



Activity	Age range	Venue and contact booking details	What you will need	Date & Time	Cost
<b>Gymnastics</b> 30 places per day	5+	Tamworth Olympic Gymnastic Club		23 - 27 July 10am - 12noon	£1.00 per day
<b>Free Flume &amp; Inflatable Swim Sessions</b> 20 Free places per day	5*-16 (*Under 8's must be supervised by an adult)	SnowDome Collect Free Tickets from Dave Owen Community Cycles, Castle Grounds Activity Centre. *First Come First Served		Monday - Friday 10am - 1pm	Free
<b>Athletics</b> 30 places per day	8+	Tamworth Town Stadium, Marlborough Way, Tamworth. Contact: Dave Williams: 01827 875991		Wed 25 - Fri 27 July 10am - 3pm	£10.00 for 3 days
<b>Mini Skate Park</b>	Please phone for details	Skate Park Castle Grounds Contact Dave Owen Community Cycles: 07896504141		Every Monday 10am - 2pm	Free
<b>Crazy Golf</b>	Please phone for details	Crazy Golf Castle Grounds Contact Dave Owen Community Cycles: 07896504141		Every Tuesday 10am - 2pm	Free
<b>Zumbatomic</b> 30 places per session	5+	Torc Campus, Silver Link Road Contact Karen Moss: 01827 709316		Every Thursday 2pm - 3pm	£1 per session

Activity	Age range	Venue and contact booking details	What you will need	Date & Time	Cost
<b>Tamworth Community Tennis Camp</b> 24 places per day	8+	Tennis Courts, Castle Pleasure Grounds Contact Jonathan Lawton: 07790212133		Monday - Friday 10.30am - 12.30pm	£5.00 per week
<b>Free Flume &amp; Inflatable Swim Sessions</b> 20 Free places per day	5*-16 (*Under 8's must be supervised by an adult)	SnowDome Collect Free Tickets from Dave Owen Community Cycles, Castle Grounds Activity Centre. *First Come First Served		Monday - Friday 10am-1pm	Free
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<b>Zumbatomic</b> 30 places per session	5+	Torc Campus, Silver Link Road Contact Karen Moss: 01827 709316		Every Thursday 2pm-3pm	Free

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<b>Boxing</b> 30 places per day	5+	Tamworth Boxing Club, 39 Sandy Way, Amington Ind. Est. Tamworth B77 4DS Contact Alan Keast: 01827 314111		Monday - Friday Under 10s 10-11am 10-13s 11.30-12.30pm 14+ 1pm-2pm	£1 per session
<b>Free Flume &amp; Inflatable Swim Sessions</b> 20 Free places per day	5*-16 (*Under 8's must be supervised by an adult)	SnowDome Collect Free Tickets from Dave Owen Community Cycles, Castle Grounds Activity Centre. *First Come First Served		Monday - Friday 10am-1pm	Free
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<b>Zumbatomic</b> 30 places per session	5+	Torc Campus, Silver Link Road Contact Karen Moss: 01827 709316		Every Thursday 2pm-3pm	£1 per session
<b>Tamworth Borough Council Football Camp</b>	8-12	William MacGregor Primary School, Glascode Road, B77 2AF. Contact James Hazlehurst: 01827 709387		Monday - Friday 10am - 2pm	£5 per week
<b>Street Dance Workshop</b> 30 places per day	8+	Tamworth Assembly Rooms, Corporation Street Contact James Hazlehurst: 01827 709387		Monday - Friday 10am - 12noon	£5 per week

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<b>Tamworth Community Tennis Camp</b>	8+	Tennis Courts, Castle Pleasure Grounds Contact Jonathan Lawton: 07790212133		Monday - Friday 10.30am - 12.30pm	£5.00 per week
<b>Free Flume &amp; Inflatable Swim Sessions</b> 20 Free places per day	5*-16 (*Under 8's must be supervised by an adult)	SnowDome Collect Free Tickets from Dave Owen Community Cycles, Castle Grounds Activity Centre. *First Come First Served		Monday - Friday 10am-1pm	Free
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<b>Zumbatomic</b> 30 places per session	5+	Torc Campus, Silver Link Road Contact Karen Moss: 01827 709316		Every Thursday 2pm-3pm	£1 per session
<b>Stand-up paddle boarding</b>	8+	Castle Grounds Activity Centre Contact: chris.kenyon@centralsup.com 07767 844319 or scott.warren@centralsup.com 07852 930063		Wednesday 22 10am-4pm	Free

Activity	Age range	Venue and contact booking details	What you will need	Date & Time	Cost
<b>Athletics</b>	8+	Tamworth Town Stadium, Marlborough Way, Tamworth. Contact: Dave Williams: 01827 875991		Tuesday - Thursday 10am - 3pm	£10.00 for 3 days
<b>Free Flume &amp; Inflatable Swim Sessions</b> 20 Free places per day	5*-16 (*Under 8's must be supervised by an adult)	SnowDome Collect Free Tickets from Dave Owen Community Cycles, Castle Grounds Activity Centre. *First Come First Served		Monday - Friday 10am-1pm	Free
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N.B. Details were correct at time of going to press but are subject to change.





Tamworth Borough Council

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23 July - 31 August 2012

Summer holiday sporting activities for kids aged 5+

# active physio scheme 2012



## active tamworth

### athletics

Do you want become the next Usain Bolt? Ever thought you could step up to the challenge? Then now is your chance! Tamworth Athletics Club is holding sports sessions from 25 -27 July and 29 -31 August. These days will be packed full of fun, exhilarating events exploring all aspects of track and field, there will be an event for everyone so why not get involved and discover your talent.

We all recognise that this year is a huge year for British Sport, as we are hosting the 2012 Olympic Games In London. This is your chance to get involved and share your passion for sport!

### boxing

Boxing teaches children discipline, self-control, improves their concentration and promotes social inclusion. Like many physical activities is also boosts fitness level, keep kids active, boosts self-esteem and improves confidence levels. Children are also taught not to use it outside of the classroom and the importance of respecting others.

Tamworth Amateur Boxing Club was recently voted ABA Club of the year and its skilled instructors will be opening their doors to the youngsters of Tamworth this Summer. So why not take this opportunity, give it a go and be taught by the best.

### football

Do you dream of scoring goals like Wayne Rooney, passing like David Beckham or saving penalties like Joe Hart? If the answer is yes come along to Tamworth Borough Council's Junior Football Camp this summer. Not only do you have the opportunity of learning more about the game and sharpening those skills, the Football Camp is also a great way to make new friends. All Football camps are run by FA qualified coaches who have all relevant qualifications including CRB clearance, Emergency First Aid and Safeguarding Children certificates.

### gymnastics

Tamworth Gymnastics Club have provided Gymnastics Coaching for thousands of children during their 30 year history. This summer they will be running a Gymnastics camp for children aged 5-13 who are looking to develop their Gymnastics skills or maybe try the sport for the first time.

### Zumbatomic

Zumbatomic® classes are high-energy fitness parties that offer real results. Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia, Zumbatomic classes increase focus, self-confidence, boost metabolism and improve coordination.

Our mobile junior skatepark has ramps and grind rails and is perfect to learn the basics of Skateboarding. Sessions will run in the Activity Centre and are free to attend. Please note all users must wear a helmet. If you do not own one they can be hired from Dave Owen Community Cycles for a fee of 50p.

### mini skate park session

Fun for children in the main, junior and toddler pools at Tamworth SnowDome. These sessions are full of float-inflatables as well as the flume. Tamworth Borough Council have 20 free passes to give away to these sessions every day during the six weeks holidays (Monday - Friday). Free passes are to be collected, on a first come first serve basis from Dave Owen Community Cycles located at the Activity Centre in the Castle grounds.

### flume and inflatable fun sessions

Whether you have ever held a golf club or not it doesn't matter, Crazy Golf can be played by all ages and abilities! The course has 9 tricky holes for you to master. It is a great outdoor activity for all of the family. This Summer under 16's have to chance to play for free every Tuesday from 10-12.

### crazy golf

### Tamworth Borough Councils drop in sessions

### street dance

Street Dance has become the most popular dance form in the world and here is your chance to enjoy a workshop led by professional Street Dance instructors. Our Street Dance workshop encourages individuality, originality, and personal style. Participants will learn the latest street dance moves and techniques such as free styling, breaking, waving, popping, and locking from our top street dancers, and discover how this dance forms roots can be traced back to the USA and Africa. Places are limited and are a first come first serve basis. Don't delay and book today!

### stand up paddle boarding

Stand-up paddle boarding, also know as SUP or SUPing, has become increasingly popular in recent years and more people can be found out on the waters enjoying this upward trending sport. Whether it's at the beach, on a lake, or up a river, stand-up paddle boards are showing up almost everywhere and the types of people that are taking up the sport are just as varied. Ever wondered how hard it would be to get started in the exciting world of stand-up paddle boarding? Not hard at all, so dive in, start paddling and give it a go for FREE on 22 August at Central SUP's Open Day.

### tennis

Tamworth Borough Council will be running two exciting weeks of Children's Tennis Coaching this summer based at the courts within Tamworth Pleasure Grounds.

Tennis is a fantastic sport, which can be played and enjoyed for a lifetime. The physical and psychological benefits for children, particularly those who start playing at an early age are immense; and once conquered, they can take this multi-faceted skill wherever they go.

### booking

Details of how to book and locations of classes are in the table overleaf

- key to symbols: swimming kit
  - packed lunch
  - suitable footwear
  - suitable sports kit
  - plenty to drink
- N.B. Children are required to bring any relevant medication.