



Suffolk
New
College

SPORTS CENTRE

SUMMER HOLIDAY PROGRAMME 2025





Children's Day Camp

Our Day camps offer a varied programme. We have various activities inc sports, Arts and crafts, cake decorating and more. Participants to bring their own packed lunch. Please make staff aware of any allergies. Our Day Camps will vary throughout the summer, so no 2 days are the same.

Cost: £20.00 per day | Ages 7 - 12 yrs

There is an early drop off, at 8.30am and/or a late pick up till 4.30pm (For £2 per session)



Toddler Fun Room

Our toddler room has soft play, inflatable animals, ball pit, toys and a bouncy castle. Please note: This area is not supervised and parents/guardians must take responsibility for their own children, at all times, whilst on site.

**Cost: £5.00 | Ages 0 - 4 yrs
(under 1's are FREE)**

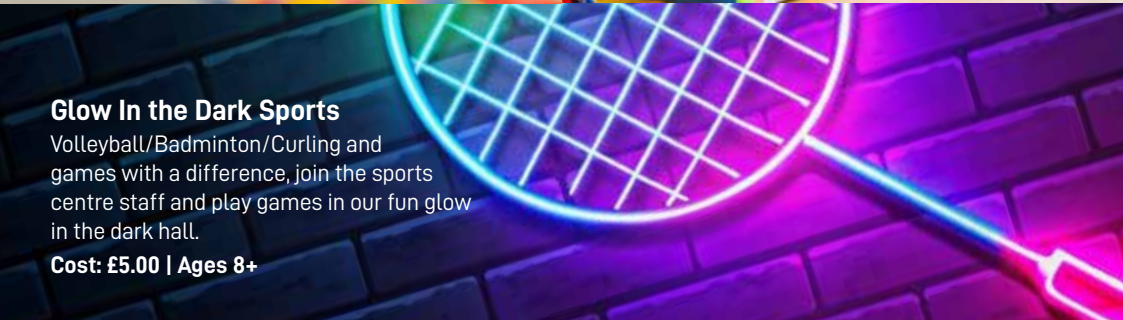


Interactive Suite Session

Ages 10+

Come and have a go in our Virtual Reality room on the college VR suite.

Cost: £5.00



Glow In the Dark Sports

Volleyball/Badminton/Curling and games with a difference, join the sports centre staff and play games in our fun glow in the dark hall.

Cost: £5.00 | Ages 8+



Indoor Football & Skills Session

Indoor football for all ages in a directed activity to learn new skills and drills to put into games at the end of the session. Activity run by the centre staff .

Cost: £4.00



Archery, Curling and Mini games

Activities for fun, come and try archery, curling and mini games in the sports hall, under the supervision of sports centre staff

Cost: £4.50 | 5 - 8 yr olds



Casual Basketball & Volleyball

Our indoor Basketball & Volleyball courts will have open access for anyone to come and play either or both activities. Please note this is a casual session with no staff supervision. Bring your friends for a game.

Cost: £5.00 | Ages 12 - 17 yrs



Inflatable Fun, Trampoline & Multi Sports Session

Inflatable bouncy castle and trampoline alongside multi sports inc football, dodgeball, soft tennis & soft archery.

Cost: £6.00



Multi Sports Mania

Indoor Football, Archery, Curling, Volleyball, Soft Tennis and Dodgeball all available in the sports hall to play, under the supervision of Sports centre staff .

Cost: £5.00 | Age6+



A Cricket Day Camp ran by Suffolk Cricket

Please visit their website or contact them for more information

SUFFOLK NEW COLLEGE SUMMER HOLIDAY PROGRAMME

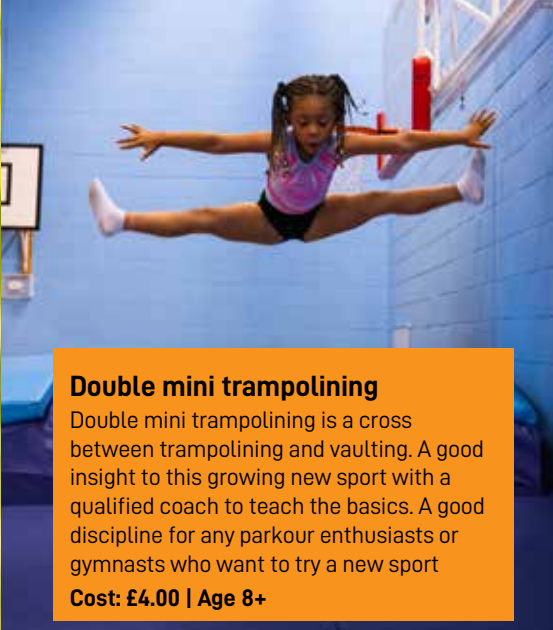
Week 1 21st - 25th July		Week 2 28th July - 1st August		Week 3 4th - 8th August		Week 4 11th - 15th August		Week 5 18th - 22nd August	
Monday	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382	Day Camp 9am - 4pm	Indoor Football & Skills Session 10am - 11am for U8s	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book on-line or enquire on 01473 219439		Archery, Curling and mini games 10:30am - 12pm			
		Inflatable fun, Trampolining & Multisports 11:30pm - 12:30pm	Indoor Football & Skills Session 11am - 12pm for 8 - 10yr olds	Interactive Suite session 11am - 12pm		Crafty Challenges 2:30pm - 4pm			
		Baby Bouncers trampolining, soft play & Inflatable fun 1pm - 2pm	Indoor Football & Skills Session 1pm - 2pm for 12 - 15yr olds	Family Inflatables and fun sports 1:30pm - 2:30pm					
			Archery, Curling and mini games 3pm - 4pm for 5 - 8 yr olds						
Tuesday	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382	Crafty Challenges 2:30pm - 4pm	Day Camp 9am - 4pm	Day Camp 9am - 4pm		Glow In The Dark Sports 10am - 11am			
		Suffolk Cricket	Glow In The Dark Sports 10am - 11am	Toddler Mania 10am - 11:30am		Interactive Suite session 11am - 12pm			
			Inflatable fun, Trampolining & Multisports 2:30pm - 3:30pm	Inflatable fun, Trampolining & Multisports 2:30pm - 3:30pm		Inflatable fun, Trampolining & Multisports 2:30pm - 3:30pm			
Wednesday	Day Camp 9am - 4pm	Crafty Challenges 2:30pm - 4pm	Day Camp 9am - 4pm	Day Camp 9am - 4pm		Multi Sports Mania 10:30am - 11:30am			
	Multi Sports Mania 10:30am - 11:30am		Summer sports day for the family 11:30am - 1pm	Inflatable Fun & Multisports 11:00am - 12:00pm		Cricket Taster 2:30pm - 4pm			
	Inflatable Fun & Multisports 2pm - 3pm	Suffolk Cricket	Inflatable Fun & Multisports 2:00pm - 3pm	Summer sports day for the family 1:30pm - 3pm		Toddler Room 10am - 12.30pm			
Thursday	Archery, Curling and mini games 5-8 yr olds 10am - 11:15am	Laser Tag Session 1, 10am - 11:45am Session 2, 1pm - 2:45pm Session 3, 3pm - 4:45pm	Cricket Day Camp, run by Suffolk Cricket 9am - 4pm	Glow In The Dark Sports 10am - 11am		Casual basketball, Badminton or Table-Tennis			
	Toddler Mania 12.30am - 1:30pm			Interactive Suite session 12pm - 1pm		Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382			
	Family Inflatables & Fun Sports 2:30pm - 3:30pm			Archery, Curling and mini games 3pm - 4pm for 5 - 8 yr olds					
Friday	Glow In The Dark Sports 10:30am - 11:30am	Laser Tag Session 1, 10am - 11:45am Session 2, 1pm - 2:45pm Session 3, 3pm - 4:45pm	Toddler Mania 10am - 11:30am	Multi Sports Mania 10:30am - 11:30am		Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382			
	Toddler Room 10am - 12.30pm		Baby Bouncers trampolining, soft play & Inflatable fun 1pm - 2pm						
	Toddler Room 12.30 - 3pm	Casual Basketball & Volleyball 1pm - 3pm	Casual trampolining & Multi Sports 3pm - 4pm						
	Double Mini Trampolining Session 12:30pm - 1:30pm	Toddler Room 10am - 12.30pm	Toddler Room 10am - 12.30pm						
	Casual trampolining & Multi Sports 2:30pm - 3:30pm	Toddler Room 12.30pm - 3pm	Toddler Room 12.30 - 3pm						



Casual Basketball, badminton or table-tennis

Open access for anyone to come and play. Please note this is a casual session with no staff supervision.

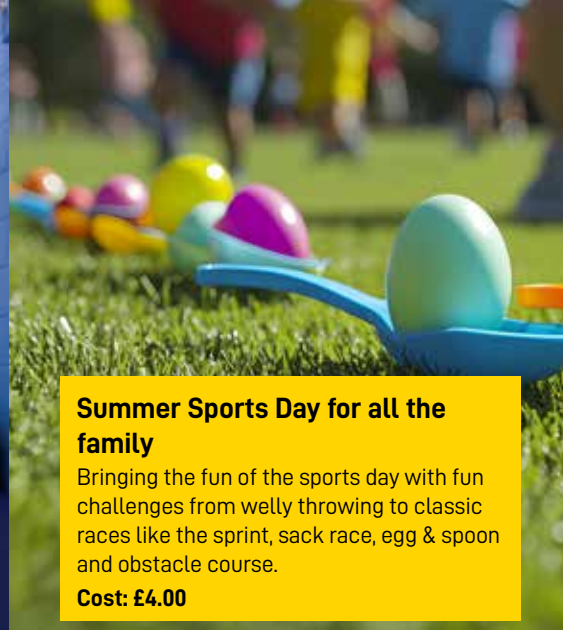
Cost: £3.00



Double mini trampolining

Double mini trampolining is a cross between trampolining and vaulting. A good insight to this growing new sport with a qualified coach to teach the basics. A good discipline for any parkour enthusiasts or gymnasts who want to try a new sport

Cost: £4.00 | Age 8+



Summer Sports Day for all the family

Bringing the fun of the sports day with fun challenges from welly throwing to classic races like the sprint, sack race, egg & spoon and obstacle course.

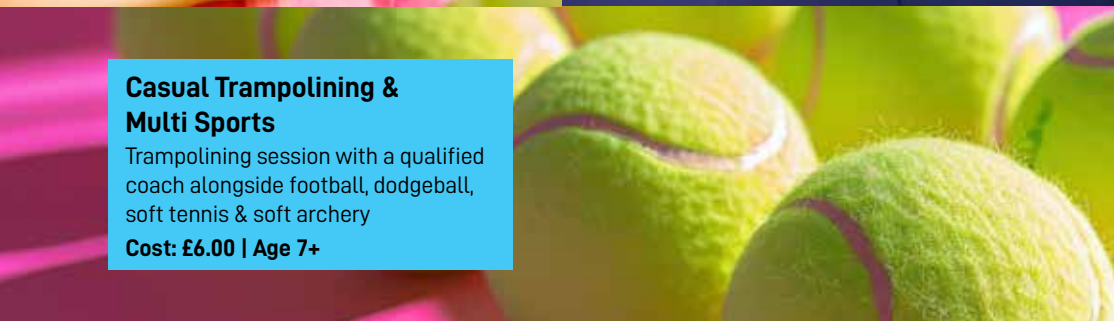
Cost: £4.00



Family inflatables and fun sports

The sports hall will have a specific area for Toddlers to play, a Bouncy castle, soft play, toys and a ball pit for under 4' whilst another area of the hall will have the inflatable for the older kids to access as well as indoor football, soft tennis and dodgeball.

Cost: £4.00 | Ages 0 - 10 | under 1's FREE



Casual Trampolining & Multi Sports

Trampolining session with a qualified coach alongside football, dodgeball, soft tennis & soft archery

Cost: £6.00 | Age 7+



Laser Tag

The sports staff will be guiding the teams through the high-energy laser tag battles that deliver heart-pounding excitement. Working as a team to capture the flag, or going solo in a free-for-all shootout, a great experience for everyone.

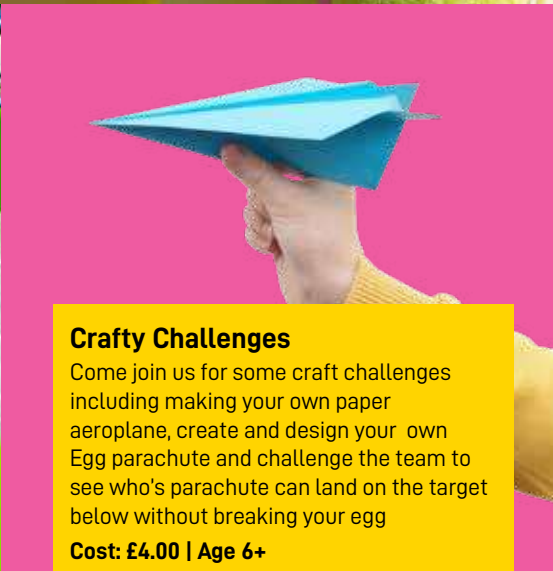
Cost: £10.00 | Ages 6 - 12



Toddler Mania

Toddler mayhem for little ones with trampolining, soft play, bouncy castles, ball pit and toys for the little ones to play.

Cost: £5.00 | Age 0-4



Crafty Challenges

Come join us for some craft challenges including making your own paper aeroplane, create and design your own Egg parachute and challenge the team to see who's parachute can land on the target below without breaking your egg

Cost: £4.00 | Age 6+



Inflatable fun and multi-sports

Inflatable castle, indoor cricket, football and Dodgeball in the sports hall. All under the supervision of sports centre staff.

COST: £4.00 | Ages 6 - 10



Baby bouncers trampolining, soft play and inflatable fun

Trampolining for pre-school children with soft play and inflatables to play on whilst not on the trampoline. Socks must be worn & trampolining taught by a qualified coach.

Cost: £4.00 | Ages 18 months - 4 years