

# Xtremefest FELIXSTOWE

The event is free to enter, but there will be a charge for activities. 50p a go or £5 per person for an unlimited wristband.

Sunday 25th July 2010

11-5pm Brackenbury Fort and Brackenbury Sports Centre, Felixstowe

## Activities include...

Climbing Wall • Live Music  
Sailing • Skateboarding  
Windsurfing • Bocking  
Kayaking • Double Dutch  
Trampoline • Bike Park  
And much much more

keep up to date with all the developments

[www.xtremefest.org.uk](http://www.xtremefest.org.uk)

For more information contact:

[active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk)

or call 01394 444652



To book onto a course please go to the booking form in the centre pages  
[active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444652

# holiday activities 2010



**activecommunities**  
MAKING SPORT ACCESSIBLE



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# activity

For ages 8 and over

# Camps

All courses begin at 9.00am and finish at 4.30pm. (Earliest drop off is 8.30am. Latest pick up is 5pm but must be agreed in advance)

Choose from a Full Day or the Week...

**Cost:** £17.50 per day or £80 for the week

Spaces are limited so book in advance to avoid disappointment. You will need to bring along snacks and a packed lunch as they are not provided. Also remember plenty of drinks, sun cream and dress for mess!!



Venue	Dates
Thomas Mills High School Framlingham, Saxtead Road IP13 9HE	Monday 2nd - Friday 6th August
Felixstowe Leisure Centre Sea Front, IP11 2AE	Monday 2nd - Friday 6th August
Otley Village Hall Chapel Road, Otley, IP6 9NT	Monday 9th - Friday 13th August
Fairfield Centre, Aldeburgh Fairfield Road, Aldeburgh, IP15 5JS	Monday 9th - Friday 13th August
Leiston Leisure Centre Red House Lane, Leiston, IP16 4LS	Monday 16th - Friday 20th August
Woodbridge Football Club Fynn Road, Woodbridge, IP12 4DA	Monday 16th - Friday 20th August
Trimley Sports & Social Club High Road, Trimley St Martin IP11 0RJ	Monday 23rd - Friday 27th August
Kesgrave Cedarwood Primary School Wilkinson Drive, Kesgrave, IP5 2ES	Monday 23rd - Friday 27th August

To book onto a course please go to the booking form in the centre pages  
[active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# activity camps

For ages 8 and over

Choose from one or more of our exciting Activity Camp days with something new to offer each day. With so many great things on offer you won't know which day to pick.

Each day is themed and will be packed with a variety of sports and arts and craft activities

Other activities that might happen throughout the week include: Football, Dodgeball, Painting, Puppet-making, Parachute games, Rounders, Cricket, Dancemats, Skatepark, Giant garden games, Tri-golf, Athletics, Mural designing and much more.....



Day	Theme	Activities may include
Monday	Sea World	Sand pictures, volleyball, crab football, edible beaches, face painting
Tuesday	Great Outdoors	Building bridges, making bird feeders, orienteering, tent making, animal masks
Wednesday	Cultural Olympiad	Flag making, Olympic sports, making traditional head dresses
Thursday	Eco World	Tie-dye t-shirts, making dream catchers, rain sticks, junk modelling
Friday	Shining Stars	X Factor style performance, making a film, making a pin hole camera, designing costumes

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# pay n play

For ages 8 and over

NEW for 2010, are the Pay n Play sessions. The Active Communities coaches will be visiting 4 villages offering a wide range of activities for young people to come and try. You can come along at any time throughout the session, take part in one activity or all of them.

Mobile skatepark • Dancemats • Football • Puppetmaking • Wii games  
Face painting • Dodgeball • Giant garden games • Music making  
and many more....

**Time:** 10am-2pm (latest signing in at 1pm)

**Cost:** £5 per session or £2.50 per hour.

You will need to bring along snacks and a packed lunch as they are not provided. Also remember plenty of drinks, sun cream and dress for mess!!



Venue	Date
Birchwood Primary School Valiant Road, Martlesham Heath, IP5 3SP	Tuesday 27th July
Wenhaston Sports Pavilion, Wenhaston, IP19 9EP	Wednesday 28th July
Wickham Market Village Hall High Street, Wickham Market, IP13 0HE	Thursday 29th July
Brooke Hall Primary School Chatsworth Drive, Ipswich, IP4 5XD	Friday 30th July

To book onto a course please go to the booking form in the centre pages [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# forest camp

For ages 8 and over

A thrilling bush craft adventure for girls and boys working together to make a survival camp. Over the week's activities you will get to take part in are creating a traditional shelter, learn the craft of fire making, cook your own survival food and start to recognise the animal tracks and secret signs of all who live in the woods.

**Come and join the rangers to explore the hidden depths of Rendlesham Forest.**

**Time:** 10am-3pm

**Cost:** £15 per day or  
£60 per week

Every day will include an opportunity to play on the play equipment and there may be a chance to try out the cycle skills area.

You will need to bring along snacks and a packed lunch as they are not provided. Also remember plenty of drinks, sun cream and dress for mess!!

Maximum of 20 people per course, to avoid disappointment book in advance.

Choose from a full day or a week



Monday 2nd - Friday 6th August

Monday 16th - Friday 20th August



To book onto a course please go to the booking form in the centre pages [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# mobile skatepark

For ages 8 and over

**The mobile skatepark will be out across the district giving skaters and riders the opportunity to come along and show us your skills!!**

**Basic coaching in skateboarding will be available helping beginners learn and progress safely**

**Cost:** £5 a session or £2.50 per hour

**Time:** 2-5pm (latest signing in is 4pm)

Limited numbers of helmets and skateboards are available to use on the day. You may use your own but the coaches cannot be held responsible for any loss or damage.

Helmets must be worn at all times.

You will need to bring along snacks and a drinks and suncream as they are not provided.



Venue	Date
Grundisburgh Primary School Alice Driver Road, IP13 6XH	Tuesday 3rd, 10th, 17th, 24th August
Cedarwood Primary School Wilkinson Drive, Kesgrave, IP5 2ES	Wednesday 4th, 11th, 18th, 25th August
Birchwood Primary School Valiant Road, Martlesham Heath, IP5 3SP	Thursday 5th, 12th, 19th, 26th August

To book onto a course please go to the booking form in the centre pages [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# skateboarding

For ages 8 and over

Come along to your local skatepark and show us your skills. The Skatepark Coaches will be on hand to give beginners help on the park, talk about 'skating etiquette', how to 'drop in' on a ramp and advise on how to use the skatepark safely.

**Limited numbers of helmets and skateboards are available to use on the day. You may use your own but the coaches cannot be held responsible for any loss or damage**



Helmets must be worn at all times.

**Cost:** £5 per session

You will need to bring along snacks and a drinks and suncream as they are not provided.

Venue	Date
Felixstowe Skatepark <b>10am-12pm</b> Grange Farm Avenue	Monday 2nd, 9th, 16th, 23rd August
Wickham Market Skatepark <b>2pm-5pm</b> High Street IP13 0HE	Monday 2nd, 9th, 16th, 23rd August
Framlingham Skatepark <b>10am-12pm</b> Pagent Field, Saxmundham Road	Tuesday 3rd, 10th, 17th, 24th August
Leiston Skatepark <b>10am-12pm</b> Victory Road, Leiston	Wednesday 4th, 11th, 18th, 25th August
Woodbridge Skatepark <b>10am-12pm</b> Behind Deben Swimming Pool, Station Road	Thursday 5th, 12th, 19th, 26th August

To book onto a course please go to the booking form in the centre pages [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# fishing

For ages 8 and over

Back by popular demand, ANGLERS will have the chance to improve their fishing knowledge and learn new skills.

The sessions are open to all, from young people with limited experience through to those who fish regularly.

**Coaching will be given on an individual basis.**

**Time:** 9am-12pm or 1pm-4pm

**Cost:** £15 per half day  
£25 per day  
£70 for 3 days

You will need to bring along snacks and a packed lunch as they are not provided. Also remember plenty of drinks, sun cream and dress for mess!!

All equipment is supplied, you may use your own but the coaches cannot be held responsible for any loss or damage.



Venue	Date
Chapel Barn Lodges Leiston Road, Aldeburgh, IP15 5QE	Tuesday 3rd - Thursday 5th August
Bromeswell Lakes, School Lane, Bromeswell, IP12 2PX	Tuesday 10th - Thursday 12 August
Chapel Barn Lodges Leiston Road, Aldeburgh, IP15 5QE	Tuesday 17th - Thursday 19th August
Bromeswell Lakes School Lane, Bromeswell, IP12 2PX	Tuesday 24th - Thursday 26th August



To book onto a course please go to the booking form in the centre pages [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# dance

For ages 8 and over

Join the latest FUN and FUNKY craze. Dance the time away on our fantastic DANCE MATS. For complete beginners through to professionals, simply step yourself into fun and fitness.



The instructors will also be teaching you other dance steps, maybe even a bit of street dance too!!

**Cost:** £5 per session

No need to book in advance, just turn up on the day with your money and completed booking form.

You will need to bring along snacks and a packed lunch as they are not provided. Also remember plenty of drinks!!

Venue	Date (August)
Thomas Mills High School Saxtead Road, Framlingham, IP13 9HE	Mon 2nd, 9th, 16th, 23rd 10am-12pm
Fairfield Centre Fairfield Road, Aldeburgh IP5 5JS	Mon 2nd, 9th 16th, 23rd 2-4pm
Felixstowe Leisure Centre The Seafront, Felixstowe, IP11 2AE	Tue 3rd, 10th, 17th, 24th 10am-12pm
Woodbridge Football Club Flynn Road, Woodbridge, IP12 4DA	Wed 4th, 11th, 18th, 25th 10am-12pm
Saxmundham Middle School Seaman Avenue, Saxmundham, IP17 1DZ	Wed 4th, 11th, 18th 2-4pm
Leiston Leisure Centre Red House Lane, Leiston, IP16 4LS	Thu 5th, 12th, 19th, 26th 10am-12pm
Yoxford Village Hall Old High Road, Yoxford, IP17 3HN	Thu 5th, 12th, 19th, 26th 2-4pm

To book onto a course please go to the booking form in the centre pages [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or call 01394 444779

# skate jams

Back again for 2010 is the popular **SKATE JAM TOUR**. Combining Music and Skateparks, everyone is welcome to come along to listen and watch the latest talent at the following skateparks.

Skatepark	Date
Woodbridge Skate Park	Sunday 8th August
Leiston Skate Park	Saturday 21st August
Felixstowe Skate Park	Saturday 4th Septmber

All starting at 1pm

Register to take part in the skate competition on the day



For more information please contact [active.communities@suffolkcoastal.gov.uk](mailto:active.communities@suffolkcoastal.gov.uk) or soundwaves 01394 444318

# terms & conditions

A place on a course is only confirmed on receipt of full payment and completed booking form. Due to high demand for courses, we cannot hold places for more than 2 working days without payment.

If you require confirmation of your booking, please enclose a stamped addressed envelope with the booking form.

If a course is cancelled due to bad weather or unforeseen circumstances any participant booked on that course will be entitled to a pro rata refund.

Due to the nature of some of the activities, sessions may be cancelled due to wet weather. Coaches will be on site to risk assess the situation and provide advice to parents/guardian.

Suffolk Coastal District Council reserves the right to change or alter the advertised programme of activities on offer at any time.

Suffolk Coastal District Council or its staff cannot be held responsible for any injury, loss or damage to belongings however caused except injury arising from negligence of the council or its staff.

Please wear appropriate clothing and footwear for the activity you will be participating in, bring something warm to wear and waterproof clothing, as the weather may be cold.

Also remember to bring a drink and a snack as these are not provided.

For more information  
active.communities@suffolkcoastal.gov.uk or call 01394 444779

# discount rates

We are offering the following discounts if you **BOOK EARLY**



## Activity camp ONLY

Book before 30th June 2010 and receive 50% discount off siblings attending the same ACTIVITY CAMP.

Please note: there is funding available to help cover the costs of holiday activities.

## All activities

Book before 24th July 2010 and receive 10% discount if booking 2 or more activities.

Please call for further information and to see if you are eligible.



# Volunteering

Do you have a few hours to spare a month?

Would you like to give something back to your local community?

Do you have a skill or qualification that you don't use?

If the answer is

## YES

to any of these questions why not get in touch about volunteering opportunities in your area.

There are many activities on offer during the school holidays and during term time that would benefit from extra assistance.

if you are interested please contact us on: 01379 444779

# booking form

Please complete this form to register your child on any of the activities.  
Please make cheques payable to **SUFFOLK COASTAL DISTRICT COUNCIL**  
Send to: Suffolk Coastal District Council, Melton Hill, Woodbridge, IP12 1AU

## ACTIVITY DETAILS

Participant name(s)	Date of Birth	Activity	Date(s)	Time(s)	Cost
TOTAL DISCOUNT (if applicable)					
<b>TOTAL AMOUNT</b>					

## PARENT/GUARDIAN CONTACT DETAILS

Name	
Telephone number	Mobile number
Address	
Postcode	Email address

## EMERGENCY CONTACT DETAILS

Name
Relationship to participant
Emergency telephone number

## MEDICAL INFORMATION

Does your child have any form of disability or medical condition?

YES  NO

If YES, please give details

## GENERAL INFORMATION

Where did you receive this leaflet?

Occasionally, we may take photographs of the children at our activities. We may wish to use these images in future printed publications that we produce, as well as on our website.

Please tick here if you are happy for photographs to be taken and used in this way.

### Data Protection Act 1998

This authority is under a duty to protect the public funds it administers, and to this end may use the information you have provided in this booking form to form databases of addresses and to monitor the number of people attending the schemes. It may also share this information with other bodies responsible for auditing or administering public funds.