



Winter Kids Camps

The UK's Leading Healthy
Lifestyle Activities Provider



Early Bird
10% Discount!
Quote 'Apple'
by 27/11
for Dec

Call **0845 456 3233** or visit
www.fitforsport.co.uk



Who Are Fit For Sport?

Fit For Sport operate over **30 OFSTED registered Kids Camps** across the UK, catering for over **20,000 children** every year! We are committed to delivering our promise of **“keeping the future fit”** and educating our children and their families to live a healthy lifestyle.

Our Philosophy What are our values?

Your experience as a child is fundamental. Research has shown that if you ENJOY sport and exercise as a child, you are more likely to continue a healthy lifestyle as an adult. At Fit For Sport and Fitter Kids, all children are encouraged to participate, respect others, and try their best. Most importantly, we make all our activities fun.

- We will always respect and value your TRUST
- We will at all times be PROFESSIONAL
- We will always be ENTHUSIASTIC
- We will endeavour to make all our activities FUN
- We will always respect that we are your children's ROLE MODELS
- We will at all times be seen to promote a HEALTHY LIFESTYLE

“The children always finish a day happy & enthusiastic to return the next day!”
Mrs Bibby, London

“Children's welfare is promoted well and the needs of all children are routinely met as staff recognise the uniqueness of every child. Children are welcomed into the activity club by staff, who provide a balanced environment for sports based and play opportunities.”
OFSTED Report 2009, Barnes Primary School, London

“The coaches are so fun & full of energy!”
Grace, Surrey, 9yrs

Kids Camp Survival Bag

Not sure what to bring to Camp? Why not buy your very own Fit For Sport Kids Camp survival bag including:

- T-shirt (also available to purchase separately)
- Water Bottle
- Cap

All in a Drawstring Bag for £19.95 including delivery!
Simply request a 'survival bag' on booking.



Fitter Families Update

Fitter Families is Fit For Sport's initiative to get families healthier and more active. Through our Simple, Achievable, Sustainable message we are encouraging families to commit to change together as a family. Sign up FREE today at www.fitterfamilies.com

2009 has been a great success! We are currently in the process of finding partners and sponsors for Fitter Families and Fitter Schools for 2010. If you are interested, email partners@fitterfamilies.com

December Activities

Working in the lead up to Christmas or need some time to shop? Our Kids Camps are at hand to keep children active & healthy during school holidays. As always there will be talent shows, plus your child/ren can take part in Festive Fun! Don't forget to book by 27/11 quoting 'Apple' & save 10% on December Holiday bookings!



Who Comes To Kids Camp?



Fit For Sport Kids Camps are aimed at children aged between 3 - 12 years old and are a great way for your child to have fun, make friends and take part in a wide range of sports and activities.

Children are divided into three **FRUIT FUN** age groups (dependent on numbers):

Bouncing Bananas 3 - 5 yrs

Offers our younger age range a safe, fun environment with carefully planned activities. Our enthusiastic and caring staff work to a ratio of 1:8, our 3-4yr 'Bananas' can stay for 1/2 day (9.30-1pm)* while our 5yr olds are ready for our full/extended day options!
* Venue dependent



Strawberry Sprinters 6 - 8 yrs

A programme designed to promote teamwork, introduce techniques and encourage sportsmanship in a fun environment. Sessions are delivered with a 1:8 ratio with a high level of energy, to ensure the children benefit from a wide range of sports & activities.




Apple Athletes 9+ yrs

The Apples are the oldest age range at camp; activities include team challenges, tournaments, co-operative games in a structured but relaxed atmosphere. Staff work to a 1:10 ratio with children given options throughout the day.



Sample Daily Programme



TIME	BOUNCING BANANAS	STRAWBERRY SPRINTERS	APPLE ATHLETES
8.30am	EARLY DROP OFF (Optional)		
9.30am	Registration: Settling In & Circle Time	Registration: Ice Breaker games/ Arty Challenges	Registration: High 5 the team, Dodge ball breakfast
10.00am	FIT FUN: Hoops, ball, balloons, bean bags!	MULTI SPORTS: Action packed high energy, 8 sports in 1hr!	SPORTS SPECIFIX: Football, Cricket, Rounders
11.15am	DRINKS/SNACK: Please bring a 'Nut Free' snack and a drink. Keep those energy levels up!		
11.30am	ART ATTACK: Creative session, Messy Time!	CRAFTY KIDZ: Model making & painting.	DRAMA DUDES: Role play and team productions. Practice for the weekly talent show.
12.30am	LUNCH TIME: Fill your TUM ready for FUN! Remember that healthy 'Nut Free' lunch & wash those hands!		
1.00pm	CHILL OUT: We say goodbye to our 3 & 4yr old Bananas 	KIDS CAMP SUPER SPORTS: Including Super Sports equipment based sessions such as football, tennis, basketball, hockey.	
2.00pm	HEALTHY HEART CIRCUITS: Learn about the benefits of leading a healthy lifestyle in a circuit activity including Biking Broccoli, Cool Cucumbers and Pushin Peas!	SPLASH ATTACK (Venue specific): Water confidence session. Fully supervised. All children undergo a swimming assessment prior to swimming to ensure the children are in the relevant groups and area of the pool. Armbands allowed. Equipment includes floats, boogie boards, dive sticks, inflatables.	
3.15pm	DRINKS/SNACKS: Please bring a 'Nut Free' snack and a drink. Keep those energy levels up!		
3.30pm	GAMES GALORE: Including our fruit fun session. Treasure hunt - follow the clues and find the treasure! Plus Parachute Play.	X-POSIVE SPORTS: Active sports session including Kwik Cricket, Tennis, Soccer MASTER MIND & ACTIVE ZONE plus quizzes & challenges.	TEAM TASTIC: Team Sports/Games & Tournaments. CHILL, CHAT & CHALLENGE.
4.30pm	HOME TIME: (Parents Pick Up) Watch out parents they won't want to leave although they might be ready for bed!		
5.30pm	LATE PICK UP (OPTIONAL) Tidy up tennis and Challenges		

Fit For Sport Kids Camps...

Bedfordshire - Dunstable: Dunstable Leisure Centre, Court Drive, Dunstable, Bedfordshire, LU5 4JD	h 5+
Buckinghamshire - Bisham: Bisham Abbey Sports Centre, Off Marlow Road, Near Marlow, Bucks, SL7 1RR	h 3+
Buckinghamshire - Stoke Mandeville: Stoke Mandeville Stadium, Guttman Road, Stoke Mandeville, Bucks, HP21 9PP	h 5+
Essex - Hornchurch: Abbs Cross School, Abbs Cross Lane, Hornchurch, Essex, RM12 4YB	3+
Essex - Dunmow: Great Dunmow Leisure Centre, Parsonage Downs, Dunmow, Essex, CM6 2AU	h 5+
Hampshire - Portsmouth: Mountbatten Sports Centre, Alexandra Park, Twyford Ave, Portsmouth, Hampshire, PO2 9QA	5+
Hampshire - Petersfield: Taro Leisure Centre, Penns Place, Petersfield, Hampshire, GU31 4EX	5+
Kent - Bromley: Downham Health & Leisure Centre, 7-9 Moorside Road, Bromley, BR1 5EP	h 3+
Leicestershire - Oadby: Parklands Leisure Centre, Wigston Road, Oadby, Leicester, Leicestershire, LE2 5QG	h 5+
London - Brent: Salusbury School, Salusbury Road, Kilburn, London, NW6 6RG	3+
London - Chiswick: Belmont Primary School, Belmont Road, Chiswick, London, W4 5UL	3+
London - Ealing: Trailfinders Sports Club, Castle Bar, Vallis Way, Ealing, London, W13 0DD	3+
London - Kensington: Ethos Sport Imperial College, 7 Princes Gardens, South Kensington Campus, SW7 2AZ	3+
London - Richmond: Barnes Primary School, Westfield Avenue, London, SW13 0AZ	3+
London - St Johns Wood: Saint Christinas School, 25 St Edmunds Terrace, St Johns Wood, London, NW8 7PY	3+
London - Twickenham: Waldegrave School, Fifth Cross Road, Twickenham, TW2 5LH	3+
London - Willesden: Willesden Sport Centre, Donnington Park Road, Willesden, NW10 3QX	h 3+
Middlesex - Cranford: BA Concorde Club, Crane Lodge Road, Cranford, Middlesex, TW5 9PQ	5+
Middlesex - Harrow: Harrow Leisure Centre, Christchurch Avenue, Harrow, Middlesex, HA3 5BD	h 5+
Surrey - Croydon: Croydon College, Davidson Road, Croydon, CR0 6DD	5+
Surrey - Croydon: Kingsley Primary School, Thomson Crescent, Croydon, CR0 3JT	5+
Surrey - Dorking: Dorking Sports Centre, Dorking, Surrey, RH4 1SW	h 5+
Surrey - Richmond: Russell School, Meadlands Drive, Strathmore School Entrance, Richmond, TW10 7ED	3+

3+ 3 years plus **5+** 5 years plus **h** Harpers Activity Camps in partnership with Fit For Sport

Corporate discount available, contact Head Office.

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for full UK venue list & to **BOOK**