

Bingham Leisure Centre

(8.30am-5.30pm) The Banks, Bingham. NG13 8BL

October Half-Term

Mon 23rd Oct – **Multi Sports & Go Karting** (£6 supplement)
Tue 24th Oct – **Gold Medal Games** (Olympic-based games)
Wed 25th Oct – **Athletics: Track and Field**
Thu 26th Oct – **Gymnastics**
Fri 27th Oct – **Arts & Crafts**

Christmas Holiday

Fri 5th Jan – **Multi Sports & Go Karting** (£6 supplement)

February Half-Term

Mon 19th Feb – **Multi Sports & Go Karting** (£6 supplement)
Tue 20th Feb – **Gymnastics**
Wed 21st Feb – **Gold Medal Games** (Olympic-based games)
Thu 22nd Feb – **Invasion Games** (football, hockey, basketball)
Fri 23rd Feb – **Ball Sports** (dodgeball, handball, benchball)

Easter Holiday

Tue 3rd Apr – **Gymnastics**
Wed 4th Apr – **Gold Medal Games** (Olympic-based games)
Thu 5th Apr – **Invasion Games** (football, hockey, basketball) **OR Dance**
Fri 6th Apr – **Net & Racquet Sports** (volleyball, tennis, badminton)
Mon 9th Apr – **Multi Sports & Go Karting** (£6 supplement)
Tue 10th Apr – **Arts & Crafts**
Wed 11th Apr – **Striking & Fielding** (cricket, baseball, rounders)
Thu 12th Apr – **Ball Sports** (dodgeball, handball, benchball)
Fri 13th Apr – **Martial Arts OR Cheerleading**

May/June Half-Term

Tue 29th May – **Gymnastics**
Wed 30th May – **Gold Medal Games** (Olympic-based games)
Thu 31st May – **Arts & Crafts**
Fri 1st June – **Multi Sports & Go Karting** (£6 supplement)

Prices and Booking Info

£19.99/day for Bingham Leisure Centre, if you book within our early bird discount period. [All other bookings £21.99/day.](#)

£21.99/day for Rushcliffe Arena, if you book within our early bird discount period. [All other bookings £23.99/day.](#)

Places can only be guaranteed to those who book in advance. Please note, we cannot currently accept childcare vouchers.

To Book:

Online – www.excelsportscoaching.co.uk

By Phone* – **(0115) 8320 118**

By Email – admin@excelsportscoaching.co.uk

*incurs an additional £2 fee per transaction

www.excelsportscoaching.co.uk

School Holiday Activities 2017/18

Rushcliffe Arena, West Bridgford

(8.30am-5.30pm) Rugby Road, West Bridgford. NG2 7HY

October Half-Term

Mon 23rd Oct – **Dance OR Gold Medal Games** (Olympic-based games)
Tue 24th Oct – **Gymnastics OR Martial Arts**
Wed 25th Oct – **Glee Club** (singing, drama, dance) **OR Net & Racquet Sports** (volleyball, tennis, badminton)
Thu 26th Oct – **Arts & Crafts OR Striking & Fielding** (cricket, baseball, rounders)
Fri 27th Oct – **Cheerleading OR Invasion Games** (football, hockey, basketball)

Christmas Holiday

Wed 3rd Jan – **Gymnastics**
Thu 4th Jan – **Gold Medal Games** (Olympic-based games)
Fri 5th Jan – **Multi Sports OR Arts & Crafts**

February Half-Term

Mon 19th Feb – **Cheerleading OR Athletics: Track and Field**
Tue 20th Feb – **Arts & Crafts OR Ball Sports** (dodgeball, handball, benchball)
Wed 21st Feb – **Dance OR Football**
Thu 22nd Feb – **Gymnastics OR Martial Arts**
Fri 23rd Feb – **Glee Club** (singing, drama, dance) **OR Multi Sports**

Easter Holiday

Tue 3rd Apr – **Multi Sports & Swimming** (8-13) **OR Athletics: Track and Field**
Wed 4th Apr – **Martial Arts OR Net & Racquet Sports** (volleyball, tennis, badminton)
Thu 5th Apr – **Team Games** (team building games & sports) **OR Striking & Fielding** (cricket, baseball, rounders)
Fri 6th Apr – **Dance OR Target Games** (golf, archery, croquet)
Mon 9th Apr – **Cheerleading OR Ball Sports** (dodgeball, handball, benchball)
Tue 10th Apr – **Street Dance OR Gold Medal Games** (Olympic-based games)
Wed 11th Apr – **Glee Club** (singing, drama, dance) **OR Invasion Games** (football, hockey, basketball)
Thu 12th Apr – **Gymnastics OR USA Sports** (baseball, basketball, flag-football)
Fri 13th Apr – **Multi Sports OR Arts & Crafts**

May/June Half-Term

Tue 29th May – **Martial Arts OR Arts & Crafts**
Wed 30th May – **Glee Club** (singing, drama, dance) **OR Net & Racquet Sports** (volleyball, tennis, badminton)
Thu 31st May – **Gymnastics OR Striking & Fielding** (cricket, baseball, rounders)
Fri 1st June – **Cheerleading OR Invasion Games** (football, hockey, basketball)

Our Staff

- Professionally Qualified Experienced Coaches
- CRB/DBS Checked
- Fully Insured
- First Aid Trained
- Regularly Assessed



in association with:



Excel Sports Coaching is a family-run, Nottinghamshire based sports coaching company, offering a wide variety of activities to all children aged 5-11.

Our Promise

- To help your child develop to the best of their ability.
- To help your child develop an appreciation for sportsmanship, teamwork and fair play
- To provide children with a safe and fun learning environment to allow you to have peace of mind.
- To encourage your child to begin a lifelong commitment to sport and exercise.
- Most importantly, to have FUN!

Terms and Conditions

Excel Sports Coaching cannot accept responsibility for the loss of personal property at any camp or injuries occurred. In the unlikely event of an injury Excel will assume that it has the parents' permission to administer first aid to the child. Parents must provide a **packed lunch and plenty to drink** for their child and although a tuck-shop/vending machines may be available, we try to ensure that the children have eaten their lunch first. All participants must wear clothing suitable for the conditions. For safety reasons, places can only be guaranteed to those who book in advance. **Places are limited** and given out on a **first-come, first-served basis**. We may from time to time use photographs taken on camp for marketing purposes and parents give permission for this. Players must be signed out by a parent/nominated adult at the end of each day unless permission is received prior to the start of the day(s) of the camp. All bookings made and confirmed by us are final and **non-refundable** except if we have to cancel an event for any reason, in which case a full refund will be issued. In the event of inclement weather, indoor activities will be organised to replace any outdoor activities at the discretion of our staff.

Birthday Parties

Has your child got a birthday approaching soon? Why not make it a day to remember with an Excel party?

Premiership Package

We supply the coach and equipment, party venue and cold party buffet.

Trophy for birthday boy or girl

Invitations for all your friends

Party bags for all the party-goers

Choose your sport for 1 hour and 20 minutes of fun and games for up to 20 children (venue hired for 2 hours)

Can be held at venues including **Rushcliffe Arena, Bingham** or **Keyworth Leisure Centres**.

From £12.99 per head (based on 20 children)

Championship Package

We supply the coach, equipment, venue and trophy, you supply the food.

Choose your sport for 1 hour and 20 minutes of fun and games for up to 20 children (venue hired for 2 hours)

Can be held at either **Rushcliffe Arena, Bingham, Keyworth** or **Southwell Leisure Centres**.

Set rate £149.00 for up to 20 children

(invitations & party bags are available for an extra £2 per head)

Economy Package

We supply coach, equipment and trophy, you supply the venue and food.

Choose your sport for up to 1 hour and 45 minutes of fun and games for up to 20 children

Set rate £99.00 for up to 20 children

(invitations & party bags are available for an extra £2 per head)

**To book a party please email us:
admin@excelsportscoaching.co.uk**



admin@excelsportscoaching.co.uk

Kick Start

Kick Start is our **pre-school football** programme for 2-5 year old children. We use a variety of fun games to enthuse and engage children in physical activity, develop motor skills, promote physical fitness and create self-confidence. We stress a non-competitive environment and promote fun above all else to ensure your child begins a lifelong commitment to sport and exercise. Our player-to-coach ratio is kept low to maximise individual development.

Please note these sessions are held indoor.

Fridays 9.30-10.30am 2 to 4 year olds

5-6 week blocks running during term-time.

@ Lutterell Hall, Church Drive, West Bridgford. NG2 6AY

Saturdays 8.30-9.15am 2 & 3 year olds

Saturdays 9.15-10.00am 4 & 5 year olds

5-6 week blocks running during term-time.

@ Bingham Leisure Centre. NG13 8BL

To book "Kick Start" or for more information, please visit our website or email: info@excelsportscoaching.co.uk

Saturday Soccer School

Saturday Soccer School is a programme for 6 to 8 year old children. This course is open to both boys and girls and no experience is necessary, although we also hope it provides an extension of our successful Kick Start classes. Whether your child is too young or not ready to join a team yet, or if they just would like some extra practice, our Saturday Soccer School aims to provide the perfect environment for them improve their football skills, finishing with some small-sided-games to put those skills into practice.

Please note these sessions will be held outdoor, and in cases of inclement weather parents/guardians will be notified as soon as possible about postponements, which will then be added on to the end of a block if necessary.

Saturdays 10.00-11.00am 6 - 8 year olds, 5-6 week blocks running during term-time.

@ Bingham Leisure Centre. NG13 8BL

To book "Saturday Soccer School" or for more information, please visit our website or email: info@excelsportscoaching.co.uk

www.excelsportscoaching.co.uk



Oct 2017 - June 2018

Children's Holiday Activities

0115 8320 118

www.excelsportscoaching.co.uk

admin@excelsportscoaching.co.uk

All camps
now run
8.30-5.30!

Find us on  Like
Facebook

From only
£19.99
per day!