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<td>21 - 25 August</td>
<td>Summer Holiday Activity Scheme</td>
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<td>28 August - 1 September</td>
<td>LTA Mini Tennis Orange Comp 10:00am - 1:00pm</td>
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*(Available to book NOW! Telephone 01284 385370 to book your place)*
Fun First Aid
For Boys & Girls aged 7-12

The course will cover basic principles in First Aid for children, to include: the recovery position, bandaging and basic resuscitation. Sessions will be fun but informative, teaching children key life skills at a level they can understand. Spaces will be limited, and early booking is recommended.

Times: 10:00am - 12:00pm, 1:00pm - 3:00pm

Dates: JULY Wednesday 26 10:00am-12:00pm
AUGUST Wednesday 9 10:00am-12:00pm
Tuesday 15 1:00pm-3:00pm

Price: £18 per session

Swimming Lessons
For all aged 3+

Crash Course Swimming Lessons
Dates: Monday 31 - Thursday 3 August
(Four day course, stage 1, 2 & 3)
Tuesday 22 August - Friday 25 August (4 sessions)
(Four day course, stage 1, 2 & 3)

These courses are designed to build water confidence and to improve key water skills for all abilities. Each swimmer will be able to work on improving their swimming ability and developing their swimming techniques.

- Stage 3: 10.00am - 10.30am (maximum 6 swimmers per class)
- Non Swimmer Stage 2: 10.30am - 11.00am (maximum 6 swimmers per class)
- Non Swimmer Stage 1: 11.00am - 11.30am (maximum 6 swimmers per class)

Price: £30 per course

Private Swimming Lessons
Various times and dates available - please call 01284 385370 for availability
30 minute one-to-one swimming lessons that will help build water confidence and develop students' swimming skills, technique and ability. Each lesson is individually tailored to the student's requirements.
Price: £17.50 for 30 minutes

NPLQ
For Boys & Girls aged 16+

The National Pool Lifeguard Qualification is the most widely recognised qualification in the UK. This course will feature the new PXB rescue board system and is ideal for a student who is looking for part time work. Full attendance is required to be put forward for the exam process. The course tutor currently has a 100% pass rate.

Times: 9:00am - 5:00pm

Dates: AUGUST Monday 26 - Sunday 27

Price: £230 per course

8:30am to 5:30pm
£38

Make a Day of it • Make a Day of it

8:30am to 5:30pm
Football

For Boys and Girls aged 6-13

This year the Culford Football Course will be for children of all abilities aged 6 to 13. The course has been put together and will be run by former Norwich City FC Academy Coach Ricky Cornish, on behalf of Culford School. It has been created for children's enjoyment so that they learn in a fun, dynamic and energetic environment, testing their football abilities during the 3 days. The days will be made up of a combination of skills, techniques and games and will allow the children to express themselves.

All children will need to bring is: boots, shin pads, a rain jacket, sun cream (if applicable) and a packed lunch. If there are any medical issues, staff will need full details beforehand.

Limited places available, so early booking is recommended!

Times: 10:00am - 3:00pm
Dates: AUGUST 21, 22 & 23
Price: £25 per session or £70 for all three.

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

Hockey

For Boys & Girls aged 6-14

The session will be run by experienced Bury Hockey Club Coaches, Juliet Konrath and Sharon Holton, both of whom have played hockey internationally. They will be joined by other coaches and will create sessions designed for beginners or inexperienced players who either want to try the sport or gain some confidence if thinking of joining the Junior section of the Hockey Club. Players can either book into one or both sessions during the day.

The sessions will focus on developing essential skills and understanding in fun, game based scenarios. All players must wear gum shields, shin pads and have waterproofs available if required. Sticks and shin pads are available to be borrowed for the session.

The Culford Hockey Centre is an England Hockey Performance Centre.

Times: 10.00am - 12.00pm & 1.00pm - 3.00pm
Dates: JULY Wednesday 26 U8 & U10

Thursday 27 U12 & U14

Price: £15 per session

£38

Please note Make a Day includes one Hockey session

£37

8:30am to 5:30pm

Hockey

For Boys & Girls aged 6-14

8:30am to 5:30pm
This Summer we are offering exciting tennis packages for children aged 5-15 of all abilities, with Fun Tennis Camps and competitions for those with some tennis experience. Please bring a packed lunch and water bottle!

**Fun Tennis Package 1**

Fun Tennis Camps for 5-15 year olds run between 9:00am - 1:00pm. The camps include tennis coaching, fun tennis exercises and some multi-sport.

**Registration from 8:30am**

Dates: (Booked as individual days)

**JULY**

19, 20, 21, 26, 27, 28

**AUGUST**

7, 8, 9, 10, 14, 15, 16, 21, 22, 23, 24, 25, 30, 31

**SEPTEMBER**

1

Price:

- £20 per session
- £50 for three sessions
- £70 for four sessions
- £85 for five sessions

**PLEASE NOTE**

Multi-day discounts apply when booking a child into multiple sessions in the same week.

**Fun Tennis Package 2**

As Package 1 above, but from 9:00am - 3:00pm offering fun competitions in the afternoon, specific to 5-7 years (Mini Tennis Red), 8-10 years (Mini Tennis Orange and Green) and 11-15 years (Junior Tennis hard ball). The aim is to introduce children to playing fun matches with help from coaches to explain the rules and scoring.

The ability to play a short rally of 3-5 shots is the minimum standard required.

**Registration from 8:30am**

Dates: (Booked as individual days)

**JULY**

19, 20, 21, 26, 27, 28

**AUGUST**

7, 8, 9, 10, 14, 15, 16, 21, 22, 23, 24, 25, 30, 31

**SEPTEMBER**

1

Price:

- £35 per session
- £90 for three sessions
- £120 for four sessions
- £145 for five sessions
LTA Mini Tennis Competitions: £12 per event.
Online bookings only through LTA website. These events are aimed at 5-11 year olds who are keen on developing their tennis and have sampled some basic competition before. All children are required to be able to play rallies and serve balls regularly into the appropriate service box.

LTA Junior Tennis Matchplay: £12 per event.
Online bookings only through LTA website. These events are for 10-18 year olds.

Children need a British Tennis Membership to compete. British Tennis Membership is free of charge to Culford participants. For further details on how to join go to: www.lta.org.uk/Membership/Join

All participants entering these tournaments MUST enter through the LTA website: www.lta.org.uk/competitions/search
Click the relevant age group and search for postcode IP28 6TX.

Booking for LTA Tennis Competitions is unavailable through Culford Sports and Tennis Centre Reception.

Dates of Events
(Please check LTA age group calculator for eligibility)

LTA Mini Red Competition - Ages 5-7
Monday 24 July and Friday 18 August
2:00pm - 4:00pm

LTA Mini Orange Competition - Ages 8-9
Monday 24 July and Friday 18 August
10:00am - 1:00pm

LTA Mini Green Competition - Ages 10-11
Friday 11 August and Tuesday 29 August
10:00am - 1:00pm

LTA Junior Matchplay - Ages 10-18
Tuesday 25 July and Thursday 17 August
9.00am - 3.00pm

Must have an LTA Junior Tennis Rating of 10.2, 10.1, 9.2, 9.1, 8.2, 7.2 or 7.1

IMPORTANT
For Mini Tennis events please check the LTA age group calculator for the appropriate ball suitable for your child through the LTA website: www.lta.org.uk/players-parents/competition/junior-competition1/age-group-calculator

For tennis camps book at reception 01284 385 370
For competitions book at www.lta.org.uk/competitions/search
LEVEL 1
Day One
Held in Culford School’s private roads and playgrounds, the course will give children the necessary bike handling skills they need prior to cycling on the road.

The course includes:
Bike safety checks, getting on and off the bike safely, starting off and pedalling without help, stopping safely, riding without wobbling, steering where the rider wants to go, using gears effectively, stopping quickly under control, steering to avoid objects, looking behind without wobbling and signalling left and right without wobbling.

LEVEL 2
Days One and Two
Road skills for beginners. This training will take place on nearby roads that have been pre-risk assessed allowing the children to experience and learn the manoeuvres necessary for the majority of their cycling needs.

The course includes:
Starting from side of the road, stopping at the side of the road, looking all around including behind, understanding road positioning and where to signal, passing a parked car or slower moving vehicles, passing side roads safely, turning left into a major road from a minor road and right from a minor road into a major road, turning left into a minor road from a major road and right from a major road into a minor road, correct and safe use of a ‘stop’ U turn, use of cycle lanes and adequate understanding of the Highway Code.

Times: 10:00am - 2:30pm both days

Dates: Monday 24 & Tuesday 25 July

Price: £40 per course

This course is subsidised by Suffolk County Council

Children will need a packed lunch and water bottle.