

The Tour of Britain

With plans in place for the 6th stage of the Tour of Britain arriving in Norfolk on Thursday 16th September, it gives us a great opportunity to promote cycling to everyone!

Broadland Council are planning some events to celebrate the Tour and hopefully leave some lasting impressions on you that will encourage everyone to continue cycling. The Tour will come into the district at Oulton then travel through Blickling, Aylsham, Burgh, Brampton, Buxton, Coltishall, Horstead, Crostwick, Spixworth, Old Catton, Sprowston, Rackheath, Salhouse and Wroxham! With wide television coverage this is a massive opportunity to show the world what a wonderful place Broadland is. There will also be events that residents can take part in and holiday cycling days for children.

For more information go to www.tourofbritain.co.uk where special Norfolk pages will be available from the end of June. These will give further information on events and suitable places from which to view the race on the day itself.

Cycle Racing at Norwich Airport Park & Ride

For five summer Sundays cycling has the use of the Airport park and ride site for racing. Thanks to Norfolk County Council and the District Councils this great opportunity for people to take part will ensure that the Tour of Britain's visit on the 16th September is not forgotten in the time it takes for the race to pass!

The dates for racing are:

August 8th, 15th, and 22nd and September 5th and 12th.

Likely programme for the days will be:

| | |
|---------------|--|
| 9.30am-12noon | Go Ride Coaching / Racing for under 16's |
| 12.15pm | Go Race for Junior / Senior novices. |
| 1pm | Ladies Race |
| 2pm | 3/4th Cats |

It is likely that people will need to book and further information will be posted on the Tour website as it becomes available.

Call for Volunteers

Are you a keen cyclist and would like to give something back? The above Park and Ride events and other cycling linked activities need more volunteers. Are you able to spare a few hours? Anyone helping with these events will be given free membership of British Cycling for one year.

If you are interesting in helping go to www.activenorfolk.org and click on the 'Volunteer' button on the right side of the page.



Summer Holidays
26th July – 27th August 2010

Tots2Teens Holiday activity schemes

fun zones sport zones art zones wildlife zones teen zones



Activities organised by
Broadland District Council

BOOK ONLINE
www.broadland.gov.uk/t2t
Booking lines & web open
8:30am Monday
21st June 2010

Welcome



Booking lines and web open 8:30am Monday 21st June 2010

We welcome applications from all our communities. If you require any special assistance please call us to discuss.

Payment must be made by credit or debit card at the time of booking unless an alternative means has been pre arranged. All places are non refundable.

Don't forget that we offer a 50% reduction on all activities for households claiming Council Tax and Housing Benefits from Broadland District Council. Please quote your benefit reference number at time of booking.

If you wish your child to attend and leave an activity without an adult the council will require written permission from the parent/carer stating this intention before the date of the activity.

Please note children may be registered from 10 minutes before the start of the session, but no sooner.

Broadland District Council Holiday Activities follows the National Standards for Out of School Care guidelines. All staff have Criminal Record Bureau enhanced disclosure checks. If you would like to inspect our Policy and Procedures Document please ask a member of staff.

At the end of each year questionnaires are sent to random members for their comments. If you wish to comment about the holiday programme please write to:

Nicola Pye, Leisure Services Coordinator,
Broadland District Council, Thorpe Lodge, 1
Yarmouth Road, Thorpe St Andrew, Norwich,
NR7 0DU or
e-mail: nicola.pye@broadland.gov.uk

Book now to avoid disappointment. Booking lines & web open 8:30am Monday 21st June 2010

**Give us a call or book online at www.broadland.gov.uk/t2t
Booking Lines: (01603) 430538 (01603) 430552 or (01603) 430570.**

Our holiday activities are fully supervised by trained staff to ensure your children have a safe and enjoyable time with us.

Places are limited, so book early.

- All activities must be pre-booked and paid.
- All payments are non refundable.

Broadland District Council, Thorpe Lodge, 1 Yarmouth Road, Norwich, NR7 0DU



Hurricanes Summer Swim

Monday 26th July - Friday 6th August
Venue - Drayton Junior School

Learn to swim lessons taught by qualified CRB checked A.S.A. teachers. The 10 day course will consist of daily 30 minute lessons that will include basic stroke skills, survival and water safety. All children will receive certificates at the end of the course. For children from 3 1/2 to 13 years. Mother and toddler classes also available. For further details please contact Jo Hamilton (01603 262517) or Denise Bale (01603 412594).

Summer holiday swim club

Norwich Road, Reepham
1 week of intense swim lessons, 26th – 30th July 2010

1 half hour lesson per day for ages 3 – 12 years.

£40 per child

An action packed week, with lots of fun and learning. Includes confidence building, water safety, breath control, balance, buoyancy and co-ordination in the water as well as stroke improvement. High teacher to pupil ratio, teachers are in the water with the children.

Warm, clean pool with showers and changing room. Highly qualified, caring teachers make us a unique swim school with great results. Building your child's confidence in the water is our specialty! Let your child learn to swim, this could be the holiday club that may save your child's life.

To book call Julia on 07795109291
www.smart-swim-school.co.uk

Libraries in Broadland have a range of fun children's activities in the school holidays. Please visit www.library.norfolk.gov.uk to find out what's on in your local library.

Planet Library

Take one giant leap into Aylsham library this summer and discover fun activities and stories.

Wednesday 4 August - design a T shirt transfer
Wednesday 11 August - create an alien key ring
Wednesday 18 and 25 August - take part in spray art workshops.

There will be some new Nintendo DS games to try (remember to bring your console) and new books to read for the Summer Reading Challenge, plus free face painting and refreshments. Everyone is welcome, but as places are limited, booking is advisable for the workshops. Activities are suitable for children up to 12 years.

All children must be accompanied by an adult. Please contact Aylsham Library to book a place. Tel: 01263 732320 or email aylsham.lib@norfolk.gov.uk

Norfolk County Council Library and Information Service

Norfolk County Council Library and Information Service

Mucky Pups

The original art and craft club for children and their carers.

Fantastic weekly themed classes. Stimulating art and craft, all materials provided. Classes promote great child self-esteem and develop hand/eye co-ordination. A chance for children to interact with other children, learn social skills, learn the alphabet, numbers, wonderful pencil control, scissor skills, knowledge about the world in which they live and competent creative thinking. Flexible term time classes available.

For further information please contact Claire on 01603 710764 or email claire@mucky-pups.com www.mucky-pups.com



Topsy -Turvy Tales

Dance, theatre & art for 8 - 12 years

Monday 2nd August – Friday 6th August, 10am – 3pm

Are you sitting comfortably? Then I will begin...

Once upon a time, there was a man named Roald Dahl who created a fantabulous, magical world of terrible teachers, wicked witches and mischievous monkeys. Discover this twisting, turning, topsy-turvy world through storytelling, art and dance this summer.

£70 per person for the week.

Bring non fizzy drinks and a packed lunch each day (there are vending machines in The Garage with sweets, drinks and crisps)

Bare feet and loose comfortable clothes.

Please wear old clothes or bring an old shirt as you will be doing some artwork!

Please note that Norfolk Dance reserves the right to alter or withdraw workshops without prior notice. No refunds can be given unless the workshops are cancelled.

Do Your Thing!

Tuesday 3rd August, 1:30pm – 2:30pm

Fun and creative dance sessions for 6 - 11 years, geared towards children with learning difficulties and physical disabilities.

Supported by Super Sports Kidz Club.

£5 per person

All classes held at The Garage, Norwich, NR2 1NY. Contact Norfolk Dance for more information and to book 01603 283399 www.norfolkdance.co.uk

Star:Track Athletics

A four-day course of athletics events for 8 to 15 year olds organised by Active Norfolk

Dates: Tuesday 3rd to Friday 6th August
Times: 10.00am – 3.00pm
Venue: Wellesley Road, Great Yarmouth
Cost: £48 for four days

Dates: Tuesday 10th to Friday 13th August
Times: 10.00am – 3.00pm
Venue: UEA Sportspark



Cost: £56 for four days
To book a place on this course please telephone Sue Alden at Active Norfolk direct on 01603 697011, e-mail sue.alden@norfolk.gov.uk for a booking form or book online at www.activenorfolk.org/courses

Swimming

Sprowston Community High School in partnership with Tots 2 Teens will be opening up their swimming pool to the community every Wednesday during the Summer holidays, starting on Wednesday 28th July and finishing on Wednesday 25th August.

Sessions will run:

10am – 11am 11am – 12pm
12pm – 1pm closed for lunch
1pm – 2pm 2pm – 3pm

Price for an hours swim:

Adult £2.50

with your Broadland Life Card* £2.00

Child (under 16) £2.00 **£1.50**

Family (2 adults & 2 children) £8.00 **£6.00**

*available free from Broadland District Council, please call 01603 430538.

Under 16's must be accompanied by an adult. There are male, female and disabled changing areas and lockers which are coin operated £1 (returnable). The pool can take a maximum of 20 swimmers every session.

The ASA are providing Free swimming lessons for non swimmers over the age of 11. If you can't swim, are not confident to swim alone, or have not swam for years then this is your chance to get back into the pool through free swimming lessons.

You will get 6 hours of free swimming lessons provided by a fully qualified level 2 teacher in a small group with no more than 12 people.

To register for lessons please call 0800 1422214, or email danielle.deacruz@swimming.org to find out where lessons are being provided near you.

To find a Tots 2 Teens venue please visit www.broadland.gov.uk/t2t & click 'mapping'

T-SHIRTS

Don't mess your own clothes up, buy one of our Tots 2 Teens t-shirts! To order please call us on the booking lines.

Cost: £5 per t-shirt

Sizes: 5-6, 7-8, 9-11, 12-13, 14-15

Colour: Heather Grey



Lost property

If you think you may have lost anything during the half term holidays please contact us as soon as possible to arrange collection. Any lost property not claimed before 28th July will be disposed off.

If you would like this information in a different format, such as large print, audio, Braille or in a different language please call (01603) 431133 and we will do our best to help. www.broadland.gov.uk



Funzones for children aged 5-12 years

Fun Zones start at 9:30am and finish at 3:30pm.

Week 1- Circus

Venue St Michaels, Aylsham (NR11 6EX)
Date Monday 26th July
Workshop Stars of the Circus

Venue Foulsham Village Hall (NR20 5RW)
Date Tuesday 27th July
Workshop Clown craft

Venue Thorpe End Village Hall (NR13 5BU)
Date Wednesday 28th July
Workshop Slapstick Drama (please wear old clothes)

Venue Buxton Village Hall (NR10 5JE)
Date Thursday 29th July
Workshop Circus workshop

Venue St Faiths Centre (NR10 3LG)
Date Friday 30th July
Workshop Face Painting

Week 2- Team Sports

Venue Thorpe Adult Education Centre (NR7 0NB)
Date Monday 2nd August
Workshop Ultimate Frisbee

Venue Coltishall Village Hall (NR12 7HF)
Date Tuesday 3rd August
Workshop Tag Rugby

Venue Falcon Junior School, Sprowston (NR7 8NT)
Date Wednesday 4th August
Workshop Kwik Cricket

Venue Brundall Memorial Hall (NR13 5QN)
Date Thursday 5th August
Workshop Football

Venue Fitzmaurice Pavillion, Thorpe St Andrew (NR7 0UW)
Date Friday 6th August
Workshop Rounders

Week 3- Countries

Venue Hainford Village Hall (NR10 3LX)
Date Monday 9th August
Workshop Spain

Venue Thorpe End Village Hall (NR13 5BU)
Date Tuesday 10th August
Workshop Egypt

Venue Salhouse Jubilee Hall (NR13 6RH)
Date Wednesday 11th August
Workshop China

Venue Drayton Village Hall (NR8 6PP)
Date Thursday 12th August
Workshop Australia

Venue Rackheath Village Hall (NR13 6LT)
Date Friday 13th August
Workshop Rainforests (* including a visit from live animals)

Week 4- Art

Venue Hinks Meadow, Thorpe Marriott (NR8 6GL)
Date Monday 16th August
Workshop Puppets

Venue Foulsham Village Hall (NR20 5RW)
Date Tuesday 17th August
Workshop Graffiti

Venue Reedham Village Hall (NR13 3HL)
Date Wednesday 18th August
Workshop Clay models

Venue Coltishall Village Hall (NR12 7HF)
Date Thursday 19th August
Workshop Printing

Venue Thorpe Adult Education Centre (NR7 0NB)
Date Friday 20th August
Workshop Collage

Week 5- Basic Cookery

Venue Spixworth Village Hall (NR10 3NQ)
Date Monday 23rd August
Workshop Chocolate chip cookies

Venue Jubilee Centre, Aylsham (NR11 6JG)
Date Tuesday 24th August
Workshop Decorating biscuits

Venue Hainford Village Hall (NR10 3LX)
Date Wednesday 25th August
Workshop Buns

Venue Roxley Hall, Thorpe St Andrew (NR7 0XF)
Date Thursday 26th August
Workshop Cheese scones

Venue Bure Room, Acle Memorial Hall (NR13 3RA)
Date Friday 27th August
Workshop Rocky road cakes

Cost - First child £12, second child £12, further children from same address £6

Please bring a packed lunch and plenty of drinks. Please do not bring any electronic games or mobiles to the sessions.



OTHER ORGANISATION'S ACTIVITIES

For anything advertised in this section please contact the organisation direct.

For other organisation activities we advise that you observe a session and check with the person responsible about matters concerning coaching awards or qualifications, public liability assurance, Criminal Records checks (CRB) and child protection awareness.

Hellesdon High School

To book please call Helena on 01603 254340 or email Helena.Hellesdon@GMX.com

Sprowston High School

For a list of holiday activities visit www.sprowstonhigh.org

Alternatively please contact the Community Events Coordinator at Sprowston on 01603 487895 or 07887560021.

Whitlingham Outdoor Education Centre

To find out details about Whitlingham's holiday activities, which include climbing, archery, canoeing, sailing and lots more, call 01603 632307 or visit www.whitlinghamoec.co.uk

Broadland Paddle Sport

Canoeing and kayaking lessons for all. We are fully licensed with the Adventure Activities Licensing Authority AALA and hold full insurance. Our coaches hold British Canoe Union and United Kingdom Coaching Certificates as well as first aid qualifications. The venue has full changing and showering facilities and all equipment is new fully inspected and of activity centre standard. Lessons and activities held at the end of Gurlings Lane, off Yarmouth Road. Contact: Kelly Barkway Tel: 01603 700939 Web: www.broadlandpaddlesport.co.uk

Multi Sports Activity Weeks

Monday 2nd August – Friday 6th August, 8.30am – 3.30pm each day. £98.50 for the week, price includes drinks, snacks and activities. There will be a wide range of activities on offer including, ten pin bowling, quasar, CSI, street dance, puppet theatre show and making, super teams.

Held at the SESMA Studio Life Skills Centre, Drayton Ind Est, Taverham Road, Drayton NR8 6RL

01603 260751 www.sesma.co.uk
info@sesma.co.uk

Dance

A fun and funky workshop for all aspiring dancers. With routines in street, pop and disco and music from Cheryl Cole, Justin Bieber, JLS, Glee (and more!) will have you moving like the backing dancers from your favourite music videos! All abilities welcome. Please wear suitable footwear and bring plenty of drinks.

Date Tuesday 24th August
Venue Roxley Village Hall, Thorpe St Andrew (NR7 0XF)

Time 5 – 8 years 10am – 12pm
9+ years 1pm – 3pm

Cost £6

Cycling

To celebrate the Tour of Britain visiting Norfolk on 16th September come and take part in a Go-Ride session. The sessions are an introduction to cycle sport and suitable for all levels and abilities. The sessions will develop cycling skills through fun practices and games. Participants will need to bring a bike and a helmet, wear suitable clothing, bring a packed lunch and plenty of drinks.

Date Wednesday 28th July
Venue Sprowston High School (NR7 8NE)

Date Wednesday 4th August
Venue Spixworth Village Hall (NR10 3NQ)

Date Wednesday 11th August
Venue Rackheath Village Hall (NR13 6LT)

Date Wednesday 18th Aug
Venue Buxton Primary School (NR10 5EZ)

Date Wednesday 25th August
Venue Cawston Village Hall (NR10 4BG)

Time 10am – 3pm
Age 8+ years
Cost £5 (subsidised due to Tour of Britain promotion)

Cricket

The course includes bowling, fielding and batting skills incorporated into exciting games. Participants should bring suitable clothing, packed lunch and plenty of drinks.

Date Monday 9th August
Venue Manor Park Cricket Ground, Horsford (NR10 3AQ)
Time 10am - 3pm
Age 5 - 8 years
Cost £12

Cricket

A course for boys and girls aged 8 to 14 years of all abilities. The course includes bowling, fielding and batting skills incorporated into exciting games. Participants should bring suitable clothing, packed lunch and plenty of drinks.

Date Tuesday 10th & Wednesday 11th August
Venue Manor Park Cricket Ground, Horsford (NR10 3AQ)
Time 10am - 3pm
Age 8 - 14 years
Cost £24

Junior Sports Day

Traditional school sports day, sack race, egg and spoon, combination of relay races, wheelbarrow races, space hopper races, three legged races and obstacle courses. Wear suitable outdoor clothing and shoes and bring a packed lunch with plenty of drinks.

Date Wednesday 18th August
Venue Hillside Avenue Primary School, Thorpe St Andrew (NR7 0QW)
Time 10am - 3pm
Ages 5 - 8 years
Cost £12

Scuba Diving

A fun introduction to Scuba diving for those aged 8 years+. Explore the underwater world whilst learning to breath underwater. Have a go at wearing fins, masks and scuba air tanks through fun and games. Please bring swimwear and a t-shirt to wear in the water along with a towel. All participants must be physically fit to take part in these activities. All equipment will be supplied.

The session will comprise of approximately a 15 minute briefing followed by 45 minutes in the water.

Date Thursday 19th August
Venue Swimming Pool, Sprowston High School (NR7 8NE)
Session 1 10am - 11am
Session 2 11:15am - 12:15pm
Session 3 12:45pm - 1:45pm
Session 4 2pm - 3pm
Age 8+ years
Cost £13

Date Tuesday 24th August
Venue Swimming Pool, Hellesdon High School (NR6 5SB)
Session 1 10am - 11am
Session 2 11:15am - 12:15pm
Session 3 12:45pm - 1:45pm
Session 4 2pm - 3pm
Age 8+ years
Cost £13

Under PADI guidance a medical questionnaire must be satisfactory completed before attending the sessions. Copies and further details will be sent with your booking letter. For more information please speak to one of the booking team.



Art Zones



Seaside fun: Beach huts & buckets

We will paint a picture of beach huts and make a model of one - plus other art based seaside activities. Please bring an oversized T-shirt or shirt to wear as an overall and to wipe your hands on. Bring a packed lunch and plenty of drinks.

Date Friday 30th July
Venue Falcon Junior School, Sprowston (NR7 8NT)
Time 10am - 3pm
Age 8+ years
Cost £15

Seaside fun: On the beach

Making a sandcastle model and creating art from an imaginary day on the beach. Please bring an oversized T-shirt or shirt to wear as an overall and to wipe your hands on. Bring a packed lunch and plenty of drinks.

Date Monday 2nd August
Venue Drayton Junior School (NR8 6EF)
Time 10am - 3pm
Age 8+ years
Cost £15

Flying High!

Make a colourful fun kite with a flowing tail. Also, use your creative flair to design and paint your own tile. You could paint a pattern, make a print of your hand, splatter it with colour or write your name; create your own masterpiece! Wear old clothes and bring a packed lunch and plenty of drinks.

Date Friday 6th August
Venue St Michaels Infant School, Aylsham (NR11 6EX)
Time 10am - 3pm
Age 5 - 8 years

Cost £15

Seaside fun: All at sea

Art activities inspired by the sea, including ink & wax, fabric and plastic. Please bring an oversized T-shirt or shirt to wear as an overall and to wipe your hands on. Bring a packed lunch and plenty of drinks.

Date Monday 9th August
Venue Thorpe Adult Education Centre (NR7 0NB)
Time 10am - 3pm
Age 8+ years
Cost £15

Outsize Junk Sculpture

Big is great. Big is fun. Big is different. Big is exciting. But just how big can you go? Make something extraordinary out of everyday rubbish. Wear old clothes and bring a packed lunch and plenty of drinks.

Date Friday 13th August
Venue White Woman Junior School, Sprowston (NR6 7JA)
Time 10am - 3pm
Age 5 - 8 years
Cost £15

Mod-Roc Mania!

Time to get mucky - mould plaster to a bowl shape and then design and decorate your bowl with paint, paper or anything else you can find. In the afternoon, design and paint your own t-shirt. This can be as detailed or as wild as you want, making your t-shirt a really individual piece of art. Wear old clothes and bring a packed lunch and plenty of drinks.

Date Monday 16th August
Venue White Woman Junior School, Sprowston (NR6 7JA)
Time 10am - 3pm
Age 5 - 8 years
Cost £15

Puppet Show

Make and create a puppet from all sorts of material, then as a group design and create a mini-theatre to put on a show. Wear old clothes and bring a packed lunch and plenty of drinks.

Date Monday 23rd August
Venue Thorpe Adult Education Centre (NR7 ONB)
Time 10am - 3pm
Age 5 – 10 years
Cost £15

Cookery

cook 4 life

The healthier alternative to a take away!

Kebab

Make a healthier version of a Greek kebab. Make chicken wraps packed with salad, drizzled with homemade tomato sauce and accompanied by a pasta salad. Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

Date Tuesday 27th July
Venue Reepham High School (NR10 4JT)
Time 10am – 3pm
Age 5 – 8 years
Cost £18.50

Chinese

Make your own authentic Chinese meal. Make spring rolls, sweet and sour pork and special fried rice. Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

Date Thursday 29th July
Venue Sprowston High School (NR7 8NE)
Time 10am – 3pm
Age 9+ years
Cost £18.50

Fish & Chips

Make your own version of the traditional British Take-Away. Make fish fingers, wedges and mushy peas with a loaf of homemade bread for those chip butties! Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

Date Tuesday 3rd August
Venue Broadland High School (NR12 8QN)
Time 10am – 3pm
Age 5 – 8 years
Cost £18.50

Indian

Spice things up with a homemade chicken curry, samosa's and chapatti. Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

Date Thursday 5th August
Venue Reepham High School (NR10 4JT)
Time 10am – 3pm
Age 9+ years
Cost £18.50

Southern Fried Chicken

Come along and enjoy a day making your own southern fried chicken, wedges and coleslaw with a milkshake to wash it all down! Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

Date Tuesday 10th August
Venue Sprowston High School (NR7 8NE)
Time 10am – 3pm
Age 9+ years
Cost £18.50

moves – back drops, swivel hips (seat drop ½ twist to seat drop) and finish with games. Tracksuit bottoms and socks must be worn and please bring a drink.

Date Monday 16th August
Venue Thorpe St Andrew High School, South Site Gym (NR7 OXS)
Time 10am – 11:30am
5 – 8 years
11:45am – 1:15pm
9+ years
Cost £5

Canoe & Kayak lessons

Tailored sessions to learn new skills to complete your individual workbook. Please do not wear jeans, heavy jumpers, big trainers or boots. We recommend lightweight clothing, wetsuit shoe ie beach shoes, waterproof tops, woolly hat if a bit cold or sun hat, sun cream to be put on by parents before session, no straps or dangly things which could get caught and no jewellery. Please bring plenty of drinks.

Date Monday 2nd August to Friday 6th August (5 days)
Venue Broadland Paddle Start, Girlings Lane, Thorpe St Andrew (NR7 OHE)
Time 1pm – 4pm
Age 8 – 11 years
Cost £60

Funzone Football

Just for fun, an outdoor football session to improve your ball skills and play. Small groups open to Girls and Boys. Bring footy boots or trainers, shin pads, wear suitable outdoor clothing and bring a packed lunch with plenty of drinks. This session will take place whatever the weather so please bring waterproofs & warm clothing if necessary.

Date Wednesday 4th August Falcon Junior School, Sprowston (NR7 8NT)
Wednesday 25th August Hainford Village Hall (NR10 3LX)
Age 5 – 10 years
Time 10am – 3pm

Cost £12

Archery

If you are between 8 and 14, come and have a go at this skilful and challenging activity under the supervision of a fully qualified instructor. All equipment will be supplied. Please wear comfortable clothing and suitable footwear (non marking trainers).

Improvers are those who have previously attended a Tots 2 Teens Archery session.

Date Thursday 5th August Broadland High School (NR12 8QN)
Thursday 26th August Hellesdon High School (NR6 5SB)
Time Session 1 9.30am – 11.00am (Beginners)
Session 2 11.10am – 12.40pm (Improvers)
Session 3 1.00pm – 2.30pm (Beginners)
Session 4 2.40pm – 4.10pm (Improvers)
Cost £4 per session

Multi Activity Day at Whitlingham

This is a bumper course for young people that want to take part in a range of active outdoor pursuits. Make new friends, develop new skills, challenge yourself! Activities may include Climbing, Archery, Team Challenges, Paddlesport, Raftbuilding, Sailing, Orienteering.

Participants will need to bring at least one change of clothes, plastic bags for wet and dirty things, a towel and change of footwear each day. Sunscreen & sun hat when warm, hat and gloves when cold.

Please bring a packed lunch and plenty of drinks. For water activities – closed toe footwear with laces/zip/velcro fastening. Light comfortable clothes you don't mind getting wet. For land activities – closed toe footwear with laces/zip/velcro fastening and layers of warm clothing.

Date Monday 9th August to Friday 13th August (5 days)
Venue Whitlingham Outdoor Education Centre, Trowse (NR14 8TR)
Time 10am – 3pm
Age 8 – 11 years
Cost £150

*Please note limited spaces available.

Skateboarding

(in partnership with Football in the Community)

| | | |
|-------|---|-------------|
| Date | Friday 13th August | |
| Venue | Buxton Skate Park, BALAY Park, Cubbitts Meadow, Aylsham Road, Buxton. | |
| Time | Session 1 | 10am – 11am |
| | Session 2 | 11am – 12pm |
| | Session 3 | 1pm – 2pm |
| | Session 4 | 2pm – 3pm |
| Age | 10 – 14 years | |
| Cost | £6.00 | |

The sessions will cover a basic understanding of turns and controlling the skateboard, then moving on to balance & tricks! No equipment provided, please bring your own skateboard as well as helmets, knee pads etc. You will be sent an additional consent form from Football in the Community prior to attending the session.

Ice Skating

| | | |
|-------|---|----------------|
| Date | Thursday 12th August | |
| Venue | Planet Ice, Drayton High Road (NR6 5DU) | |
| Time | Session 1 | 9am - 10am |
| | Session 2 | 9:30 - 10:30am |
| Age | 8+ years | |
| Cost | £5.00 | |

You will spend half an hour learning the basics of ice skating under the instruction of a NISA coach. Following this you will get half an hour to practice your new skills. Skates are provided. Helmets are optional, please bring one if you can. All participants should wear trousers and long sleeves for the session.

Treasure Hunter at Whitlingham

Can you find the legend of the Whitlingham treasure? We'll teach you the basics of navigation and canoeing then guide you on a treasure hunt around the Country Park, solving challenges and following clues on the water and land.

Participants will need to bring at least one change of clothes, plastic bags for wet and dirty things, a towel and Change of footwear. Sunscreen & sun hat when warm, hat and gloves when cold

Please bring a packed lunch and plenty of drinks. For water activities – closed toe footwear with laces/zip/velcro fastening. Light comfortable clothes you don't mind getting wet. For land activities – closed toe footwear with laces/zip/velcro fastening and layers of warm clothing.

| | |
|-------|---|
| Date | Thursday 29th July |
| Venue | Whitlingham Outdoor Education Centre, Trowse (NR14 8TR) |
| Time | 10am – 3pm |
| Age | 8 – 16 years |
| Cost | £30 |

*Please note limited spaces available.

Trampolining

Beginners (For those who have no or little experience)

The session will cover how to mount the trampoline correctly, the correct way to bounce and stop, learn basic moves and landing with progressions (shaped jumps, seat drops, front drops, etc.) and finish with games. Tracksuit bottoms and socks must be worn and please bring a drink.

| | |
|-------|--|
| Date | Tuesday 10th August |
| Venue | Thorpe St Andrew High School, South Site Gym (NR7 0XS) |
| Time | 10am – 11:30am |
| | 5 – 8 years |
| | 11:45am – 1:15pm |
| | 9+ years |
| Cost | £5 |

Intermediate (Previous experience needed, able to bounce and stop correctly or attended Beginner session)

The session will recap on basic moves and landings (shaped jumps, seat drops, front drops, etc.), introduce new moves and linking

Pizza

Make a pizza with the topping of your choice, a side salad and garlic bread. Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

| | |
|-------|--------------------------------|
| Date | Thursday 12th August |
| Venue | Reepham High School (NR10 4JT) |
| Time | 10am – 3pm |
| Age | 5 – 8 years |
| Cost | £18.50 |

BBQ

Come along and make your BBQ favourites, including kebabs, burgers and a tasty potato salad. Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

| | |
|-------|--------------------------------|
| Date | Tuesday 17th August |
| Venue | Reepham High School (NR10 4JT) |
| Time | 10am – 3pm |
| Age | 9+ years |
| Cost | £18.50 |

Burger and Chips

Fresh from an American Diner, make homemade burgers, wedges and chocolate brownies for afters. Wear suitable clothing and bring a packed lunch and plenty of drink. Bring an apron and a box to take your cooking home in. All ingredients provided are sourced locally* where possible. Please state at time of booking if a vegetarian option is preferred.

| | |
|-------|---------------------------------|
| Date | Thursday 19th August |
| Venue | Sprowston High School (NR7 8NE) |
| Time | 10am – 3pm |
| Age | 5 – 8 years |
| Cost | £18.50 |

*Norton's Dairy, Frettenham – We pasteurise our own milk from our cows and produce cream and make our own butter. We sell direct and through our farm shop which also sells locally sourced fruit, vegetables, meat, dry goods.

www.nortonsdairy.co.uk

*G F White Traditional Butchers, Aylsham - Local butcher using beef, lamb from Blickling Estate, free range chickens from Hindolveston, pork from Bawburgh and local game from surrounding farms. Friendly, professional service using only the best ingredients for our pies, sausages and BBQ range.

www.whitesbutchers.co.uk

Playhouse

In partnership with the Norwich Playhouse we are able to offer the following to Broadland residents:

Barbershopera II - The Barber of Shavingham

Friday 23rd July at 8pm
Tickets £10

This award-winning musical comedy tours the UK direct from an acclaimed West End season. The unlikely story of a Catalan matador who inherits a Norfolk barbershop unravels in this delightfully madcap show packed with laughs, tears and stampeding cows.

Will our young hero manage to enchant the locals with his continental flair? How will he fare against local favourite Trevor Sorbet in a frenzied, high-stakes, coiffeurs' cut-off? Can he win the heart of the beautiful town crier? And will he ever leave Norfolk again?

Barbershopera got rave reviews at the Edinburgh Fringe in both 2008 and 2009, winning Best Lyrics at the Musical Theatre Matters awards in both years.

Suitable for ages 12+
Running time: 85 minutes plus interval

The Jive Aces

Saturday 31st July at 7.30pm

Tickets: £12 (usually £14)

Playing songs made famous by such greats as Bobby Darin, Louis Prima and Sammy Davis Jr. as well as superb originals; this incredibly in-demand sextet have worked with Van Morrison, Status Quo, Kenny Ball and John Travolta and performed for HRH Prince Philip.

The band, described as the UK's top jive and swing band, has brought the house down with their high-energy stage show at thousands of festivals, theatres, and dancehalls throughout Britain, Europe, USA and beyond, also making hundreds of TV and radio appearances.

Running time: 2 hours including interval

Andy and Mike's Big Box of Bananas

Saturday 14th August at 1.30pm

Tickets: £7.50 (usually £8.50)

CBeebies Presenter Andy Day brings his much loved humour to this high energy, fast-paced children's comedy for 4-11-year-olds (and their entire families) as he and long-term comedy partner Mike James create the hilarious, slap-stick and chaotic ... Andy & Mike's Big Box of Bananas!

A magical and mysterious box suddenly appears in the duo's 'fun pad' and quite unable to open the box, the boys make it their mission to find out what's inside! They set off on the adventure of their life, taking in worldly guidance from the suave, sophisticated and altogether modest narrator and accompanied by the audience who become 'house-sitters' in Andy & Mike's very own fun 'pad'.

Be prepared to meet confused pirates ... musical sea life ... and some extravagant all-singing all-dancing air stewards!

Running time: 60 minutes straight

To book any of the above call the booking lines.

All performances at Norwich Playhouse, 42-58 St George's Street, Norwich, NR3 1AB

For other events please go to: www.norwichplayhouse.org.uk

Musical Theatre

In partnership with Dramactive



Act, dance, sing and dress up to your favourite show tunes! Please wear tracksuits with trainers or plimsols. Please bring a packed lunch and plenty of drinks.

Theme High School Musical 1,2 & 3
Date Friday 30th July
Venue Thorpe Adult Education Centre (NR7 0NB)
Age 5 - 12 years
Time 10am - 3pm
Cost £15

Theme Just Musicals - Hairspray, Grease and Mamma Mia
Date Friday 6th August
Venue Main Hall, Hellesdon High School (NR6 5SB)
Age 5 - 12 years
Time 10am - 3pm
Cost £15

Theme Young Musical Theatre - Hannah Montana and Glee
Date Friday 13th August
Venue Thorpe Adult Education Centre (NR7 0NB)
Age 5 - 12 years
Time 10am - 3pm
Cost £15

Intermediate Course

These courses are for children who have reached levels 3 to 5 on the Junior Passport scheme or are on the green, bronze, silver or gold level of the Merit Award scheme. Participants will receive instruction towards aspects of their Junior Passport or their Merit Award as well as participate in a variety of fun games to develop their skills. As participants progress through the levels it will take longer to achieve skills.

Date Wednesday 28th & Thursday 29th July (2 days)
Wednesday 25th & Thursday 26th August (2 days)
Venue Marriott Sprowston Manor Golf Club (NR7 8RP)
Time 10am - 3pm
Cost £38.00 per 2 day course

Golf Fun Day

A one day fun-day that is only open to all players who attended one of the above two-day courses.

Date Friday 27th August
Venue Marriott Sprowston Manor Golf Club (NR7 8RP)
Time 10am - 3pm
Cost £9.50

Junior & Senior Tennis Camps

All tennis coaching is undertaken by the Head Coach of Oasis Sports Club, Thorpe St Andrew. Inside facilities are available should there be inclement weather.

A fun day full of tennis. In the morning practice your tennis skills through fun games and drills. In the afternoon you will get to take part in an exciting tennis tournament. Please bring a packed lunch and plenty of drinks.

Junior

Date Monday 2nd August or Monday 16th August
Venue Oasis Sports Club, Pound Lane, Thorpe St Andrew (NR7 0UB)

Time 10am - 3pm
Age 5 - 8 years
Cost £12

Senior

Date Tuesday 3rd August or Tuesday 17th August
Venue Oasis Sports Club, Pound Lane, Thorpe St Andrew (NR7 0UB)
Time 10am - 3pm
Age 8+ years
Cost £12

Roller Skating

Impress your friends with Artistic Roller Skating. Sessions will last approximately 2 hours and will consist of an hours coaching, followed by an hour of fun skating. All sessions are led by Stalham's Artistic Roller Skating Coach. All ages and abilities welcome. You will need to bring your own roller skates and plenty of drinks.

Date Tuesday 3rd August
Tuesday 17th August
Venue Sprowston High School Sports Hall (NR7 8NE)
Time 10am - 12pm
Age 5+ years
Cost £3



Wildlife Zones

Wildlife Zones

In partnership with the Norfolk Wildlife Trust we are able to offer the following:



Wheeling Wash Waders

Saturday 14th August 9am – 11am
Cost: £5 (up to 2 accompanying adults free)

Each year hundreds of thousands of wading birds use the mudflats of the wash as a staging post on their great migrations. This morning, in time for the high tide, we'll visit the beach at Holme next the Sea to witness some of the many bird species which pass along Norfolk's coast on their migrations.

Meet in the car park at the end of Beach Road, Holme next the Sea. Please note that there is a charge for the car park.

Barnacles and Belemnites

Saturday 11th September 2:30pm – 4:30pm
Cost: £5 (up to 2 accompanying adults free)
Our ever-popular West Runton Beach bonanza is back! Join us at low tide for a visit to the weird world of rockpools. Hear about the eating habits of starfish and the dastardly ways of dogwhelks. Discover the creatures which inhabited Norfolk millions of years ago who's fossils can still be seen on the beach at West Runton.

Meet at the West Runton Beach Café. Please note that there is a charge for the car park. Shoes with strong grip are essential.

To book any of the above call the booking lines.

For information about NWT's half-term activities, please look at the website www.norfolkwildlifetrust.org.uk or call 01603 625540

SPORTS ZONES

Golf

Two different courses are available for different levels with participants following an award scheme led by PGA professionals of Sprowston Manor Golf Club. Equipment (golf clubs and balls) will be supplied if required. Participants should bring a packed lunch and drinks or alternatively a lunch can be provided at a cost from £4.50 from the café-bar. Staff will take orders at the start of each session. Participants should wear suitable clothing for the weather. Participants can register from 9:45am

Beginners/Improvers course

These courses are for children aged 8+ years who have never played before or never taken part in an award scheme. They are also for children who have reached level 1 or 2 on the Junior Passport scheme or are on the red or blue level of the Merit Award scheme. Participants will learn basic grip, swing etc as well as participate in a series of fun games to help develop their skills.

| | |
|-------|--|
| Date | Monday 26th & Tuesday 27th July (2 days) Monday 23rd & Tuesday 24th August (2 days) |
| Venue | Marriott Sprowston Manor Golf Club (NR7 8RP) |
| Time | 10am – 3pm |
| Cost | £38.00 per 2 day course |

| | |
|-------|---|
| Theme | Lady Gaga – go GaGa for the day with the routine 'let's dance'. Stage make up will be used. |
| Date | Friday 20th August |
| Venue | Main Hall, Hellesdon High School (NR6 5SB) |
| Age | 8+ years |
| Time | 10am – 3pm |
| Cost | £15 |

| | |
|-------|--|
| Theme | Stage Fighting & Special Effects – mime and slapstick comedy |
| Date | Friday 20th August |
| Venue | Sports Hall, Hellesdon High School (NR6 5SB) |
| Age | 5 – 12 years |
| Time | 10am – 3pm |
| Cost | £15 |

If your child attends one of the above Musical Theatre days this summer, we again have the opportunity for your child/ren to perform what they have learnt at the Norwich Playhouse.

The performance at the Playhouse will be on Friday 27th August at 6:30pm and will last approximately 1 hour. Rehearsals for the performance will be as follows:

| |
|---------------------------------|
| Thursday 26th August 10am – 3pm |
| Friday 27th August 10am – 12pm |

Break

2pm – 6pm

Please note spaces will be limited. If you would like to take up this opportunity please let us know at the time of booking. You will need to be able to commit to both rehearsal days as well as the performance. A confirmation letter will be sent to you before the summer holidays begin. Tickets will be available to friends and relatives of those performing only. You will be given the opportunity to book these when you receive your confirmation letter. Tickets will be FREE.

TEEN ZONES

Digital photography and photo manipulation for beginners

The day will start off with a brief discussion of photographic principles, then we will take everyone over to Carys Meadow (opposite Broadland) to take pictures and bring them back to download our photos. We will then head over to Whitlingham Country Park on the Council's mini bus for a picnic and then continue to take some more photos after lunch. Once back at Broadland we will look at the software, download our pictures and work on the following; cropping, sizing, layering, brightness, contrast, hue, simple recolouring, digital effects and use some 'paintbrush' facilities. Each person will be able to burn their work on to disc to take home with them. Please bring a packed lunch and plenty of drinks. All equipment provided.

| | |
|-------|---|
| Date | Monday 26th July Thursday 19th August |
| Venue | Bure Room, Broadland District Council (NR7 0DU) |
| Time | 10am – 3pm |
| Age | 11+ |
| Cost | £25 |



In partnership with Future Radio

Make a Mixtape

Take part in the production and recording of a track in Future Studios in Norwich. Make a beat using Reason software with a hip hop/grime producer in the morning, then write and record the lyrics with an MC in the afternoon using Pro Tools software. Take home a CD of your work. Ideally suited to those who want to rap or sing.

Please bring a packed lunch and drinks.

Date Friday 30th July
 Venue Future Radio, Larkman Primary School, Motum Rd entrance (NR5 8ED)
 Age 14 - 16 years
 Time 10am – 3pm
 Cost £20

Mic Live

“So You Wanna Be A Radio Presenter”: Do you dream of being the next Nelson or Rampage? Ever wanted to step into the shoes of Jo Whiley or Zane Lowe for the day? Now is your chance...

Spend the day in a radio studio with Future DJs and producers who will teach you basic broadcasting skills, which will get you on the road to presenting. Using your new found skills you'll have the opportunity to record your own specialist music show demo (to take home), under the guidance of an experienced Future tutor.

Please bring a packed lunch and drinks.

Date Friday 20th August
 Venue Future Radio, Larkman Primary School, Motum Rd entrance (NR5 8ED)
 Age 10+ years
 Time 10am – 3pm
 Cost £20

The Dragons Apprentice

In Partnership with Right Angle Events.

This fun session will include a variety of business tasks including creating a product, using a number of marketing tools such as posters and adverts etc whilst working in teams to inspire budding entrepreneurs. Prize available to the best team!

Date Wednesday 28th July
 Broadland High School (NR12 8QN)
 Thursday 26th August
 Hellesdon High School (NR6 5SB)
 Age 10+ years
 Time 10am – 12:30pm
 Cost £15

Crime Scene Investigation

In Partnership with Right Angle Events.

Please bring a packed lunch and plenty of drinks. Junior, Senior and Advanced refers to the level not age range. Each investigator will receive full CSI Kit which you get to keep and a goody bag complete with CSI tape and pencil.

Junior CSI

- * What a Crime Scene Examiner does
- * Fingerprinting
- * Shoe casting
- * Ink/handwriting analysis
- * Trial-complete with wigs and gowns!

Date Monday 2nd August
 Venue Science lab, Broadland High School (NR12 8QN)
 Age 10+ years
 Time 10am – 3pm
 Cost £25

Senior CSI

- * Advanced fingerprinting techniques (getting marks from paper)
- * Forensic dentistry - who bit that!
- * Blood spatter pattern analysis (fake blood only!)
- * Ballistics (bullet examination)

Date Monday 16th August
 Venue Science lab, Hellesdon High School (NR6 5SB)
 Age 10+ years
 Time 10am – 3pm
 Cost £25

Advanced CSI

This Experience is really for young people who have undertaken either Junior CSI Experience or Senior CSI Experience. This is because investigators will experience a full CSI retrieval and investigation. Some of the procedures will be of the same level as real Crime Scene Investigators.

- *Hair & fibres workshop
- *Tool marks
- *Tyre tracks
- *Detection of blood
- *Full CSI search and investigation
- *Careers information
- *Discovering DNA

This is a fun day! However, it would also suit young people who are studying GCSE Applied Science

Date Monday 23rd August
 Venue Science lab, Sprowston High School (NR7 8NE)
 Age 10+ years
 Time 10am – 3pm
 Cost £25



Hair & Make Up

A fun day introducing basic hair and beauty skills. The content will include learning how to put hair up, application and removal of make up. Carry out a basic manicure treatment and have a go at some nail art designs.

Date Tuesday 27th July
 Wednesday 28th July
 Venue Thorpe Marriott Village Hall, Acres Way (NR8 6UT)
 Time 10am – 3pm
 Age 11+ years
 Cost £15

Bushcraft/Survival Skills

Activities include; how to prepare and light a fire, cook some bread twists and make a hot chocolate. Shelter building, mini pioneering with bamboo and navigation skills with and without a compass. Please bring a packed lunch and plenty of drinks. Please wear old clothes, in particular long trousers and a long sleeve top. You will also need to bring a sun hat and waterproof coat.

Date Monday 9th August
 Reepham Scout Hut, (NR10 4LL)
 Wednesday 25th August Buxton Scout Hut, Balay Park, Cubbitts Meadow, Aylsham Road, Buxton.

Time 10am – 3pm
 Age 10+ years
 Cost £15