

Suffolk New College Sports Centre

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H **O** **L** **I** **D** **A** **y**
Programme

7th April - 17th April



Suffolk
New
College

Glw In the Dark Sports

Mon 7th April, 10am - 11am, Thurs 17th April, 10am - 11am Weds 9th April, 2pm - 3pm
Volleyball/Badminton/Curling/Archery in the sports centre. Come and give it a try.

AGE: 8 - 14 years

COST: £5 per person

Multi sports session

Thurs 10th April, Mon 14th April, 2:30pm - 4pm
Indoor Football, Archery, Curling, Volleyball, Soft Tennis and Dodgeball. All abilities welcome.

AGE: 7+ years

COST: £3 per person

Children's Day Camp

Tues 8th April, Wed 9th April, Wed 16th April, 9am - 4pm

Day camp has a variety of planned activities from Football, Basketball, Table Tennis, Dodgeball, Soft Archery, Tchoukball, Mini Games, Trampolining, inflatables, Arts and crafts, cake decorating and more! Provide your child with a packed lunch as this is not provided. Squash and snacks are available (please make staff aware of any allergies)

AGE: 7 - 12 years

COST: £20 per person

Early drop off (8.30am) | Late pick up (4.30pm) (£2 per session). Pre- booking is essential

Toddler room

Thurs 10th April, Thurs 17th April, 10am - 3pm

The Toddler room is full of soft play, toddler inflatables, a ball pit and bouncy castle for toddlers only. The room has open access at anytime between 10-3pm, just turn up. Please note: This area is not supervised by staff - Parents/guardians must be responsible for their children at all times.

AGE: 18 months - 4 years

COST: £5 per person

Inflatable fun and multi sports session

Mon 7th April, Tues 8th April, Weds 16th April, 2pm - 3:30pm

Have fun on the inflatable castle alongside multi sports inc football, dodgeball, soft tennis & soft archery

AGE: 6 - 12 years

COST: £5 per person

Casual Basketball

Tues 15th April, 2:30pm - 4pm

Our indoor basketball court will have open access for anyone to come and play. Please note this is a casual session with no staff supervision

AGE: 12 - 17 years

COST: £2.50 per person

Casual Trampolining, Soft Tennis and Indoor Football

Wed 9th April, 11am - 12:15pm, Fri 11th April 11am - 12:15pm & 2:30pm - 3:45pm

The sports hall will have various activities for children to have a try with Trampolining supervised by a qualified coach

AGE: 6+ years

COST: £5.00 per person

Junior Sports Hall Athletics

Tues 15th April, 10am - 11:30am

Sports hall indoor athletics provides an enjoyable multi-skills experience for key stage one children to test and develop a child's ability in various areas like balance, coordination, spatial awareness and speed

AGE: 5 - 8 Years

COST: £5.00 per person

Indoor Football session

Monday 14th April, 10am - 11.30am

Supervised indoor football with a skills session

AGE: 5 - 8 years

COST: £5.00 per person

"Not So Sporty" Activities

Thurs 10th, 10am - 11:15am, & Tues 15th April, 1pm - 2pm

Activities for fun, come and try archery, curling and fun games in the sports hall, under the supervision of sports centre staff

AGE: 5 - 8 Years

COST: £4.50 per person

Inflatable/Toddler Bounce

Tues 8th April and Weds 16th April, 11.30am - 12:30am

Toddler mayhem for little ones with soft play, bouncy castles, ball pit and toys.....Got older children too? There is also Soft Tennis and indoor Football available in the hall for 5-8 year olds (please note these children will not be allowed on the Toddler activities)

AGE: 0 - 5 Years | 5-8 years

COST: £5.00 per toddler | £2.50 for 5 - 8 yrs



Scan here to book or
visit www.suffolk.ac.uk/sports

Children under the age of 7 to be supervised by parents at all times.