



## Summer Sports Camps Programme – Week One

### Monday 8th to Friday 12th July

Week 1	Monday – 8th July		Tuesday – 9th July		Wednesday – 10th July		Thursday – 11th July		Friday-12th July	
	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs
9.15am -9.30am	Arrivals – Squash Courts									
9.30am – 10.30am	Squash	Squash	Padel	Padel	Squash	Squash	Padel	Padel	Squash	Squash
10.30am – 12pm	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis
12pm – 1pm	Lunch time – Club Café									
1pm – 2pm	Cricket	MUGA	Flag Football	MUGA	Pickleball	Pickleball	Pickleball	Pickleball	MUGA	Tag Rugby
2pm – 3pm	MUGA	Cricket	MUGA	Flag football	MUGA	GYM	MUGA	GYM	Tag Rugby	GYM
3pm – 4pm	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool
4pm	Pick Up – Health Club									



## Summer Sports Camps Programme – Week Two

### Monday 15th to Friday 19th July

Week 2	Monday – 15th July		Tuesday – 16th July		Wednesday – 17th July		Thursday – 18th July		Friday-19th July	
	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs
9.15am -9.30am	Arrivals – Tennis Court 6									
9.30am – 11am	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis
11am – 12pm	Squash	Squash	Padel	Padel	Squash	Squash	Padel	Padel	Squash	Squash
12pm – 1pm	<b>Lunch time – Club Café</b>									
1pm – 2pm	Cricket	MUGA	Tag Rugby	MUGA	Pickleball	Pickleball	Pickleball	Pickleball	MUGA	Kickboxing
2pm – 3pm	MUGA	Cricket	MUGA	Tag Rugby	MUGA	GYM	MUGA	GYM	Kickboxing	GYM
3pm – 4pm	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool
4pm	Pick Up – Health Club									



## Summer Sports Camps Programme – Week Three

### Monday 22nd to 26th July

Week 3	Monday – 22nd July		Tuesday – 23rd July		Wednesday – 24th July		Thursday – 25th July		Friday- 26th July	
	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs
9.15am -9.30am	Arrivals – Tennis Court 14									
9.30am – 11am	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis
11am – 12pm	Squash	Squash	Squash	Squash	Squash	Squash	Squash	Squash	Squash	Squash
12pm – 1pm	Lunch time – Club Café									
1pm – 2pm	Flag Football	MUGA	Cricket	MUGA	Pickleball	Pickleball	Pickleball	Pickleball	MUGA	Kickboxing
2pm – 3pm	MUGA	Flag Football	MUGA	Cricket	MUGA	GYM	MUGA	GYM	Kickboxing	GYM
3pm – 4pm	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool
4pm	Pick Up – Health Club									



## Summer Sports Camps Programme – Week Four

### Monday 29th July to 2nd August

Week 4	Monday – 29th July		Tuesday – 30th July		Wednesday – 31st July		Thursday – 1st August		Friday-2nd August	
	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs	5 to 7 yrs	8 to 11yrs
9.15am -9.30am	Arrivals – Squash Courts									
9.30am – 10.30am	Squash	Squash	Padel	Padel	Squash	Squash	Padel	Padel	Squash	Squash
10.30am – 12pm	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis
12pm – 1pm	<b>Lunch time – Club Café</b>									
1pm – 2pm	Tag Rugby	MUGA	Flag Football	MUGA	Pickleball	Pickleball	Pickleball	Pickleball	MUGA	Kickboxing
2pm – 3pm	MUGA	Tag Rugby	MUGA	Flag Football	MUGA	GYM	MUGA	GYM	Kickboxing	GYM
3pm – 4pm	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool
4pm	Pick Up – Health Club									