



## Summer Holiday Activity Programme Information Pack for Parents

Following the success of our Easter Holiday Programme, Charnwood Borough Council's Sport and Active Recreation Team is offering you a new range of exciting opportunities designed to keep everyone entertained this summer.

This summer we have yet another six weeks of exciting activities including the very popular archery, basketball, boxing, cheerleading, climbing, den building, geocaching and horse riding. We have also listened to your feedback and added new activities such as arts & crafts, family Olympics, fun 5-a-day, orienteering, team building and yoga!

You can call our Contact Centre on **01509 634561** to book your child/ren to our activities. A full list of each activity can be viewed below:

### **AERIAL TREKKING**

**Wednesday 2<sup>nd</sup> August 11:30 - 13:00 & Thursday 17<sup>th</sup> August 11:30 - 13:00**

**Leicester Outdoor Pursuits Centre, Birstall, LE4 5PN**

This course provides a challenging activity ten metres above the ground. Whilst attached to a safety cord, you will need to conjure up the courage to stride across the gap from the tower onto the course. Please remember: Close-fitting clothing is recommended, particularly on the upper body and arms. Trousers and clean lightweight shoes are also recommended. Long hair should be tied back and jewellery removed.

**Full Price:** £15.00

**Wild Card Price:** £11.25

**Concessionary Wild Card Price:** £7.50

***The activity is suitable for 8-16 year-olds***

Booking Required

## **AIR RIFLE SHOOTING**

**Thursday 20<sup>th</sup> July 11:30 - 13:00**

**Friday 4<sup>th</sup> August 11:30 - 13:00**

**Tuesday 8<sup>th</sup> August 11:30 - 13:00**

**Leicester Outdoor Pursuits Centre, Birstall, LE4 5PN**

Learn how to shoot a 0.177 air rifle safely at the shooting range in the Leicester Outdoor Pursuits Centre. Qualified instructors will teach you how to load, aim and control the rifle safely. You will be taught to aim accurately at the target. A steady hand, patience and concentration are needed. This activity is ideal for teaching individuals responsibility. We have an Outdoor Range and Indoor Range so Air Rifle Shooting can also run indoors depending on the weather. Close fitting clothing is recommended, particularly on the upper body and arms. Trousers and lightweight shoes are also recommended. Long hair must be tied back.

**Full Price:** £12.00

**Wild Card Price:** £9.00

**Concessionary Wild Card Price:** £6.00

***The activity is suitable for 8-16 year-olds***

Booking Required

## **ALL STARS CRICKET**

**Monday 17<sup>th</sup> July 10:00 – 12:00** Cobden Primary School, Cobden Street, Loughborough, LE11 1AF

**Tuesday 18<sup>th</sup> July 10:00 – 12:00** Warwick Court, Warwick Way Estate, Loughborough, LE11 5JQ

**Wednesday 19<sup>th</sup> July 10:00 – 12:00** Elizabeth Park, Thurmaston, LE4 8FN

**Wednesday 19<sup>th</sup> July 14:00 – 16:00** Central Park, off Melton Road, Syston, LE7 2EN

**Thursday 27<sup>th</sup> July 10:00 – 12:00** Halstead Road Park Playing Fields, Mountsorrel, LE12 7HD

Come and join a fantastic opportunity to work with Leicestershire and Rutland Cricket experienced coaches. Each session will be fun filled, making you not want to put your bat down at the end! An opportunity not to be missed! Come suitably dressed in sportswear and don't forget your drink!

***THIS ACTIVITY IS FREE!***

***The activity is suitable for 5-16 year-olds and their families.***

No Booking Required!

## **ARCHERY**

**Wednesday 26<sup>th</sup> July 11:30 – 13:00**

**Thursday 27<sup>th</sup> July 13:45 – 15:15**

**Tuesday 1<sup>st</sup> August 11:30 – 13:00**

**Thursday 3<sup>rd</sup> August 11:30 – 13:00**

**Thursday 10<sup>th</sup> August 11:30 – 13:00**

**Thursday 17<sup>th</sup> August 13:45 – 15:15**

**Tuesday 22<sup>nd</sup> August 11:30 – 13:00**

**Leicester Outdoor Pursuits Centre, Birstall, LE4 5PN**

If you fancy yourself as a modern day Robin Hood, then this archery session is just for you. You will learn the basics of archery with qualified instructors from the Leicester Outdoor Pursuits Centre. They will also ensure that your child practices the sport in a safe and friendly environment.

***Full Price: £12.00***

***Wild Card Price: £9.00***

***Concessionary Wild Card Price: £6.00***

***The activity is suitable for 5-16 year-olds***

Booking Required

## **ARTS & CRAFTS**

**Wednesday 26<sup>th</sup> July 14:00 – 16:00**

**Monday 31<sup>st</sup> July 10:00 – 12:00**

**Wednesday 16<sup>th</sup> August 10:00 – 12:00**

**United Reformed Church, 39 Frederick Street, Loughborough, LE11 3BH**

**Inspire your imagination and create delightful crafts, handmade gifts or just enjoy getting creative in a relaxed and fun environment.!**

**26<sup>th</sup> July 2-4pm:**

### **Clay Creations**

We will use air drying clay to make monsters/aliens/bowls etc... whatever the child decides which will be decorated with gems, sequins, matchsticks, google eyes, feathers, pipecleaners etc.... Once dry, these can be painted at home. There will be made examples to help with inspiration!

### **Sparkling Crowns**

We will use bordette roll with lots of collage pieces to create their very own princess/prince crown or maybe a spider or pirate hat!! – again we will go with the child's imagination, with inspiration taken from photographs of others made.

**31<sup>st</sup> July 10-12pm:**

### **Willow Collage Fish**

We will use lengths of dyed willow which have been soften and bent into the shape of a fish. This will be covered with clingfilm to give a surface to decorate with lots of collage materials. Again there will be examples and photographs there for inspiration.

### **Beaded Keyrings**

This is a good activity to develop their fine motor skills. We will use pipecleaners and beads to create their own designs which we will connect onto a key ring attachment. Other bracelets or necklaces can also be made if desired.

**16<sup>th</sup> August 10-12pm:**

### **Stencil Painting**

Using an assortment of different animal stencils we can create fantastic jungle scenes. We will also use our handprints to create other animals and objects. We will use paint in this session, plus chubbies – which are hand held “clean” paint dabbers.

### **Noodle Doodles**

Building Noodles stick together without the need for glue and you will be amazed what you can make with them! You can join the noodles together in any way you like to make anything you can imagine.

- You can cut them any way you like.
- Squash them flat before cutting them for a completely different look.
- You can roll them between your fingers to make a fat noodle, or try pinching just part of the noodle.

Let your imagination run wild! Building Noodles are really good for sticking on to other things. They stick to paper and card and can be used to cover cardboard boxes or make gift cards. You can use them to make pictures and collages too.

**There will be a sink at the venue for children to wash their hands after the session, but please bring suitable clothes as they might get dirty and messy from the activities.**

***Full Price: £4.00***

***Wild Card Price: £3.00***

***Concessionary Wild Card Price: £2.00***

***The activity is suitable for 4-10 year-olds***

***Booking Required***

### **ATHLETICS**

**Thursday 20<sup>th</sup> July 10:00 – 12:00**

**Friday 11<sup>th</sup> August 10:00 – 12:00**

**Wednesday 23<sup>rd</sup> August 14:00 – 16:00**

**Southfields Park, Southfield Road, Loughborough, LE11 2TX**

Immerse yourselves into the Olympic spirit! We are providing children with the opportunity to develop their athletic skills with our exciting coaching programme. The session will consist of all participants taking part in fun warm up games and then trying different athletics events. These will include long jump, javelin, sprinting, middle distance and finally coming together to finish with team games and relays. You don't have to be an athlete to come along to this. Everyone can come and enjoy!

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-16 year-olds***

Booking Required

## **BASKETBALL**

**Friday 22<sup>st</sup> July 10:00 – 12:00** Elizabeth Park Sports Centre, Checkland Road, Thurmaston, LE4 8FN

**Monday 24<sup>th</sup> July 10:00 – 12:00** Halstead Road Park Playing Fields, Mountsorrel, LE12 7HD

**Monday 21<sup>st</sup> August 14:00 – 16:00** Jubilee Park, Buckingham Drive, Loughborough LE11 4TS

**Friday 25<sup>th</sup> August 10:00 – 12:00** Jubilee Park, Buckingham Drive, Loughborough LE11 4TS

Test your basketball skills with us this summer. Our coaches will run the session and make sure your children spend 2 hours filled with fun and excitement. This will include 3v3 games, full court adapted games and mini skills sessions to help you develop your skills. We will use soft balls or hard basketballs depending on the age and level of ability. Please wear suitable clothing & footwear for the weather and bring a drink.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

*The activity is suitable for 5-11 year-olds*

Booking Required.

## **BOCCIA**

**Monday 7<sup>th</sup> August 10:00 – 12:00**

**Thursday 24<sup>th</sup> August 10:00 - 12:00**

**Sileby Community Centre Sports Hall, Sileby, LE12 7RX**

Boccia is a game similar to bowls, where teams aim to propel their red or blue balls as close as possible to the white jack ball. You do not need to have played the game before and all equipment will be provided on the day. All you need to wear is comfortable clothing and shoes. Boccia is a seated inclusive game suitable for anyone regardless of age or levels of ability. However, if your child has any disabilities please make sure that there is a parent/carer with them during the activity.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

*The activity is suitable for 5-16 year-olds*

Booking Required

## **BOXING**

**Friday 21<sup>st</sup> July 14:00 – 15:00**

**Wednesday 26<sup>th</sup> July 14:00 – 15:00**

**Tuesday 1<sup>st</sup> August 14:00 – 15:00**

**Friday 11<sup>th</sup> August 14:00 – 15:00**

**Tuesday 22<sup>nd</sup> August 14:00 – 15:00**

**Thursday 24<sup>th</sup> August 14:00 – 15:00**

**Carl Gunns' Community Gym, 275 Birstall Road, Birstall, LE4 3DJ**

We offer you another chance to try out some boxing at the very popular Carl Gunns Community Gym. Please wear appropriate clothing for moving around and bring a drink; any other equipment will be provided.

Carl's gym is located near Birstall Parish Council, just after the Birstall Road and Wanlip Lane roundabout. If you are having difficulties finding it, just ask someone on the street and they will be able to direct you.

**Price:** £1 payable to the coach on arrival.

**The activity is suitable for 5-16 year-olds**

No Booking Required.

## **CANOEING**

**Friday 28<sup>th</sup> July 11:30 - 13:00**

**Wednesday 23<sup>rd</sup> August 11:30 - 13:00**

**Leicester Outdoor Pursuits Centre, Birstall, LE4 5PN**

We are delighted to offer this great open water session at the Leicester Outdoor Pursuits Centre. Come along and have a go under the supervision of a qualified instructor teaching you skills and techniques. Its great fun and not to be missed! Children must be capable of swimming at least 50m and be confident in deep water. The canoeists will travel a short distance along the River Soar and return to the centre. All equipment is provided including buoyancy aids. However, please dress appropriately for the weather (no jeans/denim) Bring waterproof clothing and a full change of clothes including a towel, just in case!

**Full Price:** £15.00

**Wild Card Price:** £11.25

**Concessionary Wild Card Price:** £7.50

**The activity is suitable for 8-16 year-olds**

Booking Required

## **CHEERLEADING**

**Monday 7<sup>th</sup> August 14:30 – 16:00 (5-9 year-olds)**

**Monday 14<sup>th</sup> August 14:30 – 16:00 (10-16 year-olds)**

**Friday 18<sup>th</sup> August 13:30 – 15:00 (5-9 year-olds)**





### **Charnwood College Gymnasium Gate 4, Thorpe Hill, Loughborough, LE11 4SQ**

Come down to Charnwood College and try the exciting sport of cheerleading! Get ready for lots of dancing, tumbling and even some high-flying stunts! Please access Charnwood College from Gate 4. You will find the Sports Hall on your right, opposite the Sports Centre car park. Please wear appropriate clothes (a t-shirt and shorts or leggings) and clean trainers for indoor use. If you have long hair it needs to be tied back. All jewellery must be removed.

**Full Price:** £6.00

**Wild Card Price:** £4.50

**Concessionary Wild Card Price:** £3.00

Booking Required

### **CLIMBING**

**Tuesday 18<sup>th</sup> July 14:00 – 15:30**

**Tuesday 25<sup>th</sup> July 14:00 – 15:30**

**Monday 31<sup>st</sup> July 12:30 – 14:00**

**Wednesday 9<sup>th</sup> August 14:00 – 15:30**

**Tuesday 15<sup>th</sup> August 11:00 – 12:30**

**Monday 21<sup>st</sup> August 11:00 – 12:30**

### **The Climbing Station, Empress Road, Loughborough, LE11 1RH**

If you like a challenge and a bit of a thrill, book onto our climbing session and push yourself to your vertical limits. With the qualified instructors and using professional equipment you will be guided through the sessions at the Loughborough Climbing Station. Please remember: close-fitting clothing is recommended, particularly on the upper body and arms. Trousers and clean lightweight shoes are also recommended. Long hair should be tied back and jewellery removed.

**Full Price:** £12.00

**Wild Card Price:** £9.00

**Concessionary Wild Card Price:** £6.00

***The activity is suitable for 7-15 year-olds***

Booking Required



## **CRAFTY CRAZY GOLF**

**Monday 14<sup>th</sup> August 10:00 – 12:00** Stadon Road Recreation Ground, Anstey, LE7 7AY

Use your wacky creative skills to make your very own crazy golf hole and join it with others to make the craziest golf course around! Then you can test your skills on the course. *Under 8s need to be accompanied by an Adult (16yrs+).*

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-11 year-olds***

Booking required.

## **CYCLING GEOCACHING**

**Tuesday 25<sup>th</sup> July 14:00 – 16:00**

**King Lear's Lake Car Park, off Wanlip Road, Watermead Park, LE7 1PD**

A pedal powered treasure hunt for all family. Come and discover the treasures, or caches, hidden alongside the traffic-free cycle trails of Watermead Park. To help we'll lend you a high-tech GPS unit, give you a quick demo and provide you with a set of co-ordinates and clues. Just bring your bikes, helmets and brain power. You'll cover up to around 5 miles if you discover all the caches. Please wear suitable clothing and bring a drink. **Family activity. All children are to be accompanied by a parent/guardian.**

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-16 year-olds***

Booking Required

## **DEN BUILDING**

**Thursday 3<sup>rd</sup> August 14:00 – 16:00**

**Wednesday 16<sup>th</sup> August 14:00 – 16:00**

**The Outwoods, Woodhouse Lane, Loughborough, LE11 3YG**

Test your skills by competing against each other to see who can build the best den; can you pass our water, wind and camouflage test? Please wear suitable clothing & footwear for the weather. Please bring a drink. *Under 8s need to be accompanied by an Adult (16yrs+.)* 0-4s are welcome to attend for free with their sibling/s & parent/guardian.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-16 year-olds***

Booking Required

## **DODGEBALL**

**Tuesday 8<sup>th</sup> August 10:00 – 12:00** Jubilee Playing Fields, Long Furrow, East Goscote, LE7 3ZL

**Wednesday 23<sup>rd</sup> August 14:00 – 16:00** Elizabeth Park Sports Centre, Checkland Road, Thurmaston, LE4 8FN

**Friday 25<sup>th</sup> August 10:00 – 12:00** Staddon Road Recreation Ground, Anstey, LE7 7AY

Come for 2 crazy hours full of exciting dodgeball games! We will be playing many variations of the game, such as army dodgeball, doctor dodgeball, prison dodgeball and German dodgeball. Please come dressed appropriate for the weather and bring your own drink.

**Full Price:** £4.00



**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-11 year-olds and their families.***

Booking Required

## **FAMILY BIKE RIDES**

### **Ride specific information:**

**Wednesday 19<sup>th</sup> July 11:00 start**      **Shepshed High School, Forest Street, Shepshed, LE12 9DA**

Around 10 miles, from Shepshed to Loughborough, mostly on traffic-free paths, with a mid-ride break at the café in Queens Park.

**Thursday 10<sup>th</sup> August 14:00 start**      **Charnwood College (Gate 1), Thorpe Hill, Loughborough, LE11 4SQ**

Around 7 miles, from Loughborough to Shepshed, mostly on traffic-free paths, with a mid-ride break at the café in Shepshed

**Wednesday 16<sup>th</sup> August 11:00 start**      **Syston Hub Café, High Street, Syston, LE7 1GP**

Around 8 miles, from Syston into Watermead Park and along the towpath to Cossington. No café en route, but we will take a mid-ride break so recommend bringing a snack. Toilets are available en route in Watermead Park.

The family bike rides are for family groups. All children are to be accompanied by a parent/guardian. Children of all ages are welcome to take part, but children under 5 are to be in a child seat, trailer or on a tag-a-long. On each ride the adults and children are all counted in the numbers – e.g. 5 adults and 10 children is counted as 15 total. Please record both children and adults when booking. On the Loughborough, Syston and Shepshed rides the charge is £2 per child but free for adults. The rides are led by ride leaders who will guide the way and look after the group. The rides will last around 2hrs cycling time with a 1/2hr break. Where there is a planned café stop mid-ride this is mentioned in the ride-specific details above. Please bring drinks and wear appropriate clothing.

**Full Price:** £2.00 per child (*Wild Card Prices do not apply for Loughborough, Syston and Shepshed rides.*)

*The activity is suitable for 5-16 year-olds and families.*

Booking Required

### **FAMILY LIFESTYLE CLUB**

**Mondays 17<sup>th</sup> July, 24<sup>th</sup> July, 31<sup>st</sup> July, 7<sup>th</sup> August, 14<sup>th</sup> August, 21<sup>st</sup> August  
14:00 – 16:00**

**Elizabeth Park Sports Centre, Checkland Road, Thurmaston, LE4 8FN**

Family Lifestyle Club (FLiC) a FREE NHS-led nutrition and exercise group for overweight children aged 4-8years old and their families. FLiC is a 6 week group for families keen to learn more about becoming fit, healthy and managing their child's weight in a friendly fun environment. You might need to be over a certain BMI to be accepted to the programme.

**Families are signed up to the full 6-week programme and must attend all 6 sessions. They cannot attend an individual session without attending all the others.**

***THIS ACTIVITY IS FREE!***

*The activity is suitable for 4-8 year-olds and their families.*

Book through the NHS on 0116 222 7154 or [FLIC@lnds.nhs.uk](mailto:FLIC@lnds.nhs.uk)

### **FAMILY OLYMPICS**

**Friday 21<sup>st</sup> July 10:00 – 12:00** Southfields Park, Southfield Road, Loughborough, LE11 2TX

**Thursday 17<sup>th</sup> August 10:00 – 12:00** King George V's Playing Fields, Wycliffe Avenue, Barrow upon Soar, LE12 8QH

Two hours of non-stop action with everyone involved! Our family Olympic events will get families competing with one another in multiple disciplines which include: *Hula hoop holdup, Daddy Piggyback Race,*

Team Javelin Throw, Tunnel Relay and many others. At the end we might have a parents vs children all-star game and lots of medals!

There needs to be at least one child between the ages of 5 and 16 years old and one parent or older 16+ sibling taking part. 3-4 year-olds can take part provided they have an older sibling and a parent booked in – they will be charged Wild Card Prices. Families can book in as many members as they wish. **Adults don't have to pay, they go for free!**

Please bring a drink and wear suitable clothing.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-16 year-olds and their families.***

Booking Required

## **FISHING**

**Friday 28<sup>th</sup> July and 4<sup>th</sup> August 08:30 – 15:30 (Activity time: 09:00 – 15:00)**

**Broome Angling Society Lake, Frisby, LE14 3DS**

Organised in association with Broome Angling Society on behalf of the Leicestershire Angling Federation, these popular days will give young anglers the chance to spend the day fishing and receive tuition throughout the day. Bait is provided free of charge, you are required to bring your own rod and you are advised to bring a foldable chair to sit on. Please bring your own lunch, drinks and sun cream.

**WHEN BOOKING PLEASE REMEMBER TO INDICATE IF YOU REQUIRE TRANSPORT.**

**Full Price:** £15.00

**Wild Card Price:** £10.75

**Concessionary Wild Card Price:** £7.50

***The activity is suitable for 8-16 year-olds***

Booking Required

## **FOREST SCHOOLS**

**Wednesday 9<sup>th</sup> August 10:00 – 13:00**

**Wednesday 23<sup>rd</sup> August 10:00 – 13:00**

**The Outwoods, Woodhouse Lane, Loughborough, LE11 3YG**

A great opportunity for children young and old to embrace the outdoors, play games, cook, build dens and make crafts to bring home. Please wear suitable clothing & footwear for the weather. Please bring a drink and packed lunch.

**Full Price:** £6.00

**Wild Card Price:** £4.50

**Concessionary Wild Card Price:** £3.00

***The activity is suitable for 7-11 year-olds***

Booking Required

## **FRISBEE FUN**

**Friday 4<sup>th</sup> August 14:00 – 16:00 Sileby Memorial Park, Sileby, LE12 7TP**

Have fun learning how to throw and catch a Frisbee. A session packed with games and activities, finishing with a game of ultimate Frisbee to put your new skills into practice. Please bring a drink with you.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 7-11 year-olds***

Booking Required

### **FUN 5-a-Day**

**Friday 28<sup>th</sup> July 14:00 – 16:00** St Botolph's Church Hall, Church Gate,  
Shepshed, LE12 9RJ

**Friday 18<sup>th</sup> August 10:00 – 12:00** Syston Hub Café, High Street Syston, LE7  
1GP

NEW to the programme.....your chance to learn all about '5 a day' in a fun way! Come along and show off your creativity by making some rainbow fruit kebabs as well as designing your own pitta pizza faces. Plus some exciting games, including eat well bingo and the opportunity to taste some unusual fruits and vegetables.

Strictly 3-8 year-olds can take part! Please bring a drink and wear suitable clothing.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 3-8 year-olds***

Booking Required

### **GEOCACHING**

**Thursday 20<sup>th</sup> July and Thursday 24<sup>th</sup> August 14:00 – 16:00**

**The Outwoods, Woodhouse Lane, Loughborough, LE11 3YG**

Geocaching is often described as a "game of hi-tech hide and seek". It is similar to orienteering, waymarking and treasure hunting. You will use GPS (Global Positioning Systems) provided by the Council to find the hidden 'caches' (container). Its great fun for all ages, come and give it a go. We will be working in small groups or families. Please wear suitable clothing & footwear for the weather and bring a drink. Under 8s must be accompanied by an adult (aged 16yrs +). Children under 5 can attend for free with their family.

**Full Price:** £4.00

**Wild Card Price:** £3.00





**Concessionary Wild Card Price: £2.00**

***The activity is suitable for 5-16 year-olds***

Booking Required

## **GOLF**

**Thursday 27<sup>th</sup> July 10:00 – 11:00 & 11:00 – 12:00 Shelthorpe Golf Course,  
Poplar Road, Loughborough, LE11 2JS**

Thought of ever trying golf? If you have, then this is a great chance to learn the basics of the golf swing and to try a few shots! Our taster sessions are taught by Matt Whelband who is a PGA golf professional experienced in teaching children of all ages and abilities. Bring comfortable clothes and footwear (trainers preferably), and no heels.

**Full Price: £4.00**

**Wild Card Price: £3.00**

**Concessionary Wild Card Price: £2.00**

***The activity is suitable for 7-12 year-olds***

Booking Required

## **HORSE RIDING LESSONS**

**Tuesdays 18<sup>th</sup> July, 25<sup>th</sup> July, 1<sup>st</sup> August, 8<sup>th</sup> August, 15<sup>th</sup> August and 22<sup>nd</sup>  
August 10:00 - 12:00 (please arrive for 09:45)**

**Park View Riding School, 100 Anstey Lane, Thurcaston, LE7 7JA**

Come along to learn the fundamentals of horse riding, coached by BHS-approved instructors. Whether you are a novice or experienced rider we have a wide selection of horses and ponies, so we can match you with a suitable size and temperament. In addition to riding for a full 1 hour, you would be able to take part in pony care and grooming as well. All participants are required to wear trousers to ankle length, jumper or jacket and footwear should be sensible with no zips or buckles on the inside. A low heel is a necessity. No shorts, trainers, pumps, dolly shoes or open toed sandals allowed. Please remember to bring a drink. Please

contact the Sport & Active Recreation team if you are unsure about what to wear before going to the session.

**Full Price:** £21.00

**Wild Card Price:** £16.00

**Concessionary Wild Card Price:** £10.00

***The activity is suitable for 5-16 year-olds***

Booking Required

## **HUNTING BUGS AND POND DIPPING**

**Monday 7<sup>th</sup> August 10:00 – 12:00**

**Friday 18<sup>th</sup> August 10:00 – 12:00**

**Stonebow Washlands, off Mount Grace Road, Loughborough, LE11 4FR**

Join the bug hunt in this exciting wildlife haven. With the help of the Access to Nature Officer you will search for a vast array of bugs in Stonebow Washland and see what really lurks beneath the surface through pond dipping. *Under 8s need to be accompanied by an Adult (16yrs).* We are happy for younger siblings under 3 to attend and participate in the activity with their sister/brother (aged 3 years+), free of charge. Children aged 3 & 4 years will be charged the Wild Card price £2.00! Please dress appropriately for the weather including suitable footwear.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 3-11 year-olds***

Booking Required

## **KITE FLYING**

**Friday 11<sup>th</sup> August 14:00 – 16:00**

**Old John Entrance, Bradgate Park, Newtown Linford, LE6 0AH (£2.50 parking)**

Come rain or shine but preferably windy, come and have a go at designing and making your own kite, then test your skill at flying. *Under 8s need to be accompanied by an Adult (16yrs+)*. We are happy for younger siblings under 5 to attend and participate in the activity with their sister/brother (aged 5 years+) but they will not be given their own equipment.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-16 year-olds***

Booking Required.

## **LASER QUEST**

**Monday 24<sup>th</sup> July 10:45 – 12:00**

**Friday 11<sup>th</sup> August 10:45 – 12:00**

**Thursday 24<sup>th</sup> August 10:45 – 12:00**

**Laser Quest, Floor 1 (Sital House), Cattle Market, Loughborough, LE11 3DL**

Laser Quest is a non-contact interactive laser game for children aged 6+. We provide full briefings and all the equipment you need. Each player is kitted out with a futuristic body pack and carries a laser. Games are played out in a labyrinth with catwalks, mazes, swirling fog, music and lights. You score points when you zap your opponents but lose points when they zap you. Players can compete in 20-minute sessions.

**Full Price:** £12.00

**Wild Card Price:** £9.00

**Concessionary Wild Card Price:** £6.00

***The activity is suitable for 6-15 year-olds***

Booking Required

## **MESSY PLAY**



**Tuesday 10<sup>th</sup> August 14:00 - 16:00** Rothley Library, Mountsorrel Lane, Rothley, LE7 7PS

**Friday 25<sup>th</sup> August 14:00 - 16:00** Halstead Road Park Playing Fields, Mountsorrel, LE12 7HD

Lots to explore for the whole family. Come prepared to get messy! 0-4 years messy play stations including corn flour, spaghetti and paint. Waterslide and rockets for older siblings. Please bring a change of clothes. Children using water slide must be fully dressed. *Under 8s need to be accompanied by an Adult (16yrs+). All children aged 3 & 4 will be charged the Wild Card price. 0-2 year olds attend for free.*

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 3-11 year-olds***

Booking Required

## **MULTI-SPORTS**

**Monday 17<sup>th</sup> July 10:00 - 12:00** Glenmore Park, off Britannia Street, Shepshed, LE12 9AE

**Friday 28<sup>th</sup> July 10:00 - 12:00** King George Playing Field, Queniborough, LE7 3DR

**Thursday 3<sup>rd</sup> August 10:00 - 12:00** Burton Lane Playing Field, Wymeswold, LE12 6UN

**Wednesday 9<sup>th</sup> August 14:00 - 16:00** School Lane Playing Fields, School Lane, Birstall, LE4 4EA

**Thursday 10<sup>th</sup> August 10:00 - 12:00** King George V's Playing Fields, Wycliffe Avenue, Barrow Upon Soar, LE12 8QH

**Friday 25<sup>th</sup> August 14:00 - 16:00** Rothley Library, Mountsorrel Lane, Rothley, LE7 7PS

Want to have lots of fun as well as trying out different sports all in one session? Then this is the perfect opportunity for you. Come to our multi-sports sessions which will teach you the key skills in different game-

based sports, allowing you to put these to the test in game situations. These sports include: **cricket, dodge ball, football, and tennis.**

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 5-16 year-olds***

Booking Required

## **NATIONAL PLAY DAY**

**Wednesday 2<sup>nd</sup> August 10:00 – 12:00** Stafford Orchard Park, Quorn, LE12 8BS

**Wednesday 2<sup>nd</sup> August 14:00 – 16:00** Staddon Road Recreation Ground, Anstey, Leicester, LE7 7AY

Come and join the team in Quorn and Anstey and play games old and new. There will be a climbing wall, bouncy castles, face painter and lots of different sports and games available. The session is completely FREE! Bring the whole family and have fun!

***Children are the responsibility of parents/guardians at these events.***

***This activity is FREE!***

***The activity is suitable for 5-16 year-olds and their families.***

No Booking Required!

## **ORIENTEERING**

**Monday 24<sup>th</sup> July 13:45 – 15:15**

**Monday 21<sup>st</sup> August 11:30 – 13:00**

**Leicester Outdoor Pursuits Centre, Birstall, LE4 5PN**

Leicester Outdoor Pursuits Centre have a challenging course set up around their 15 acre site. Forget your Sat Nav, this activity teaches you the skills of map reading and navigation. Ideal for developing independence, self-reliance or just learning the skills required to find

your way around a new place. Orienteering is a brilliant team building activity. Each participant would be given their own map. Everyone will go through the basics of map reading, learning how to orientate a map with the aim of being able to read the map to get to destinations located around the centre. Close fitting clothing is recommended, particularly on the upper body and arms. Trousers and lightweight shoes are also recommended. Long hair should be tied back.

**Full Price:** £10.00

**Wild Card Price:** £7.50

**Concessionary Wild Card Price:** £5.00

***The activity is suitable for 5-16 year-olds***

Booking Required

## **TEAM BUILDING**

**Wednesday 9<sup>th</sup> August 11:30 – 13:00**

**Leicester Outdoor Pursuits Centre, Birstall, LE4 5PN**

Pick LOPC's team building session and enjoy a range of challenges. Untangle the human knot, escape from the spider's web and cross the swamp, with many more exciting challenges along the way. Teamwork and co-operation are essential for success and will be developed throughout the session, with regular reviews of performance between tasks. All participants are included in these activities. All objectives of the activities will be given to participants within a brief, it is then up to the group to work as a team to achieve the objectives. Close fitting clothing is recommended, particularly on the upper body and arms. Trousers and lightweight shoes are also recommended. Long hair should be tied back.

**Full Price:** £10.00

**Wild Card Price:** £7.50

**Concessionary Wild Card Price:** £5.00

***The activity is suitable for 8-16 year-olds***

Booking Required

## TENNIS

Monday to Friday on weeks 1, 3 and 5 at 13:00 – 14:00 (for 5-7 year-olds)

Monday to Friday on weeks 1, 3 and 5 at 14:00 – 15:00 (for 8-11 year-olds)

**Charnwood Lawn Tennis Club, Watermead Lane, Loughborough, LE11 3TN**

Come and take part in fun filled tennis sessions by Charnwood Lawn Tennis Club delivered by qualified coaches for an exciting, fun filled afternoon! If you do not own a tennis racket, do not worry as there will be rackets supplied. Please remember to wear appropriate clothing for running around. Bring plenty to drink and enjoy!

**Full Price:** £3.00 (Wild Card prices DO NOT APPLY), or £12 per week

**The activity is suitable for 5-11 year-olds**

Booking through Charnwood Lawn Tennis Club:

**Matt:** [matt@gsmleisure.co.uk](mailto:matt@gsmleisure.co.uk); 07976 923391

## TREASURE HUNT

Tuesday 8<sup>th</sup> August 14:00 - 16:00

**King Lear's Lake Car Park, off Wanlip Road, Watermead Park, LE7 1PD**

Are you good at reading maps and following clues? This activity is especially for the treasure seekers among you! Bring your adventurous spirit and follow the clues around the field to complete the question and find the treasure. Remember to dress for all weather conditions. Under 8's will need to be accompanied by an adult. We are happy for younger siblings (Under 5) to participate in the activity.

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

**The activity is suitable for 3-11 year-olds**

Booking Required

## WATER GAMES

**Tuesday 15<sup>th</sup> August 14:00 - 16:00** Seagrave Memorial Hall, Green Lane, LE12 7LU

**Thursday 22<sup>nd</sup> August 14:00 - 16:00** Towles Fields, Burton-on-the-Wolds, LE12 5TD

Come and enjoy water fun. Make and decorate your own water rockets then watch them fly. Can you survive the game of water tig, how much water will you have left in your hat at the end? WARNING you may get wet. Bring a change of clothing and a towel. *Under 8s need to be accompanied by an Adult (16yrs+). All children aged 3 & 4 will be charged the Wild Card price. 0-2 year olds attend for free.*

**Full Price:** £4.00

**Wild Card Price:** £3.00

**Concessionary Wild Card Price:** £2.00

***The activity is suitable for 3-11 year-olds***

Booking Required

## YOGA

**Tuesday 25<sup>th</sup> July & Wednesday 26<sup>th</sup> July 09:30 - 10:30** *4-10 year-olds*

**Thursday 27<sup>th</sup> July 09:30 – 10:30** *11-13 year-olds*

**Woodhouse Eaves Village Hall, 50 Main Street, Woodhouse Eaves, LE12 8RZ**

Yoga is great for creating a feeling of calm and tranquillity, and can help parents and kids to relax in each other's company. You'll all return home feeling connected, chilled and full of love!

### **Come and join Lyndsey for Family Yoga:**

- \* energetic and fun yoga games
- \* partner work to encourage connection and teamwork
- \* simple meditations and breathing practices to calm the mind and body space to learn together and spend time deepening the bond between parent and child.





**Price:** £4.00 per child and £4.00 per parent.

***The activity is suitable for 4-10 year-olds and 11-13 year-olds***

*Booking by contacting Lyndsey Burton on [www.lyndseyburton.co.uk](http://www.lyndseyburton.co.uk) [info@lyndseyburton.co.uk](mailto:info@lyndseyburton.co.uk) or 07403688314*

**You Said We Did** – As part of our on-going commitment to improve our holiday programme we actively seek feedback on the activities we offer. This summer we have yet another exciting programme of activities planned including the very popular horse riding, boxing, street cricket and geocaching sessions. There will also be new tennis, martial arts and shooting sessions as requested by you in Easter. You can also choose from cheerleading, den building, basketball and much more. We have exciting activities on offer, available at a number of venues across the borough, which will keep you entertained throughout the programme.

We strive to make our activities accessible for all; children with a disability are welcomed and encouraged to take part in all activities. Carers and parents are welcome to attend sessions. Please call on 01509 634592, should your child/children need extra support to discuss in further detail.

If you are unable to attend a booked session, we ask that you contact the Sport and Active Recreation Team on 01509 634673 at least 24 hours before the session so the place can be offered to someone else.



## **IMPORTANT INFORMATION FOR ALL ACTIVITIES**

**Age policy** – The age ranges for each activity are strict and you cannot book your child if they are over or under the age restrictions. Please note that the Wild Card discount is only applicable for children aged 5-16. Children under the age of 8 **MUST** be accompanied by a parent/carer over the age of 16.

**Drinks** – For all activities, please send your child/children with a drink as there is not always a facility for this at all venues.

**Staff** - All staff are trained and have undergone enhanced Disclosure and Barring Service checks and are First Aid qualified.

**Clothing** - The weather during the holidays could be sunny, rainy or chilly. Please ensure that you/your child come dressed appropriately for the weather (jumpers/raincoats/wellington boots etc).

**Collecting from sessions** - We do not take responsibility for participants outside the hours of the session. **DO NOT** leave your children unaccompanied until the activity staff arrive. The staff at venues are **NOT** responsible for your children.

Please ensure that you complete the section on the booking form or advise when ringing to book if your child has permission to walk home alone from the session and will not be collected.

**Children Under 5** - If a child under the age of 5 would like to attend a session, they must be accompanied by an adult or sibling over the age of 16. Please note that the Wild Card discount is only applicable for children aged 5-16.

**Refunds Policy/Session changes** - We will always endeavour to ensure that activity sessions operate as advertised in our activity brochures. However, we do reserve the right to cancel sessions due to circumstances beyond our control. In the event of a cancellation we will provide you with as much notice as possible. Should it be necessary for us to cancel an activity, you will receive a full refund. Card payments will be refunded back to your card. If you have paid by cheque or cash you will receive a cheque in the post.



In exceptional circumstances, it may be necessary to change the format of the activity on the day. We will endeavour to inform parents/guardians/participants prior to the commencement of the session.

The booking of activities is considered to be a commitment to attend. Due to the large amount of daily bookings processed we are unable to alter a booking once confirmed. A refund will only be given in exceptional circumstances e.g. serious illness/accident.