



**8.30am-3.30pm** (Bingham & Keyworth) **8.30am-5.30pm** (Rushcliffe Arena)

Suitable for all **children aged 5-11**, unless specified

From **£16.99/day** (Bingham & Keyworth) and **£20.99/day** (Rushcliffe Arena)\*

**Bingham Leisure Centre**  
(8.30am-3.30pm) The Banks, NG13 8BL

- Wed 26<sup>th</sup> July - **Net & Racquet Sports**
- Thu 27<sup>th</sup> July - **Striking & Fielding**
- Fri 28<sup>th</sup> July - **Arts & Crafts**
- Mon 31<sup>st</sup> July - **Ball Sports**
- Tue 1<sup>st</sup> Aug - **Gymnastics**
- Wed 2<sup>nd</sup> Aug - **Target Games**
- Thu 3<sup>rd</sup> Aug - **Multi-Sports**
- Tue 8<sup>th</sup> Aug - **Gold Medal Games**
- Wed 9<sup>th</sup> Aug - **Basketball OR Cricket**
- Thu 10<sup>th</sup> Aug - **Invasion Games**
- Fri 11<sup>th</sup> Aug - **Gymnastics**
- Mon 14<sup>th</sup> Aug - **Athletics**
- Tue 15<sup>th</sup> Aug - **Team Games**
- Wed 16<sup>th</sup> Aug - **Arts & Crafts**
- Thu 17<sup>th</sup> Aug - **Gymnastics**
- Tue 22<sup>nd</sup> Aug - **Cheer+Dance OR TAG-Rugby**
- Wed 23<sup>rd</sup> Aug - **Martial Arts OR Tennis**
- Thu 24<sup>th</sup> Aug - **USA Sports**
- Fri 25<sup>th</sup> Aug - **Hockey OR Football**
- Tue 29<sup>th</sup> Aug **Multi Sports & Go Karting**
- Wed 30<sup>th</sup> Aug - **Gymnastics**
- Thu 31<sup>st</sup> Aug - **Gold Medal Games**
- Fri 1<sup>st</sup> Sept - **Wet 'n' Wild Day (8-11)**

**Keyworth Leisure Centre**  
(8.30am-3.30pm) Church Drive. NG12 5FF

- Tue 1<sup>st</sup> Aug - **Martial Arts OR Tennis**
- Wed 2<sup>nd</sup> Aug - **Multi Sports & Swimming (8-13)**
- Thu 3<sup>rd</sup> Aug - **Gymnastics**
- Fri 4<sup>th</sup> Aug - **Cheer+Dance OR Athletics**
- Mon 7<sup>th</sup> Aug - **Arts & Crafts**
- Tue 8<sup>th</sup> Aug - **Multi Sports & Go Karting**
- Wed 9<sup>th</sup> Aug - **Target Games**
- Thu 10<sup>th</sup> Aug - **Gold Medal Games**
- Tue 15<sup>th</sup> Aug - **Gymnastics**
- Tue 22<sup>nd</sup> Aug - **Net & Racquet Sports**
- Thu 17<sup>th</sup> Aug - **Invasion Games**
- Fri 18<sup>th</sup> Aug - **Arts & Crafts**
- Mon 21<sup>st</sup> Aug - **Street Dance OR Football**
- Tue 22<sup>nd</sup> Aug - **Net & Racquet Sports**
- Wed 23<sup>rd</sup> Aug - **Glee Club OR Cricket**
- Thu 24<sup>th</sup> Aug - **Ball Sports**
- Tue 29<sup>th</sup> Aug - **Arts & Crafts**
- Wed 30<sup>th</sup> Aug - **Multi Sports**
- Thu 31<sup>st</sup> Aug - **Team Games**
- Fri 1<sup>st</sup> Sept - **Gymnastics**
- Mon 4<sup>th</sup> Sept - **Multi Sports**
- Tue 5<sup>th</sup> Sept - **Wet 'n' Wild Day (8-11)**

**Rushcliffe Arena**  
(8.30am-5.30pm) Rugby Road. NG2 7HY

- Wed 26<sup>th</sup> July - **Multi Sports OR Arts+Crafts**
- Thu 27<sup>th</sup> July - **Net & Racquet Sports**
- Fri 28<sup>th</sup> July - **Invasion Games**
- Mon 31<sup>st</sup> July - **Multi Sports OR Arts+Crafts**
- Tue 1<sup>st</sup> Aug - **Cricket OR Street Dance**
- Wed 2<sup>nd</sup> Aug - **Team Games**
- Thu 3<sup>rd</sup> Aug - **General Dance OR Football**
- Fri 4<sup>th</sup> Aug - **Gymnastics**
- Mon 7<sup>th</sup> Aug - **USA Sports**
- Tue 8<sup>th</sup> Aug - **Ball Sports**
- Wed 9<sup>th</sup> Aug - **Multi Sports OR Arts+Crafts**
- Thu 10<sup>th</sup> Aug - **Martial Arts OR Tennis**
- Fri 11<sup>th</sup> Aug - **TAG-Rugby OR Basketball**
- Mon 14<sup>th</sup> Aug - **Target Games**
- Tue 15<sup>th</sup> Aug - **Striking & Fielding**
- Wed 16<sup>th</sup> Aug - **Gymnastics**
- Thu 17<sup>th</sup> Aug - **Multi Sports & Swimming (8-13) OR Arts & Crafts**
- Fri 18<sup>th</sup> Aug - **Gold Medal Games**
- Mon 21<sup>st</sup> Aug - **Athletics**
- Tue 22<sup>nd</sup> Aug - **Invasion Games**
- Wed 23<sup>rd</sup> Aug - **Ball Sports**
- Thu 24<sup>th</sup> Aug - **Net & Racquet Sports**
- Fri 25<sup>th</sup> Aug - **Team Games**
- Tue 29<sup>th</sup> Aug - **Gymnastics**
- Wed 30<sup>th</sup> Aug - **Glee Club OR Cricket**
- Thu 31<sup>st</sup> Aug - **Street Dance OR Football**
- Fri 1<sup>st</sup> Sept - **Ball Sports**
- Mon 4<sup>th</sup> Sept - **Wet 'n' Wild Day (8-11) OR Multi Sports**
- Tue 5<sup>th</sup> Sept - **Gold Medal Games**

**(0115) 8320 118\***

**www.excelssportscoaching.co.uk**

\* if you book before 26th July 2017 \* phone bookings subject to a £2 fee per transaction