



# Holiday Activities

# Summer 2021

Ashton Park Sports Centre Holiday Activity  
Programme for children aged 4-16



**Thursday 22nd July - Friday 27th August**



Childcare Voucher Payments are accepted.

All Childcare Voucher Bookings need to be made and enquired via email.

We cannot accept Voucher Bookings through our SchoolHire website.



[ashtonparksports.schoolactivity.co.uk](http://ashtonparksports.schoolactivity.co.uk)



[ashtonparksports](#)



[@ashtonparksport](#)

Times

Full Day: 8:30am - 4:00pm

Extended Day: 8:30am - 5:00pm

Ashton Park Sports Centre

Blackmoors Lane, Bower Ashton, Bristol, BS3 2JL

t:0117 3773300 e:[enquiries@ashtonparksports.com](mailto:enquiries@ashtonparksports.com) w:[www.ashtonparksports.com](http://www.ashtonparksports.com)



# Holiday Activities

# Week One

Activity	Time & Price	Age
<b>Thursday 22nd July</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Friday 23rd July</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14

## Half Day Sessions

Half day Escape Zone sessions are available. These however, MUST be booked in conjunction with another activity, i.e. Basketball, Kayaking, Paddleboarding etc.

We cannot accept half day bookings for Escape Zone individually.

Please call us for more information.

## Activity Information

Further information for all activities can be found on our website: [www.ashtonparksports.com](http://www.ashtonparksports.com)

## Activity Bookings

Bookings for all activities must be made online via: [www.ashtonparksports.schoolactivity.co.uk](http://www.ashtonparksports.schoolactivity.co.uk)

Times

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# Holiday Activities

# Week Two

Activity	Time & Price	Age
<b>Monday 26th July</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Paddle Boarding	9:00am - 12:30pm (£20)	8-14
<b>Tuesday 27th July</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Wednesday 28th July</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Kayaking	9:00am - 12:30pm (£20)	8-14
<b>Thursday 29th July</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Friday 30th July</b>		
OLYMPICS DAY!!	Full Day (£17) - ED (£3)	4-14
Archery	1:00pm - 4:00pm (£20)	8-14



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# Holiday Activities

# Week Three

Activity	Time & Price	Age
<b>Monday 2nd August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
FOOTBALL DAY!!	9:00am - 4:00pm (£16)	5-14
<b>NEW!! - BASKETBALL!!</b>	9:00am - 12:30pm (£12)	5-8
<b>NEW!! - BASKETBALL!!</b>	1:00pm - 4:00pm (£12)	9-14
<b>Tuesday 3rd August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Wednesday 4th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Thursday 5th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Friday 6th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Kayaking	1:00pm - 4:00pm (£20)	8-14

## NEW - BASKETBALL!!

Try out our new Basketball session led by a Level 2 Basketball England coach! A fun session focused on learning the basics of Basketball, through matches, skill games and drills. This session is suitable for children of all levels, experience and knowledge of basketball.

Times

Full Day: 8:30am - 4:00pm

Extended Day: 8:30am - 5:00pm

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# Holiday Activities

# Week Four

Activity	Time & Price	Age
<b>Monday 9th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Orienteering	9:00am - 12:30pm (£20)	8-14
<b>Tuesday 10th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
FOOTBALL DAY!!	9:00am - 4:00pm (£16)	5-14
<b>Wednesday 11th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Paddle Boarding	9:00am - 12:30pm (£20)	8-14
<b>Thursday 12th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Friday 13th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Paddle Boarding	1:00pm - 4:00pm (£20)	8-14

## Other Activities

To view all of our other exciting activities we have on offer for children and adults, flick to pages 10-12, or head to our website: [www.ashtonparksports.com](http://www.ashtonparksports.com).

Times

Full Day: 8:30am - 4:00pm

Extended Day: 8:30am - 5:00pm

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# Holiday Activities

## Week Five

Activity	Time & Price	Age
<b>Monday 16th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Bike Ability Level 1	9:00am - 12:30pm (£10)	7-8
<b>Tuesday 17th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Bike Ability Level 2 (Day 1 of 2)	9:00am - 12:30pm (£15)	9-11
Bike Ability Level 3 (Day 1 of 2)	1:00pm - 4:00pm (£20)	12-14
Kayaking	1:00pm - 4:00pm (£20)	8-14
<b>Wednesday 18th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Archery	9:00am - 12:30pm (£20)	8-14
Bike Ability Level 2 (Day 1 of 2)	9:00am - 12:30pm (£--)	9-11
Bike Ability Level 3 (Day 2 of 2)	1:00pm - 4:00pm (£--)	12-14
Orienteering	1:00pm - 4:00pm (£20)	8-14
<b>Thursday 19th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Friday 20th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14

### Times

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# Holiday Activities

# Week Six

Activity	Time & Price	Age
<b>Monday 23rd August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Tuesday 24th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
<b>Wednesday 25th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Kayaking	1:00pm - 4:00pm (£20)	8-14
<b>Thursday 26th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Paddle Boarding	9:00am - 12:30pm (£20)	8-14
<b>Friday 27th August</b>		
Escape Zone	Full Day (£17) - ED (£3)	4-14
Archery	9:00am - 12:30pm (£20)	8-14

**COMING SOON...!**

Flick to our back page to see what exciting activity we have coming soon...!

Times

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# Registration Form

## Childs Details

Name:

Male/Female:

Age:

D.O.B.:

Ethnicity:

Address:

Postcode:

School:

Email:

Please provide your email if you wish to receive future Programmes as soon as they go 'Live!'

Please circle one of the following:

I give permission for: my child to walk home

I will collect my child

How did you find out about the Holiday Activity Programme?:

I give consent for photos to be taken of my child for  
all activities ran through Ashton Park Sports Centre

Yes

No

## Emergency Contact Details

Name:

Relationship:

Tel (home):

Tel (mob):

Please list all Medical/Disability information or any Behavioural Tendencies for your child

## Declaration- Please read and sign the following declarations:

1. I agree to my child taking part in the activities booked and acknowledge the need for respectful and responsible behaviour on his/her part.
2. I understand that my child can only bring a healthy snack and lunchbox containing food suitable to be eaten before and after strenuous exercise. This food must not contain traces of nuts.
3. If circled yes, I agree to Ashton Park Sports Centre or their Activity Providers take photographs of my child for marketing and promotional material. If I change my mind I must write and sign a letter addressed to Ashton Park Sports Centre stating my decision.
4. I understand that if desired it is my responsibility to take out personal accident insurance for my child
5. In the event of an illness, having parental responsibility for the above named child, I give permission for medical treatment to be administered where considered necessary by a nominated first aider, or by a suitably qualified medical practitioner.
6. If I cannot be contacted and my child should require emergency hospital treatment, I authorise a qualified medical practitioner to provide emergency treatment or medication.
7. I understand that children are not permitted to bring mobile phones or electronic devices. We feel that this distracts children from physical activity and the Sports Centre will not be held responsible for any damage or loss of items.

We take your privacy very seriously. We store your details securely on our database(s), we will only use your personal information for newsletters and special offers. We will never share your personal details with third parties for marketing purposes.

All Holiday Activity Programme booking terms and conditions can be found on our website.

Signature of

Parent/Guardian

Date

# COVID Information

## Information for parents - Please read before booking:

For us to offer our Programme we have been working hard to ensure everything is in place to make the Centre a Covid safe environment for all visitors. We are following Government guidelines and putting our own measures in place, to minimise the risk of contamination and spreading. We ask that you follow these guidelines and pre-warn your child(ren) that during this pandemic our programmes will be run slightly differently.

### Parents:

On arrival to the Centre we ask that you park considerately, and away from other cars leaving a parking bay between each care where possible, allowing for social distancing.

There will be blue lines outside of reception, on the floor to indicate one metre distancing. If a queue forms when registering your children we ask that you stand on these lines and form an orderly queue. There will be signs on display to remind all parents and children of this, and reminders to wash and sanitise hands often.

We ask that when entering our reception area, all parents and children use the hand sanitiser provided. This will also be used by both staff and children throughout the day.

We ask that you let us know if you wish/need to pick your child(ren) up earlier, so we can ensure they are ready for you.

### Children:

On arrival, all children will be allocated a 'spot mat'. This spot mat will then belong to your child for the whole day. The child will take all of their belongings and sit on the spot mat at the start of the day. All children will be sat on spot mats one metre apart at the start of the day.

Once all the children have arrived the coaches will supervise the children in taking their belongings to the changing rooms. There will be numbered pegs, allowing adequate distancing between each child's belongings. The children will be put into three different groups (number dependant), allowing for adequate supervision and ratios of coaches:children.

Throughout the day, the coaches will lead games that promote social distancing as much as they can.

At breaks and lunch, the children will have staggered times to collect their snacks and lunches. These staggered times will allow each different group to collect their belongings and 'spot mat' with no crossover. The children will then bring their 'spot mats' back to the hall and they will be used as markers for them to sit one metre away from each other.

We will only allow 3 children in and out of the toilets and changing rooms at any one time.

We will allow scheduled toilet breaks at different points throughout the day to manage the situation, again allowing children into the toilets no more than 3 at a time.

Children will also be asked to use the hand sanitiser at regular intervals throughout the day.

### Staff & Equipment:

All staff and coaches have informed us that they are fit and well to come back to work, showing no signs or symptoms of COVID-19. If at any point a member of staff should describe signs or symptoms of COVID-19 they will be told not to work.

The staff will use the hand sanitiser at the beginning, end and regularly throughout the day.

All equipment will be wiped down by a member of staff before and after it has been used throughout the day. All equipment is also wiped thoroughly at the start and end of every day.

We also have PPE equipment which all staff have been trained on using and wearing if needed.

The coaches leading each day will remind children of the social distancing measures and lead games promoting this.

During this unprecedented time we will do the best we can to ensure the children stay safe, we also know that it is very difficult for children to uphold these new expectations.

We always welcome feedback, positive and constructive, in order to make our Centre, and the services we offer, as safe as possible.





**Bristol Russian Ballet School offer ballet lessons from aged 4+, including adult sessions, from Monday to Saturday.**

**Wey offer a friendly, safe environment in a professionally set up Dance Studio here at Ashton Park Sports Centre.**

**Teachers are ex-professional dancers, including guest teachers for pre-professional ballet students.**

**Applications are now open for Summer Intensive courses;**

**August 9th - 13th: Juniors (Aged 9-14)**

**August 16th - 21st: Seniors (Aged 14+)**

**Please email us for more information and to book your free taster lesson!**

[info@bristolrussianballet.com](mailto:info@bristolrussianballet.com)

<https://bristolrussianballet.com>



Mon/Wed 7-8pm  
Fri 6-7pm  
  
Ashton Park  
School

## TOP BENEFITS OUR MEMBERS REPORT

- Increased strength & fitness**
- Full body toning and weight loss**
- Better mental health and happiness**
- Increased energy and confidence**
- Better sleep, less aches and pains**
- The ability to crush your enemies and see them driven before you!**

For more information visit

**[www.bristolkettlebellclub.co.uk](http://www.bristolkettlebellclub.co.uk)**



Our fun, structured play sessions take children on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way, whilst teaching how to catch, pass, kick, run with the ball and play as part of a team. Classes are for 2 to 7 year old boys and girls, taking place in a number of venues across Bristol, North Somerset and South Glos including Ashton Park Sports Centre on Sunday mornings.

To find out more or book your child's taster session, please email [rob@rugbytots.co.uk](mailto:rob@rugbytots.co.uk) or visit [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

# Slimming World taste the freedom

THURSDAY  
EVENINGS

Old School Gym,  
Ashton Park School,  
BS3 2JL

NEW MEMBERS  
WELCOME!!

Laura - 07795 474 532

**Slimming**  
**WORLD**  
touching hearts, changing lives



# Coming Soon...!



## After School Football Club!!

**Every Monday from  
13th September -  
Monday 18th October**

**Years 5&6**

**6 week course**

**£24.00**

**4:00pm - 5:00pm**

To register your interest please email:  
[enquiries@ashtonparksports.com](mailto:enquiries@ashtonparksports.com)

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