

Monday 29th July to Friday 9th August

KIDS SUMMER PROGRAMME 2013



TIME:

10am – 4pm

Morning Session 10am - 1pm

ADDRESS:

Heston Community Sports Hall
Heston Road, Hounslow
Middlesex TW5 0QZ

AGE GROUP:

8-15 year olds

* Children aged 5-7 year olds are welcome but can strictly only attend half day session which is only in the **MORNING ONLY** (Children cannot stay for whole day).

** For Rolladome skating session 5-7 year olds are welcome, but **MUST ONLY COME FOR AFTERNOON SESSION AND NOT MORNING.**

SESSION NUMBERS:

Please note that participation numbers are limited to a **maximum of 65 children** for the day and are strictly done on a first come first serve basis, so arrive early to avoid disappointment.

COST:

£10 per day
£5 half day

ALL STAFF ARE CRB CHECKED

SPECIAL OFFER - SAVE 15%

*PAY FOR THE FULL WEEK UP FRONT ON FIRST DAY AND SAVE 15% SAVING YOU £7.50!! £42.50 FOR FULL WEEK COMPARED TO £50!! (FOR 5 DAY WEEK) .

ACTIVITIES:

Heston Sports Days

This summer we will also be holding our first ever summer sports day for all and children! From three legged races right through to egg and spoon races!! Great fun and competition for all!!

Multi-Sports Tournaments

We will be holding different multi-sport tournaments in sports such as dodgeball, hockey, football and many others....children will be able to win great prizes and have a superb day of fun! Which sport will you be crowned a champion in?

Short Tennis, Uni-Hockey and Rounders Days

It is all about the racquet sports and we will be hosting great tournaments for each sport and finding out who will be the next king or queen of tennis or will you be the star of the uni-hockey tournament?

RollaDome Skating & Rolla Disco*

Come and try your skills at different skating disciplines on inlines and quads! Session will include mini rolladisco..beginners welcome.

Trampolining Sessions**

Children will learn the fundamentals of trampolining and be able to work on key body skills needed for this discipline and work together to achieve key challenges within this session

OTHER SESSIONS:

Motiv8 Sports & Fitness Multisport Sessions

Children will have the opportunity to get involved in up and coming summer multi sport activities such football and tennis. All sessions are fun, safe and educational whereby the participants will learn new skills and tricks to help them improve their game.

Heston Multi Sport Sessions

During the course of the week our staff will be carrying out different multi sport sessions such as tennis, kickball, dodgeball, basketball, football, badminton, rounders, handball and lots, lots more. So plenty of fun for your child to get involved in. Children will also get the opportunity to have free time and choose whatever they want!!!

Tchoukball, Dodgeball & Handball Session

Children will learn the new sports of Tchoukball & Handball, children will learn the fundamentals of the game and get the opportunity to work on key skills needed for all sports. Guaranteed FUN!!!

*Pads and skates included. 50 participants allowed per session. Consent forms are required to be completed BEFORE the session.

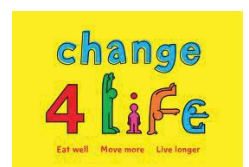
**Children must have their own socks and NOT wear jeans, otherwise they will not be able to participate for health and safety reasons.

For more information: 0208 570 6544

David Mason,
Sports Hall & Development Manager

Tel: 020 8570 6544

E-mail: dmason@hestoncs.hounslow.sch.uk
or at sports@hestoncs.hounslow.sch.uk



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