

# Summer holiday programme

## Downham Health & Leisure Centre

Below are our activities for children during the summer holidays!

### Taster 'one off sessions'

Children can try a new sport with our sessions during the summer holidays, or just have a go at a sport they love! You can book them all now with the Leisure Centre reception, or for more information email [HPADownham@1life.co.uk](mailto:HPADownham@1life.co.uk)

### Trampolining

Try our brilliant trampolining sessions with coach Joy during the holidays.

**Dates:** Thursdays 10<sup>th</sup> and 31<sup>st</sup> August

**Time:** 4-4.45pm and 4.45-5.30pm

**Cost:** £4.50 per session

### Teenage fitness

Want to get in the gym but don't know what to do? Our coach can show you during the holidays. For children 11-16yrs

**Dates:** Friday 4<sup>th</sup> August

**Time:** 11-1pm

**Cost:** £6 per session

### Handball

Have a go at this different sport with our qualified coach, for 9-14 year olds.

**Dates:** Friday 18<sup>th</sup> August

**Time:** 11-1pm

**Cost:** £6 per session

### Athletics

Try a few different athletic disciplines during this 2 hour session, for 8-14 year olds.

**Dates:** Friday 25<sup>th</sup> August

**Time:** 11-1pm

**Cost:** £6 per session

### Multi-sport

Try a few different sports during this two hour session for 7-11 year olds.

**Dates:** Tuesdays 25<sup>th</sup> July and 8<sup>th</sup> August

**Time:** 10-12noon

**Cost:** £6 per session

### Multi-sport for children with a disability

Try a few different sports during this hour session with our qualified coach and a low coach to pupil ratio.

**Dates:** 15<sup>th</sup> August

**Time:** 10-11am and 11-12noon

**Cost:** £6 per session

### Change4life family fitness

Take part in some fitness with the whole family! Sessions will be based on the 10 minute shake up Disney sessions!

**Dates:** Thursdays 27<sup>th</sup> July, 3<sup>rd</sup> August, 24<sup>th</sup> August

**Time:** 4.30-5.15pm

**Cost:** £6 per family

### Roller skating

Come and skate to the music in your own skates, or our skates for sizes 10J-7 adult! First session for 4-8yrs, second for 7-11yrs

**Dates:** Monday 7<sup>th</sup> and 28<sup>th</sup> August

**Time:** 2-2.45pm and 2.45-3.30pm

**Cost:** £2.50 per session

### Bouncy castle and soft play

Come and have a go on our bouncy castle and slide and play with the soft play shapes! First session for 3-5 year olds, second for 6-8 years.

Downham Health & Leisure Centre  
**020 8461 9200**



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**Dates:** Mondays 31<sup>st</sup> July and 21<sup>st</sup> August

**Time:** 2-2.45pm and 2.45-3.30pm

**Cost:** £2.50 per session

### Rugby

Try rugby for the first time with us, or come to improve your skills! First session for 7-11 year olds, second for 12-16 year olds. Location: Downham Playing Fields, Glenbow Road, BR1 4RL

**Dates:** Tuesday 15<sup>th</sup>, Wednesdays 23<sup>rd</sup> and 30<sup>th</sup> August

**Time:** 12.30-2pm and 2-3.30pm

**Cost:** £6 per session

### Tennis

Our qualified coach can help improve your skills! First session for 4-6 year olds, second for 7-11 year olds.

**Dates:** 26<sup>th</sup> July and 16<sup>th</sup> August

**Time:** 12.30-2pm and 2-3.30pm

**Cost:** £6 per session

### Basketball

Try basketball for the first time with us, or come to improve your skills! First session for 7-11 year olds, second for 12-16 year olds.

**Dates:** Mondays 7<sup>th</sup> and 28<sup>th</sup> August

**Time:** 12.30-2pm and 2-3.30pm

**Cost:** £6 per session

### Beginners Triathlon

Our qualified coaches will help you with swimming in the pool and running/cycling in the gym! First session for 11-16 year olds, second for 18-25 year olds.

**Dates:** Mondays 24<sup>th</sup> July- 28<sup>th</sup> August

**Time:** 6-7pm and 7-8pm

**Cost:** £10 for 6 sessions (vouchers given if all are attended)

### Fit for Sport

The Fit for Sport camps are a great way for children to keep active, have fun, make new friends and take part in a wide range of activities, whilst learning about the benefits of a healthy lifestyle.

**Dates:** Throughout the summer holidays

**Time:** 8.30-5.30pm approx.

**Cost:** From £15 per half day

**Booking:** Fit for Sport 0845 456 3233, enquires@fitforsport.co.uk or online www.fitforsport.co.uk

### Youth Vista Football Camp

Youth Vista guarantee development of individual skills through fun football activities and engaging session topics organised by our team of FA qualified coaches, helping players to improve and most importantly keep active during the school holidays!

**Dates:** Week 1 (24<sup>th</sup> July) until week 5 (21<sup>st</sup> August)

**Time:** 9.30-4.30pm

**Cost:** From £15 per day

**Booking:** Youth Vista, on the day, 07983630214, or online www.yfcvista.com

### Swim school crash courses

Don't forget to ask reception about our stage and mermaid crash courses!

### Cycling

Cycling for beginners and improvers on our hard court then when ready out on the roads!

**Dates:** Week 2 (31<sup>st</sup> July) and week 5 (21<sup>st</sup> August)

**Time:** 9.30-4.30pm approx.

**Cost:** Free

**Booking:** Lewisham Council, roadsafetyeducation@lewisham.gov.uk www.lewisham.gov.uk

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