

Fresh^f kids

holiday club

Dates and Times

24th July – 1st September 2017, 8.30am-5.30pm, £27 per day
Drop off: 8.30-9am Collection: 4.30-5.30pm
Full week discount: book all 5 days in the same week and save £5 per child

Ages

Children aged 5 – 12 years old

Information

The Fresh Sports Centre, Thamesmead School
Sports and Arts & Crafts Holiday Club
Each day is packed with stimulating, fun activities running all day,
every day throughout the Summer.



**SUMMER
HOLIDAYS
2017**

How to book: Call Fresh Reception 01932 225953

Fresh Sports Centre, Manygate Lane, Shepperton

Contact us: by email info@trainfresh.co.uk

Telephone number for Holiday Club: 01932 253400* (Fresh Sports Centre); 01932 225953 (Fresh Gym)

** Please note: the Sports Centre telephone number will divert to Fresh Gym, whenever the Sports Centre reception desk is unmanned.*



Summer Holiday Daily Activity Highlights – Week 1 Week 2

Morning Fruit break 10:30am

Lunch: 12:30pm-1:00pm

Afternoon snack: 2:30pm

Every morning we will use the parachute and/or play another team, confidence and self-esteem building game with activities and fun for all. As well as daily structured craft activities, there are always art and craft materials available to use and create, with imagination being the only limitation. Whenever weather permits we will have outside games on our beautiful vast green playing field. We'll finish our days with Snug and Den building for chilling out, with optional books, puzzles, board or card games. We've got so many fun things to do, we can't list them all so here are some of the highlights each week ...
*Please ensure sun lotion is applied and remember to bring a refillable drinks bottle. *activities may be subject to change*

Day	Activity Highlights - Week 1 Mon 24 th July-Fri 28 th July	
Monday 24th July	Snowball Fight – to help break the ice 'It's All about me' collage Football kick-about SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Octopus active team game Dodgeball Helicopter Spinners craft
Tuesday 25th July	Make & create your own space slime Crafting paddles for Balloon tennis Balloon tennis Family Tag team game SPECIAL EVENT: Ninja Warrior Training Obstacle Run	Football Bench Ball Make your own reusable party poppers
Wednesday 26th July	Volley Ball with XL balloons Decorate a Plant Pot Plant your pot with a Sweet Pepper SPECIAL EVENT: It's a Knock Out Assault Course	Table Tennis / Octopus Quick Kick About Football Bull Dog & Outside Games
Thursday 27th July	Make & decorate your race fish Flapping fish races Fruit kebab caterpillars SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Crazy faces stress ball Football / Badminton Bottle Flipping
Friday 28th July Super Hero Theme Day	Super hero Identity kit Ninja Balloon Battles Balloon Swords Villain Capture team game SPECIAL EVENT: Superhero Boot Camp	Super hero Photoshoot Make a mini Side Kick Super hero Mask making Stage Hero Combat Scenes



Day	Activity Highlights - Week 2 Mon 31 st July-Fri 4 th Aug	
Monday 31st July	Make Ultra Squidgy soft play clay Deserted Island active game Quick Kick About Football SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Parachute men craft The Blob tag game Danish Long Ball
Tuesday 1st August	Fidget Spinner Crafts Snakes Tail Group Game Parachute Life guards Game SPECIAL EVENT: Fire Element Assault Course with Ring of fire, Larva Floor & Hot, Hot, Hot Limbo	Farmer yard & outside games Monkey Football Super fly ring areophone craft
Wednesday 2nd August	Rounders Capture the Flag team sport Bench Ball SPECIAL EVENT: Outside Tag Team Relay Obstacle Run	Badminton Outside Painting Creative Fun Fruit Cookie Decorating
Thursday 3rd August	Frisbee Bowling Create a Crazy Hair Cress Head Favourite Character Bookmarks SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Reverse Limbo Game Monkey Football Nature Scavenger Hunt & collage
Friday 4th August Big Top Circus Theme Day	High Wire / Trapeze Photoshoot Make Juggling Balls Learn Circus Skills Football Tricks SPECIAL EVENT: Circus Training Stations & Themed Face Painting	Candy Apple Creations Magic Trick Lessons Ring Toss / Can Knock Down Carnival Chaos Active Game





Summer Holiday Daily Activity Highlights – Week 3 Week 4

Morning Fruit break 10:30am

Lunch: 12:30pm-1:00pm

Afternoon snack: 2:30pm

Every morning we will use the parachute and/or play another team, confidence and self-esteem building game with activities and fun for all. As well as daily structured craft activities, there are always art and craft materials available to use and create, with imagination being the only limitation. Whenever weather permits we will have outside games on our beautiful vast green playing field. We'll finish our days with Snug and Den building for chilling out, with optional books, puzzles, board or card games. We've got so many fun things to do, we can't list them all so here are some of the highlights each week ...
*Please ensure sun lotion is applied and remember to bring a refillable drinks bottle. *activities may be subject to change*

Day	Activity Highlights - Week 3	
Monday 7 th August	Parachute Games Outside Outside Picnic & Active Games Wild Bird Feeder Craft	Helicopter Spinners craft Tag Rugby / Rounders Reverse Limbo Game
SPECIAL EVENT: Bouncy Castle & Rope Swing Combo		
Tuesday 8 th August	Cup & Ball Craft & Game Danish Long Ball Basket Ball team Shoot Outs Never ending Pokémon Card craft & game	Monkey Football Frisbee Relays Family Tag
SPECIAL EVENT: Outside Tag Team Relay Obstacle Run		
Wednesday 9 th August	Crazy Cress Creations Quick Kick About Football Jazzy Water Melon Lollipops	Bench Ball Elbow Tag Octopus Active Game
SPECIAL EVENT: Fire Element Assault Course with Ring of fire, Larva Floor & Hot, Hot, Hot Limbo		
Thursday 10 th August	Air Guitar Band Face Off Octopus & other teams games outside Table Tennis / Badminton	Googley Eye Hand Puppets Craft Moving Pictures Craft
SPECIAL EVENT: Bouncy Castle & Rope Swing Combo		
Friday 11 th August	Treasure Hunt Parachute / Mini Catapult craft Hidden Messages Craft Bench Ball Team Game	Receive a Secret Mission Desert Island Game Balloon Ninja Battles with Balloon Swords
SPECIAL EVENT: Indiana Jones Dodge Ball Assault Course		



Day	Activity Highlights - Week 4	
Monday 14 th August	Snowball Fight Game Balloon Rockets Craft Flapping Fish Crafts & Racing	Collage Creations Rocket Races Football / Badminton
SPECIAL EVENT: Bouncy Castle & Rope Swing Combo		
Tuesday 15 th August	Penalty Shoot Outs Fruit Kebabs craft Bottle Flipping	Emoji Note Book Craft Rounders Bull dog & more outside games
SPECIAL EVENT: Ninja Warrior Training Obstacle Run		
Wednesday 16 th August	Decorate a Plant Pot Plant your pot with a Sunflower Football The Blob team game	Dodgeball Super fly ring aeroplane craft Parachute games outside
SPECIAL EVENT: Bouncy Castle & Rope Swing Combo		
Thursday 17 th August	Make a Pin Wheel Garden Decoration Bench Ball Danish Long Ball	Snakes Tail Team Game Fluffy Slime Creations Basket ball team shoot outs
SPECIAL EVENT: It's a Knock Out Assault Course		
Friday 18 th August	Crabby Football Shark Infested Waters Game Octopus team Game Make a Pirate hat/mermaid Necklace	Shark Puppet Craft Balloon Cutlass Lesson Lifeguards & Sharks Parachute Game
SPECIAL EVENT: Squash Buckling Pirate Training		





Summer Holiday Daily Activity Highlights – Week 5 Week 6

Morning Fruit break 10:30am

Lunch: 12:30pm-1:00pm

Afternoon snack: 2:30pm

Every morning we will use the parachute and/or play another team, confidence and self-esteem building game with activities and fun for all. As well as daily structured craft activities, there are always art and craft materials available to use and create, with imagination being the only limitation. Whenever weather permits we will have outside games on our beautiful vast green playing field. We'll finish our days with Snug and Den building for chilling out, with optional books, puzzles, board or card games. We've got so many fun things to do, we can't list them all so here are some of the highlights each week ...
*Please ensure sun lotion is applied and remember to bring a refillable drinks bottle. *activities may be subject to change*

Day	Activity Highlights - Week 5	
Monday 21st August	Monkey Football Paper Origami Clapper Badminton / Table Tennis SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Farmer yard group game Fuzzy Wuzzy Worry pet craft Rounders
Tuesday 22nd August	Tag Rugby Outside Games Wild Bird feeder SPECIAL EVENT: Ninja Warrior Training Obstacle Run	Jazzy water melon lollipops Football Bottle Flipping
Wednesday 23rd August	Make Super Squidgy Soft Modelling Clay Capture the Flag team Sport Parachute men crafts SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Bench Ball Danish Long Ball Octopus & Other games outside
Thursday 24th August	Rounders Helicopter Spinners Craft Outside Parachute Games SPECIAL EVENT: Fire Element Assault Course with Ring of fire, Larva Floor & Hot, Hot, Hot Limbo	Elbow tag active fun game Create & Decorate fruit cookies Quick Kick About Football
Friday 25th August Olympics Themed Fun Day	3 Legged Races Make Olympic Winners Medals Olympic Cookies creations Egg & Spoon decoration & Race SPECIAL EVENT: Olympics Tag Team Relay Assault Course	Craft an Olympic Flame Discus Throw Hula Hoop Contest Team Ski Slalom



Day	Activity Highlights - Week 6	
Monday 28th August	SUMMER BANK HOLIDAY APOLOGIES FOR ANY INCONVIENIENCE, WE ARE CLOSED TODAY.	
Tuesday 29th August	Parachute Games Outside Badminton Minecraft/Angry birds/ Pokémon /Smiggle bookmarks SPECIAL EVENT: Outside Tag Team Relay Obstacle Run	Quick Kick About Football Googley eye hand puppets
Wednesday 30th August	Fluffy Flubber Slime craft Monkey Football Nature Scavenger hunt & collage SPECIAL EVENT: Bouncy Castle & Rope Swing Combo	Rounders Danish Long Ball Bottle Flipping
Thursday 31st August	Ultra squish Funny Faces craft Football Super fly ring aeroplane crafts SPECIAL EVENT: Water Element Assault Course...Desert Islands & Sharks!	Bench Ball Basket Ball shoot out Frisbee Relays
Friday 1st September Party Day	Make Reusable Party Poppers Fruity Party Kebabs Balloon Tennis craft & Game XL Balloon Volley Ball SPECIAL EVENT: Bouncy Castle, Rope Swing, Balloons & Face Painting	Reverse Limbo Musical Hula Hoops As many party games as we can squeeze in!

