



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

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

- Tue 1st Aug - **Martial Arts OR Tennis**
- Wed 2nd Aug - **Multi Sports & Swimming (8-13)**
- Thu 3rd Aug - **Gymnastics**
- Fri 4th Aug - **Cheer+Dance OR Athletics**
- Mon 7th Aug - **Arts & Crafts**
- Tue 8th Aug - **Multi Sports & Go Karting**
- Wed 9th Aug - **Target Games**
- Thu 10th Aug - **Gold Medal Games**
- Tue 15th Aug - **Gymnastics**
- Tue 16th Aug - **Gold Medal Games**
- Thu 17th Aug - **Invasion Games**
- Fri 18th Aug - **Arts & Crafts**
- Mon 21st Aug - **Street Dance OR Football**
- Tue 22nd Aug - **Net & Racquet Sports**
- Wed 23rd Aug - **Glee Club OR Cricket**
- Thu 24th Aug - **Ball Sports**
- Tue 29th Aug - **Arts & Crafts**
- Wed 30th Aug - **Multi Sports**
- Thu 31st Aug - **Team Games**
- Fri 1st Sept - **Gymnastics**
- Mon 4th Sept - **Multi Sports**
- Tue 5th Sept - **Wet 'n' Wild Day (8-11)**

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

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