

Fresh[®] kids Holiday Club

Every day 8:30am-5:30pm £27 per day

Drop off: 8:30am-9am Collection: 4:30pm-5:30pm.

Full week discount: book all five days in the same week and **save £5 per child**

How to Book

Call: 01932 225 953

Ages

Children aged 5-12years 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.



Fresh[®] Sports centre

Thamesmead School

Manygate Lane,
Shepperton TW17 9EE

t: 01932 225953 / 01932 253400

www.trainfresh.com

e: info@trainfresh.co.uk

FRESH is a UK registered trademark
of Verve Fitness Limited.



**Fresh Kids Holiday Club - every day
throughout the summer!**

Dates: 24th July - 1st September

Ages: children aged 5-12yrs

Based at Fresh Sports Centre,
Thamesmead School Shepperton.

Our activity programme is packed with excitement and entertainment! Whether your young ones are into football, tennis, gardening, problem solving, getting creative, dancing, team games, food crafts or Summer Olympics - they'll feel right at home with us and you'll feel reassured.



Fresh[®] kids
holiday club



Welcome to the all-NEW Fresh Kids Holiday Club!

We've created an environment where all our unique young people can feel at ease, be themselves, feel included and valued. We provide stimulating, fun activities getting everyone active, moving and using their imagination. Activities are balanced each day to encourage communication, cooperation, self-esteem, confidence and team work - while having fun in a safe and friendly environment. Each day is structured with the same framework as we know how important routine can be, however that does not mean each day is the same. We've highlighted some of the key activities for each week and there's lots more every day!

Special events & theme days

Every day is jam-packed full of activities with a different Special Event each day - from bouncy castle and jungle rope swing combo to an Indiana Jones dodgeball assault course with knock down walls and boulder tossing. We have imaginative and fun Theme Days every week - Big Top Circus Day with candy apple making; Sea Adventure Day with a deep sea diving photo shoot; and Summer Olympics too!

Highlights - Week 1

Mon 24th Jul to Fri 28th Jul

- Make and create space slime
- Bench ball
- Make crazy face stress balls
- Football kick-a-bout
- Octopus active team game
- Fruit kebab caterpillars
- Volley ball with XL balloons
- Decorate/plant a sunflower pot
- Boulder Toss
- **Super Hero Theme Day**

Highlights - Week 2

Mon 31st Jul to Fri 4th Aug

- Desert island shark infested game
- Candy apple making
- Bottle flipping tournament
- Make ultra squidgy soft play clay
- Reverse limbo game
- Frisbee bowling
- Crazy cress crosses
- Create and make fidget spinners
- Monkey football
- **Big Top Circus Theme Day**

Highlights - Week 3

Mon 7th Aug - Fri 11th Aug

- Air guitar face-off competition
- Pom-pom hand puppets craft
- Treasure hunt
- Frog cup & ball game
- Animated spinning pictures
- Indiana Jones dodgeball
- Craft a mini catapult
- Danish long ball
- Crazy hair cress
- **Fresh Adventure Theme Day**

Highlights - Week 4

Mon 14th Aug - Fri 18th Aug

- Snowball fight
- 'It's all about me' collage
- Balloon rocket crafts
- Football & badminton
- Swashbuckling pirate lesson
- Crabby football
- Rocket racing
- Flapping fish races
- Under the sea photo shoot
- **Sea Adventure Theme Day**

Highlights - Week 5

Mon 21st Aug - Fri 25th Aug

- Create spinning helicopters
- Rounders
- Angry birds, Emoji bookmarks
- Funky fruit cookies
- Super fly ring aeroplane craft
- Balloon tennis craft and game
- Obstacle course 'the floor is lava'
- Elbow tag
- Rope swing and face painting
- **Summer Olympics**

Highlights - Week 6

Tues 29th Aug - Fri 1st Sep

- Kick-a-bout football
- Create fluffy slime
- Capture the flag game
- Design & create party poppers
- Great fun - Blob group game
- Make a puppet
- Bouncy castle & balloon modelling
- **As many party games as we can squeeze in! Party, Party Day!**

Plus even more every day:

Bouncy castle, rope swing, balloon tennis, penalty shoot-out, blow-dart racing, tag rugby, 'pass it on' message game, candy apple making, hero combat scenes, balloon sword lessons, create and make spinning wheel toys, parachute cat-and-mouse game, super fly-ring aeroplane craft, collages, dancing, cross-over bench ball, mini maze, musical frogs game, den building, frisbee bowling...



We hope this gives you a feel for what we're all about at Fresh Kids Holiday Club.

To find out more or to book, please call **01932 225953**

email: info@trainfresh.co.uk www.trainfresh.com

Fresh[®] kids
h o l i d a y c l u b