

SUFFOLK NEW COLLEGE SPORTS CENTRE

Casual Sports Morning (Age 7+)

5th August, 10:00am - 12:00pm | £5.00 Per Person

Our casual sports session will be set up with a variety of different activities in the sports hall, including indoor tennis, badminton, dodgeball, table-tennis, basketball, and futsal. This is a great way to encourage your child to enjoy a selection of games and keep them active. Just turn up and play!

Casual Badminton, Table Tennis and Soft Tennis

17th & 22nd August, 1:00pm - 2:30pm | £4.00 Per Person

Come down and try out these 3 different sports. Come along with friends or by yourself and get involved. All abilities welcome.

Family Sports Session

15th August, 1:30pm - 3:30pm and 17th August, 10:00am - 12:00pm. | £10.00 per family (Max of 5 people)

Bring your family down and get involved with some sports. Challenge your family members to a variety of sports and activities and learn new skills together.

Basketball Workshop (Ages 8-14)

11th August, 10:00am - 2:00pm | £10.00 Per Person

Want to try or learn new skills for basketball, come down to the workshop and learn new skills and develop your basketball ability.

Volleyball Beginners Session

12th August, 10:00am - 11:30am | £4.00 Per Person

Want to try out volleyball? Come down with friends or family and learn a new sport together. Basic skills will be taught and help you develop your Volleyball Ability.

Trampoline and DMT Day Camp

10th August, 10:00am - 3:00pm | £22.50 Per Person

Want to learn or develop your skills on the trampoline or DMT, come and get involved in the day camp with a qualified trampoline coach to help you develop.



**SUMMER
HOLIDAY**
Programme

Monday morning madness - Basketball, Futsal and dodgeball

Monday 25th July, 1st, 8th, 15th August, 10:00am - 12:00pm | £4.00 Per Person

Get the children out of the house and let them burn off all that energy by charging around the sports hall, playing Basketball, Futsal, and Dodgeball. The sessions will be run by the centre staff and will be played individually, with direction from the staff to ensure everyone can join in the fun.

Casual Basketball

25th, 28th July 1st, 3rd, 8th, 19th August, 2:00pm - 5:00pm | £4.50 Per Person

Our full size basketball court is available for anyone to come and play basketball, all equipment is supplied. Why not get a group of friends together and come and shoot some hoops? The courts are available anytime between 2-5PM. Just turn up and play!

Mini Games (Ages 5-7)

26th July and 5th August, 10:00am - 11:00am | £4.00 per person

Get the kids involved with the mini games taking place in our sports hall, target games, relay races and an obstacle course will be available for everyone to try it out and have fun!

Disability Sports Session

26th July & 2nd August, 10:00am - 12:00pm | £7.50 Per Person

Come down and try out Boccia, Basketball and Trampolining.

Toddler Fun including baby bounce (Ages 18 months - 4)

27th July, 3rd & 9th August, 9:30am - 10:30am | £6.00 Per Person

A fun session of soft play, toddler trampolining, inflatable fun, balls and a large bouncy castle to wear those little ones out. Baby Bounce offers an introduction to trampolining under the supervision qualified coach.

Inflatable Fun and Casual Trampolining

27th July and 9th August, 1:30pm - 3:00pm | £6.00 Per Person

Get rid of all that energy by coming down to the sports hall to bounce on the trampolines and inflatables.

Glow In the Dark Badminton and Volleyball

28th July, 10:00am - 12:00pm | £5.00 per person

Why not try some sports in the dark? Volleyball and Badminton will glow in the dark this morning. Think you have the skills to play in the dark, come down and try.

Casual Volleyball

29th July, 12th August, 10:00am - 12.00pm | £4.00 Per Person

Volleyball is available for all levels to come down and play, why not get your friends or family down to play a few games? All equipment is supplied.

Cricket Taster Session (Age 6+)

2nd & 24th August, 2:30pm - 4:30pm | £6.50 Per Person

Want to give cricket a go? Come and join our taster session, where you will be taught the basics of bowling, batting, and fielding. This session must be pre-booked.

2-day Trampoline Course (Age 5+)

16th & 17th August, 12:00pm - 1:15pm | £15.00 Per Person for 2 Days

Come and enjoy the fun of trampolining, and learn how to develop your skills while working on the British Gymnastics badge scheme. This course is taught by a qualified British Gymnastics coach. Pre booking is advised.

Double Mini Trampoline Taster Session (Age 7+)

2nd & 16th August, 2:00pm - 3:00pm | £4.00 per person

DMT is a cross between trampolining, vaulting and Parkour. Come have a go!

Indoor Futsal

4th August, 12:30pm - 2:00pm (8-12 years), 16th August, 10:00am - 11:30am (8-12 years) | £5.00 Per Person

Come and play some futsal in the sports hall, drills and games will be hosted by sports centre staff.