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All the information contained within this brochure is available on our website: www.covsf.com/getactive

✉ getactive@covsf.com
🐦 @GetActiveCSF

Holiday Activities - what to expect?

Activities during the holidays will include team games, arts & crafts and competitions. In addition to the structured activities children will be able to access a variety of toys for free play.

Activities must be booked and paid for in advance due to high demand and limited spaces. Sessions are subject to availability.

PLEASE NOTE:

- All children need to be suitably dressed for indoor/outdoor play, equipped with plenty of drinks and a packed lunch.
- Children must have their swimming kit with them on Splash days. No other activity will be provided.
- Children will not be allowed on the trampolines in jeans and jewellery.
- There are no cash refunds for cancellations and changes to bookings may incur additional costs.
- 4 year old children must be attending reception at school to take part in holiday activities.
- Please ensure your child has a packed lunch with plenty of drinks.

Children's University Accreditation



Activities identified with this symbol are accredited to Children's University

Content

Summer Camps	Page 4 - 5
School's Out Week	Page 6
Nature Week	Page 7
Rescue Week	Page 8
Farmyard Week	Page 9
Space Week	Page 10
Seaside Week	Page 11
Aquarius Swim School - Xcel Leisure Centre	Page 12 - 13
Aquarius Swim School - Centre AT7	Page 14 - 15



LISTEN... SUPPORT... ACT!

Every member of staff, user and visitor to Coventry Sports Foundation facilities is responsible for maintaining respectful and safe behaviour towards all children and young people at all times. In the event that you have any cause for concern, please speak to any member of staff immediately.

Summer Camps

Outdoor Day Camp

Including climbing, abseiling and low ropes. Scale the heights of the AT7 tower, learn the ropes and knots.

AT7:	Tuesday 31st July Thursday 2nd August Tuesday 7th August Thursday 9th August Tuesday 14th August Thursday 16th August Tuesday 21st August Thursday 23rd August Tuesday 28th August Thursday 30th August
Time:	9.00am-3.00pm
Age:	6+ years
Cost:	£16.00 per day
Requirements:	Bring waterproofs, snacks & plenty of drinks

Outdoor Day Camp delivered by qualified instructors, maximum of 16 children. Advance booking is essential.

Gymnastics & Cheerleading Camp

Put your flexibility to the test and shake those pom poms in our fun filled gymnastics and cheerleading camp.

XLC:	Tuesday 7th August
AHC:	Wednesday 1st August
Time:	9.00am-3.00pm
Age:	5-11 years
Cost:	£15.00 per child

Please Note: It is important that children attend sessions suitably dressed for their activity. No jewellery is allowed to be worn whilst taking part in the activities.

Summer Party

Come and join us for our fun and exciting Summer Party! The day will include many styles of dancing, face painting, arts and crafts plus a mini disco.

XLC:	Thursday 30th August
AT7:	Friday 31st August
AHC:	Thursday 30th August
Time:	9.00am-3.00pm
Age:	5-11 years
Cost:	£15.00 per child

Gymnastics & Trampoline Camp

Come along to a fun filled day of gymnastics and trampolining, learning tumbling moves, floor work, landings and more!

AHC:	Tuesday 14th August
Time:	9.00am-3.00pm
Age:	4-11 years Limited spaces
Cost:	£16.00 per child

Please Note: Children will not be allowed on the trampolines in jeans or jewellery.

Gymnastics Camp

Put your flexibility to the test at our gymnastics camp. Pick up all the basic skills and use specialist equipment including ribbons.

AT7:	Friday 10th August
Time:	9.00am-3.00pm
Age:	5-11 years
Cost:	£15.00 per child

Musical Theatre Camp

This fun filled camp will get your child smiling from ear to ear as they learn Singing, Acting and Dancing just like the stars from High School Musical.

XLC:	Tuesday 21st August
AT7:	Friday 3rd August
Time:	9.00am-3.00pm
Age:	5-11 years
Cost:	£15.00 per child

Mixed Dance Camp

This fast paced energetic dance camp will cover Street, Break Dance, Hip-hop and many more styles.

XLC:	Tuesday 31st July
AT7:	Friday 17th August
AHC:	Wednesday 22nd August
Time:	9.00am-3.00pm
Age:	5-11 yrs Limited spaces
Cost:	£15.00 per child

Disney Day

Join us for a fun packed day! Dress up as your favourite Disney character and sing and dance to your favourite Disney songs and films!

XLC:	Tuesday 14th August
AT7:	Friday 24th August
AHC:	Wednesday 8th August
Time:	9.00am-3.00pm
Age:	5-11 years
Cost:	£15.00 per child

Family Day Out 2018! at Weston Super-Mare Wednesday 22nd August

Coaches to depart from

Xcel Leisure Centre & The Alan Higgs Centre

Pick up time:

7.45am prompt from Xcel Leisure Centre
& The Alan Higgs Centre

Return time:

Leaving Weston Super-Mare at 6.00pm prompt
£12 per person

All children must be aged 4 or over

All children must be accompanied by an adult

For bookings please contact the Centre

you wish to travel from:

Xcel Leisure Centre – 02476 856956

The Alan Higgs Centre – 02476 308244

*please note Coventry Sports Foundation will
not be providing any activities whilst in

Weston-Super-Mare*

School's Out Week

26th July - 27th July

To celebrate the end of another school year our first week we will be kickstarting the fun!

	Xcel Leisure Centre	Centre AT7	The Alan Higgs Centre
Monday	NO ACTIVITIES	NO ACTIVITIES	NO ACTIVITIES
Tuesday	NO ACTIVITIES	NO ACTIVITIES	NO ACTIVITIES
Wednesday	NO ACTIVITIES	NO ACTIVITIES	NO ACTIVITIES
Thursday	Trampoline Dodgeball Table Tennis Outdoor Adventure	Football Badminton Team Games Bench Ball	Tennis Tri-Golf Arts & Crafts Film Afternoon
Friday	Splash Cricket Summer Disco	Cricket Tennis Basketball Splash	Summer Party - Various activities throughout the day

Early Birds*:	8.30am - 9.00am	Cost:	£2.00 per child	Age:	5-11 yrs
Day:	9.00am - 3.00pm	Cost:	£15.00 per child	Age:	5-11 yrs
Extra Time:	3.00pm - 4.00pm	Cost:	£3.50 per child	Age:	5-11 yrs

*Early Birds does not include Breakfast for your child.

Nature Week

30th July - 3rd August

Here at CSF we aim to give all children the best and most enjoyable experiences, join us for a week full of themed activities which will educate your child about what the environment is and how we can look after it.

	Xcel Leisure Centre	Centre AT7	The Alan Higgs Centre
Monday	Splash Badminton Creative Crafts Basketball	Trampoline Splash Dodgeball Tag Rugby	Football Outdoor Play Games Galore Fun with Food
Tuesday	Football Bingo Tag Rugby Make your Own Lunch*	Arts & Crafts Fun with Food Rounders Netball	Crazy Crafts Trampoline Rounders Face Painting
Wednesday	Splash Tennis Races Balloon Volleyball	Splash Cricket Tennis Football	Athletics Team Games Messy Play Cricket
Thursday	Trampoline Gymnastics Hockey Ready Steady Cook	Arts & Crafts Fun with Food Athletics Film Afternoon	Dodgeball Gymnastics Arts & Crafts Basketball
Friday	Giant Games Soft Archery Splash Rounders	Splash Soft Archery Dodgeball Gymnastics	Outdoor Play Hockey Film Afternoon Ozone

Early Birds**:	8.30am - 9.00am	Cost:	£2.00 per child	Age:	5-11 yrs
Day:	9.00am - 3.00pm	Cost:	£15.00 per child	Age:	5-11 yrs
Extra Time:	3.00pm - 4.00pm	Cost:	£3.50 per child	Age:	5-11 yrs

*CSF will be providing food for children to make their own healthy lunches.

**Early Birds does not include Breakfast for your child.

Rescue Week

6th August - 10th August

Here at CSF we understand how important all services are and we want to help educate children about how they can call the correct service, what each service offers and inspire the next generation of young police officers, fire fighters and paramedics!

	Xcel Leisure Centre	Centre AT7	The Alan Higgs Centre
Monday	Splash Kwik Cricket Bench Ball	Trampolining Splash Gymnastics Dogs For Good Visit*	Dogs For Good Visit* Tennis Arts & Crafts Dance
Tuesday	Dogs For Good Visit* Dodgeball Team Games Tennis	Arts & Crafts Fun with Food Team Games Film Afternoon	Trampolining Football Picnic Nature Walk
Wednesday	Splash Balloon Volleyball Relay Races	Splash Athletics Messy Play Football	Cricket Rounders Fun with Food Film Afternoon
Thursday	Giant Games Kick Rounders Trampolining Basketball	Arts & Crafts Bench Ball Dance AT7's Got Talent	Gymnastics Arts & Crafts Badminton Face Painting
Friday	Arts & Crafts Splash Tri-Golf	Splash Dodgeball Rounders Volleyball	Tri-Golf Soft Archery Film Afternoon Ozone

Early Birds**:	8.30am - 9.00am	Cost:	£2.00 per child	Age:	5-11 yrs
Day:	9.00am - 3.00pm	Cost:	£15.00 per child	Age:	5-11 yrs
Extra Time:	3.00pm - 4.00pm	Cost:	£3.50 per child	Age:	5-11 yrs

* Dogs For Good is a charity and will be fundraising during that day.

**Early Birds does not include Breakfast for your child.

Farmyard Week

13th August - 17th August

At CSF we all love animals and understand the importance of looking after them properly, join us for a week full of animal fun where your child will learn the different species, where different species originate from and how to look after different animals properly!

	Xcel Leisure Centre	Centre AT7	The Alan Higgs Centre
Monday	Splash Tennis Gymnastics	Trampolining Splash Tag Rugby Football	Soccer Skills Basketball Gymnastics Fun with Food
Tuesday	Angie's Animal Antics* Giant Games Summer Quiz Tag Rugby	Arts & Crafts Angie's Animal Antics* Gymnastics Rounders	Arts & Crafts Outdoor Play Team Games Relay Races
Wednesday	Splash Basketball Table Tennis	Splash Invasion Games Netball Athletics	Angie's Animal Antics* Tennis Cricket Bench Ball
Thursday	Trampolining Football Outdoor Games Volleyball	Arts & Crafts Fun with Food Basketball Film Afternoon	Tri-Golf Soft Archery Football Film Afternoon
Friday	Splash Soft Archery Dodgeball	Splash Soft Archery Football Dodgeball	Invasion Games Rounders Arts & Crafts Ozone

Early Birds**:	8.30am - 9.00am	Cost:	£2.00 per child	Age:	5-11 yrs
Day:	9.00am - 3.00pm	Cost:	£15.00 per child	Age:	5-11 yrs
Extra Time:	3.00pm - 4.00pm	Cost:	£3.50 per child	Age:	5-11 yrs

* Angie's Animal Antics is run by a professional animal handler.

**Early Birds does not include Breakfast for your child.

Space Week

20th August - 24th August

This week we will be shooting for the stars with lots of space themed activities! Be prepared for rockets, comets, aliens and astronauts.

	Xcel Leisure Centre	Centre AT7	The Alan Higgs Centre
Monday	Splash Kick Rounders Creative Art Tri-Golf	Trampoline Splash Cricket Basketball	AHC's Got Talent Dodgeball Athletics Volleyball
Tuesday	Mid Summer Sports Day	Arts & Crafts Fun with Food Volleyball Bench Ball	Trampoline Cricket Football Rounders
Wednesday	Splash Kwik Cricket Bingo	Splash Gymnastics Dodgeball Football	Gymnastics Arts & Crafts Fun with Food Relay Races
Thursday	Trampoline Hockey Bench Ball	Arts & Crafts Fun with Food Basketball Film Afternoon	Tri-Golf Tennis Soft Archery Football
Friday	Splash Explorer Dome* Team Games	Splash Basketball Football Gymnastics	Basketball Handball Explorer Dome* Ozone

Early Birds**:	8.30am - 9.00am	Cost: £2.00 per child	Age: 5-11 yrs
Day:	9.00am - 3.00pm	Cost: £15.00 per child	Age: 5-11 yrs
Extra Time:	3.00pm - 4.00pm	Cost: £3.50 per child	Age: 5-11 yrs

*Explorer Dome is run by an external company, professionals doing science shows

**Early Birds does not include Breakfast for your child.

Seaside Week

27th August - 31st August

To celebrate the summer holidays we will be doing lots of summery beach themed activities. Don't forget to bring the suncream and beach towel!

	Xcel Leisure Centre	Centre AT7	The Alan Higgs Centre
Monday	BANK HOLIDAY No Activities	BANK HOLIDAY No Activities	BANK HOLIDAY No Activities
Tuesday	Football Balloon Volleyball Fun with Food	Arts & Crafts Netball Athletics Games Galore	Trampoline Outdoor Play Summer Sports Day
Wednesday	Splash Arts & Crafts Athletics Racquet Sports	Splash Gymnastics Rounders Volleyball	Gymnastics Art Explosion
Thursday	Trampoline Gymnastics Xcel's Got Talent Table Tennis	Summer Party - Various Activities throughout the day	Splash Cricket Tennis Basketball
Friday	Summer Party - Various Activities throughout the day	Splash Cricket Tennis Basketball	Summer Party - Various Activities throughout the day

Early Birds*:	8.30am - 9.00am	Cost: £2.00 per child	Age: 5-11 yrs
Day:	9.00am - 3.00pm	Cost: £15.00 per child	Age: 5-11 yrs
Extra Time:	3.00pm - 4.00pm	Cost: £3.50 per child	Age: 5-11 yrs

*Early Birds does not include Breakfast for your child.

Aquarius Swim School – Xcel Leisure Centre

Week	Times	Stage	Price
Monday 30th July - Friday 3rd August	9.00am - 9.30am	Stage 3/4A	£30.00 per student
	9.30am - 10.00am	Stage 2	
	11.00am - 11.30am	Stage 1	
	11.30am - 12.00pm	Ducklings	
Monday 6th August - Friday 10th August	9.00am - 9.30am	Stage 6/7	£30.00 per student
	9.30am - 10.00am	Stage 5	
	11.00am - 11.30am	Stage 4B	
	11.30am - 12.00pm	Stage 4A	
Monday 13th August - Friday 17th August	9.00am - 9.30am	Stage 3	£30.00 per student
	9.30am - 10.00am	Stage 2	
	11.00am - 11.30am	Stage 1	
	11.30am - 12.00pm	Ducklings	
Monday 20th August - Friday 24th August	9.00am - 9.30am	Stage 4B	£30.00 per student
	9.30am - 10.00am	Stage 4A	
	11.00am - 11.30am	Stage 3	
	11.30am - 12.00pm	Stage 2	

NEW Adult Crash Course

Date:	Monday 6th August - Friday 10th August	Date:	Monday 20th August - Friday 24th August
Time:	12.00pm-12.30pm	Time:	12.00pm-12.30pm
Level:	Beginner	Cost:	£30.00
		Level:	Beginner
		Cost:	£30.00

NEW Aquatots Summer School

Date:	Thursday 2nd August - Thursday 23rd August
Day & Time:	Thursday 1.30pm - 2.00pm (3 months - 12 months) Thursday 2.00pm - 2.30pm (12 months - 3 years)
Cost:	£20.00

5 Day Stroke Courses

Monday 30th July - Friday 3rd August

Date	Workshop	Time
Monday 30th July	Front Crawl	1.00pm - 1.30pm
Tuesday 31st July	Backstroke	1.00pm - 1.30pm
Wednesday 1st August	Breastroke	1.00pm - 1.30pm
Thursday 2nd August	Butterfly	1.30pm - 2.00pm
Friday 3rd August	Individual Medley /Starts & Turns	1.00pm - 1.30pm
Cost:	£30.00 per student	

5 Day Stroke Courses

Monday 13th - Friday 17th August

Date	Workshop	Time
Monday 13th August	Front Crawl	1.00pm - 1.30pm
Tuesday 14th August	Backstroke	1.00pm - 1.30pm
Wednesday 15th August	Breastroke	1.00pm - 1.30pm
Thursday 16th August	Butterfly	1.30pm - 2.00pm
Friday 17th August	Individual Medley /Starts & Turns	1.00pm - 1.30pm
Cost:	£30.00 per student	

Individual Workshops

Monday 6th- Friday 10th August

Date	Workshop	Time
Monday 6th August	Water Confidence	1.00pm - 1.30pm
Tuesday 7th August	Competitive Swimming	1.00pm - 1.30pm
Wednesday 8th August	Front Crawl	1.00pm - 1.30pm
Thursday 9th August	Water Confidence	1.30pm - 2.00pm
Friday 10th August	Backstroke	1.00pm - 1.30pm
Cost:	£8.00 each workshop	

Individual Workshops

Monday 20th- Friday 24th August

Date	Workshop	Time
Monday 20th August	Water Confidence	1.00pm - 1.30pm
Tuesday 21st August	Starts & Turns	1.00pm - 1.30pm
Wednesday 22nd August	Breastroke	1.00pm - 1.30pm
Thursday 23rd August	Water Confidence	1.00pm - 1.30pm
Friday 24th August	Butterfly	1.00pm - 1.30pm
Cost:	£8.00 each workshop	

Aquarius Swim School – Centre AT7

Week	Times	Stage	Price
Monday 30th July - Friday 3rd August	9.00am - 9.30am	Stage 2	£30.00 per student
	9.30am - 10.00am	Ducklings	
	11.00am - 11.30am	Stage 1	
	11.30am - 12.00pm	Stage 3	
Monday 6th August - Friday 10th August	9.00am - 9.30am	Stage 4B	£30.00 per student
	11.00am - 11.30am	Stage 4A	
	11.30am - 12.00pm	Stage 3	
Monday 13th August - Friday 17th August	9.00am - 9.30am	Stage 2	£30.00 per student
	9.30am - 10.00am	Ducklings	
	11.00am - 11.30am	Stage 1	
	11.30am - 12.00pm	Stage 3	
Monday 20th August - Friday 24th August	9.00am - 9.30am	Stage 4A	£30.00 per student
	11.00am - 11.30am	Stage 3	
	11.30am - 12.00pm	Stage 2	

NEW Adult 4 Day Crash Course

Date:	Monday 6th August - Friday 10th August*	Date:	Monday 20th August - Friday 24th August*
Time:	9.30am - 10.00am	Time:	9.30am - 10.00am
Level:	Beginner	Level:	Beginner
Cost:	£24.00	Cost:	£24.00

*Excluding Thursday

NEW Aquatots Summer School

Date:	Tuesday 31st July - Tuesday 21st August
Day & Time:	Tuesday 1.30pm - 2.00pm (3 months - 12 months) Tuesday 2.00pm - 2.30pm (12 months - 3 years)
Cost:	£20.00

5 Day Stroke Courses

Monday 30th July - Friday 3rd August

Date	Workshop	Time
Monday 30th July	Front Crawl	1.00pm - 1.30pm
Tuesday 31st July	Backstroke	1.00pm - 1.30pm
Wednesday 1st August	Breastroke	1.00pm - 1.30pm
Thursday 2nd August	Butterfly	1.00pm - 1.30pm
Friday 3rd August	Individual Medley /Starts & Turns	1.00pm - 1.30pm
Cost:	£30.00 per student	

5 Day Stroke Courses

Monday 13th - Friday 17th August

Date	Workshop	Time
Monday 13th August	Front Crawl	1.00pm - 1.30pm
Tuesday 14th August	Backstroke	1.00pm - 1.30pm
Wednesday 15th August	Breastroke	1.00pm - 1.30pm
Thursday 16th August	Butterfly	1.00pm - 1.30pm
Friday 17th August	Individual Medley /Starts & Turns	1.00pm - 1.30pm
Cost:	£30.00 per student	

Individual Workshops

Monday 6th- Friday 10th August

Date	Workshop	Time
Monday 6th August	Water Confidence	1.00pm - 1.30pm
Tuesday 7th August	Competitive Swimming	1.00pm - 1.30pm
Wednesday 8th August	Front Crawl	1.00pm - 1.30pm
Thursday 9th August	Water Confidence	1.00pm - 1.30pm
Friday 10th August	Backstroke	1.00pm - 1.30pm
Cost:	£8.00 each workshop	

Individual Workshops

Monday 20th- Friday 24th August

Date	Workshop	Time
Monday 20th August	Water Confidence	1.00pm - 1.30pm
Tuesday 21st August	Starts & Turns	1.00pm - 1.30pm
Wednesday 22nd August	Breastroke	1.00pm - 1.30pm
Thursday 23rd August	Water Confidence	1.00pm - 1.30pm
Friday 24th August	Butterfly	1.00pm - 1.30pm
Cost:	£8.00 each workshop	