

As seen on CBBC's WILD!

PARK
FIELD

01803 698900

www.parkfieldtorbay.co.uk

Summer Holiday Programme

Welcome to Parkfield's Summer Holiday Activity Programme. This programme is running from Tuesday 6th to Friday 30th August with a wide range of activities for 7 to 17 year olds which all take place at or near our Centre in Paignton. Please take some time to see what's on offer and call or e-mail us to book your place now! **For info the Centre will be CLOSED on MONDAYS**

BRITISH CYCLING 4 DAY BMX COACHING & RACE DAY COURSE

Course 1 - Tues 6th, Wed 7th, Tues 13th & Wed 14th August

Course 2 - Tues 20th, Wed 21st, Tues 27th, & Wed 28th August

Every Day will start at 10 am to 3 pm BIKES AVAILABLE

Age: 7 to 17 Cost: £40 per course - BOOKING & SIGNED
CONSENT FORM REQUIRED (Pay British Cycling on first day)

These courses will be run by British Cycling BMX Coaches. Each course involves 3 days of BMX coaching with the last day an opportunity to put that coaching into practice and race against each other. Goodies and medals will be up for grabs for everyone! You will need to bring warm clothing, waterproofs, water to drink and some lunch or money to purchase food and refreshments from the Parkfield Café.



DJ SESSIONS with Pumpitlounder

Every Tuesday in August - 2pm to 4 p m

Age: 8+

Cost: £10 (Pay Pumpitlounder on the day) - BOOKING REQUIRED

Come down and spend two hours learning how to be a superstar DJ with help from our in house DJ Mitch!

CLIMBING WALL HAVE A GO SESSIONS

Every Tuesday & Thursday - 1.30 pm & 3.30 pm

Every Wednesday - 1 pm & 3 pm

Age: 8 to 14

Cost: £5 per person

Payment at time of booking to secure place & a signed Parental consent form is required.

These sessions give you a great experience of the world of climbing & what you can achieve!



GYMNASTICS & TRAMPETTE - Delivered by Bay Bouncers

Every Wednesday in August

1 pm to 2.30 pm (7 to 11 yrs)

2 pm to 3.30 pm (11 to 14 yrs)

3 pm to 4.30 pm (14 to 17 yrs)

Cost: £5 per person (Pay Bay Bouncers on day) BOOKING REQUIRED

The session will consist of a variety of activities in Gymnastics such as Floor agilities, Trampette, Vault, Sports Acrobatics, Rhythmic Gymnastics and developing overall fitness through Conditioning Exercises. Sessions will vary according to age, ability and will be different each week! Gymnasts should wear shorts and t-shirt or similar, no jeans, buckles, belts or metal buttons. Hair tied up and no jewellery





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COASTEERING

Every Thursday in August - 1 pm to 4 pm

RUNS FROM ANSTEYS COVE (Meet in Ansteys Cove Car Park)

Cost: £15 Age: 8 to 17 BOOKING & CONSENT FORM REQUIRED

As well as big thrills you will get to learn about the sea, how it works and you will definitely get a whole new perspective of our coastline. You will be exploring areas that very few people get the opportunity to. You will love it! All equipment provided just bring an old pair of trainers

KAYAKING

Every Friday - 10 am to 12 noon (Meet at Parkfield)

Age: 8 to 17 Cost: £15 per session

BOOKING & SIGNED PARENTAL CONSENT FORM REQUIRED

Kayaking is perfect for all ages. All equipment provided. Come and try this popular water sport off our very own Preston Beach with our fully qualified instructors. It will be a splash!



ZUMBA - HAVE A GO SESSION

Every Thursday - 12 noon to 1 pm for 8 to 12 year olds

Every Friday - 12 noon to 1 pm for 12 to 17 year olds

Cost: £5 (Pay on the day) **BOOKING REQUIRED**

Zumba is a rockin', high-energy fitness-party packed with specially choreographed, easy to learn routines with all the music kids' love, like Hip-hop and the latest chart hits. Class members will need comfy exercise type clothes, trainers and bring plenty of water!

INDOOR ARCHERY- HAVE A GO SESSION (1 hour)

Tuesday 6th, 13th & 20th - 12 noon, 2 pm & 4 pm

Thursday 8th, 15th & 22nd - 2 pm, 3.15 pm & 4.30 pm

Cost: £5 Age: 8 to 11 **BOOKING REQUIRED**

BACK BY POPULAR DEMAND! Want to learn to shoot some arrows like Robin Hood or Merlin then this session is for you. Come down and have a go and enjoy some friendly competitions with your friends.



FOREST SKILLS TASTER SESSION IN OUR WALLED GARDEN

Wednesday 7th, 14th & 21st - 12 noon to 2 pm and 3 pm to 5 pm

Cost: £5 - Age: 8+ **BOOKING REQUIRED**

Come along and have a go at a range of Forest Skills activities which could include den building, fire making and craft sessions using the natural materials found around the garden and woodland.

Parkfield Centre is located just off the seafront at Paignton and can be accessed from the Esplanade, Lower Polsham Road and Colin Road. Facilities on site include a BMX Track, Skate Park, Climbing Wall, Sports Hall, Recording Studio, Media Suite, Meeting Rooms and a Café which has access to free Wifi. Annual Membership for 8 to 17 year olds is only £12! To find out more about what we do and our latest news take a look at our website www.parkfieldtorbay.co.uk or follow us on Twitter and Facebook (Parkfield Torbay).

If you have any questions about Parkfield and this programme please contact the Centre on 01803 698900 or e-mail us at Parkfield@torbay.gov.uk.