

**SUMMER HOLIDAY ACTIVITIES, - AUGUST 2011**  
 Overview (see next page for details)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10						Trampoline Sports Village sports hall
10-11	3 in 1 session Belvidere Secondary School gym.	Trampoline, Grange Sports Centre, as part of Kidz Club.	3 in 1 session Belvidere Secondary School gym.	3 in 1 session Sports Village, sports hall.		
11-12						
12-1						
1-2						
2-3						
3-4						
4-5						
5-6		4:45 to 5:45 Trampoline & DMT	Cheerleading Sundorne Games Hall			
		5:45 to 6:45 Sports Village				
6-7					Trampoline	
7-8					Sports Village	
8-9						
9-10					Trampoline adults only	

For further information please go to [www.severntrampolineclub.org](http://www.severntrampolineclub.org),  
 Email [severn.trampolineclub@yahoo.co.uk](mailto:severn.trampolineclub@yahoo.co.uk)  
 Professional CRB'd coaches

## SUMMER HOLIDAY ACTIVITIES - AUGUST 2011

### DETAIL

Activity	Day & Time	Venue	Cost
<b>3 in 1. ☺</b> <b>Three hour session with trampoline, gymnastics and cheer leading*.</b> <b>Minimum age 8yrs.</b>	<b>Monday and Wednesday</b> 10:00 to 13:00. www.belvidere.shropshire.sch.uk	Belvidere Secondary School gymnasium, Crowmere Road SY2 5LA	£10 per person per 3 hour session
	<b>Thursday</b> 10:00 to 13:00 www.shropshire.gov.uk/sports	The Sports Village, sports hall, Sundorne Road SY1 4RQ	
<b>Cheerleading</b> <b>Minimum age 8 years.</b>	<b>Wednesday</b> 17:00 to 18:00	Sundorne Games Hall, Sundorne Road SY1 4RQ	£4 per person per hour
<b>Trampoline</b> <b>Minimum age 5 years.</b>	<b>Tuesday</b> 10:00 to 12:00	Grange Sports Centre	As part of Kidz Club
	<b>Tuesday</b> 16:45 to 17:45 and 17:45 to 18:45	The Sports Village, sports hall, Sundorne Road SY1 4RQ	£4 per person per hour
	<b>Friday</b> 18:00 to 19:00, 19:00 to 20:00 and 20:00 to 21:00		
	<b>Friday</b> 21:00 to 22:00 <b>Adult only</b>		
	<b>Saturday</b> 09:00 to 10:00 and 10:00 to 11:00		
<b>Double mini tramp (DMT)</b> <b>Minimum age 8 years.</b>	<b>Tuesday</b> with trampoline session at The Sports Village 4:45 to 5:45 and 5:45 to 6:45	The Sports Village, sports hall, Sundorne Road SY1 4RQ	£4 per person per hour

Note: Cheerleading activities content will vary depending on the skills and interests of the participants. Where participant interest and skill levels are suitable we will include gymnastic elements and balances as part of training and routine formation.

Participants will need to wear sports clothing and trainers. Socks are required for trampolining. Please remove all jewelry and tie back long hair.

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