

Summer Holiday

Activity Programme 2009



Telephone 01553 772283 – Email jim@discoverykingslynn.co.uk





DISCOVERY FESTIVAL

@ The Walks in King's Lynn

on

SUNDAY 16th August at 12pm – 8pm

- It's a Knockout,
- Parkour,
- Amazing reptiles,
- Salvation Army and their band,
- Fairground rides,
- Clown/Children's entertainer,
- Face paints and Hair braiding,
- Raffle,
- Cake Stall,
- SOS Bus,
- Lollipop trees and various other kids games,
- Family Based Quizzes for adults and kids,
- Penalty Shoot out,
- Ice Cream Vans,
- Food and refreshments,
- Weeting Steam Engine rally
- Morris Dancing,
- Classic cars and motorbikes,
- Talent contests,
- Local Bands,
- Plus Many More.....

DJ's and bands playing on the evening

- Kluster,
- Danny Birch,
- Sunny Delight,
- Paul Grant,
- Nigel Sharpin,
- Steve Rowe and
- STORM!!!! This includes a workshop with children and young people
- Plus many more to come

Summer Activities 2009

NB. All activities are for 8yrs and above except where stated.

This programme is open to all and the cost per day is **50p** across all sites.

It is essential that we have registration details including a contact number for all children and young people taking part in the activities.

You can collect membership forms from the Discovery Centre on any day leading up to the summer holidays to help run things more smoothly although this is not essential.

Discovery will be running a pick up service as usual.

Bookings/details can be made directly to Lynnsport/ **(No bookings will be taken at Providence Street)/COWA** – any children or young people accessing activities taking place off site (Discovery Centre) will be accompanied by a Discovery Centre staff member who will maintain a register to ensure everyone is accounted for.

NB. You can access activities direct to all the sites but if your child does not access the Discovery Centre first we will not/cannot take responsibility for your child's welfare

Contact Numbers

Discovery Centre 01553 772283 – 07733220063

Lin Smith – College of West Anglia 01553 815490

Lynnsport Leisure Park – 01553 818008

King's Lynn Youth Centre – 01553 773565

Pickup Service

Fairstead (Map) 09.15am

Gaywood (Park High) 09.30

North Lynn (Community Centre) 09.45

Pickups will be taking place in Terrington etc times to be advised – also in other areas as requested, please call with your requirements and we will do our best to accommodate you.

Summer Holiday Activities – Discovery Centre

Mon	Tues	Wed	Thu	Fri
20 th July Graffiti Art Tags/Face Painting	21 st July 3D Animals/Nail Art	22 nd July Pasta Mosaics/Face Painting	23 rd July Bedroom Door Hangers/Nail Art	24 th July Graffiti Art Tags/Face Painting
27 th July 3D People	28 th July Design a T Shirt Competition/Face Painting	29 th July Mad Eyes/Nail Art	30 th July Picture Frames/Face Painting	31 st July Cross Stitch Book Marks
3 rd Aug Cushion Making/Face Painting	4 th Aug Jewellery Making/Nail Art	5 th Aug Pasta Mosaics/Face Painting	6 th Aug Design & Paint Cups	7 th Aug Drawing Competition
10 th Aug Mirrors	11 th Aug Patch work quilt/Face Painting	12 th Aug 3D Animals/Nail Art	13 th Aug Design a Bag Competition/Face Painting	14 th Aug Flower & Leaf Pictures
17 th Aug Carnival Masks/Face Painting	18 th Aug Clay Models/Nail Art	19 th Aug Picture Frames/Face Painting	20 th Aug Crazy Hands	21 st Aug Collages
24 th Aug Flower & Leaf Pictures	25 th Aug Clay Bowls	26 th Aug Tissue Paper Flowers/Face Painting	27 th Aug Design & Paint Plates/Nail Art	28 th Aug Carnival Masks/Face Painting

31 st Aug BANK HOLIDAY	1 st Sept Cushion Making/Face Painting	2 nd Sept Pasta Mosaics/Face Painting	3 rd Sept Jewellery Making/Nail Art	4 th Sept End of Holiday Party
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A member of staff using safe materials and tools will lead all art and crafts sessions. Model making will be in good old Blue Peter fashion using everyday chuck away material to get those imaginations working overtime.

Ask about the Princes Trust Programmes available through the Discovery Centre. Telephone Jim 07733220063

Everyone has a voice at the Discovery Centre – come and join the Discovery Youth Forum and help make a difference. Telephone Jade Harrison for details 01553 772283

Summer Holiday Activities – Discovery Centre

Mon	Tues	Wed	Thu	Fri
20 th July Fishing Registration 11am – 1pm	21 st July Fishing 8am – 3pm Martial Arts 12pm – 2pm Hair & Beauty 11am – 1pm Drum Workshop 11am – 4pm	22 nd July Willow Tree Farm Trip 11am – 3pm Singing Star Comp 12pm – 4pm	23 rd July Boxing 12pm to 2pm Origami 12pm to 2pm	24 th July Hair & Beauty 11am – 1pm Disco & Party Games 2pm – 4pm Drum Workshop 11am – 4pm
27 th July	28 th July Fishing 8am – 3pm Martial Arts 12pm – 2pm Hair & Beauty 11am – 1pm	29 th July Willow Tree Farm Trip 11am – 3pm Guitar Workshop 11am – 4pm Guitar Hero Comp 12pm – 4pm	30 th July Boxing 12pm to 2pm Origami 12pm to 2pm Band Workshop 11am – 4pm	31 st Jul Hair & Beauty 11am – 1pm Disco & Party Games 2pm – 4pm Drum Workshop 11am -4pm
3 rd Aug Hair & Beauty 11am – 1pm Alison Street Dance 11am – 11.45am & 12pm – 12.45pm Drum Workshop 11am – 4pm	4 th Aug Fishing 8am – 3pm Martial Arts 12pm – 2pm Guitar Workshop 11am – 4pm	5 th Aug Willow Tree Farm Trip 11am – 3pm Guitar Hero Comp 12pm – 4pm French Skipping 12pm – 4pm	6 th Aug Boxing 12pm to 2pm Origami 12pm to 2pm	7 th Aug Hair & Beauty 11am – 1pm Disco & Party Games 2pm – 4pm Drum Workshop 11am – 4pm
10 th Aug Alison Street Dance 11am – 11.45am & 12pm – 12.45pm	11 th Aug Fishing 8am – 3pm Martial Arts 12pm – 2pm	12 th Aug Hair & Beauty 11am – 1pm Singing Star Comp 12pm – 4pm Reptile Show 12pm – 2pm	13 th Aug Boxing 12pm to 2pm Origami 12pm to 2pm Hair & Beauty 11am – 1pm Band Workshop 11am – 4pm	14 th Aug Disco & Party Games 2pm – 4pm Drum Workshop 11am – 4pm
17 th Aug Guitar Workshop 11am – 4pm Alison Street Dance 11am – 11.45am & 12pm – 12.45pm Hair & Beauty 11am – 1pm	18 th Aug Fishing 8am – 3pm Martial Arts 12pm – 2pm	19 th Aug Willow Tree Farm Trip 11am – 3pm Band Workshop 11am – 4pm Guitar Hero Comp 12pm – 4pm Hair & Beauty 11am – 1pm French Skipping 12pm – 4pm	20 th Aug Boxing 12pm to 2pm Origami 12pm to 2pm	21 nd Aug Disco & Party Games 2pm – 4pm Drum Workshop 11am – 4pm
24 th Aug Hair & Beauty 11am – 1pm	25 th Aug Fishing 8am – 3pm Martial Arts 12pm – 2pm Guitar Workshop 11am – 4pm	26 th Aug Willow Tree Farm Trip 11am – 3pm Band Workshop 11am – 4pm	27 th Aug Boxing 12pm to 2pm Origami 12pm to 2pm Drum Workshop 11am – 4pm	28 th Aug Disco & Party Games 2pm – 4pm
31 st Aug BANK HOLIDAY	1 st Sept Fishing 8am – 3pm Martial Arts 12pm – 2pm Hair & Beauty 11am – 1pm	2 nd Sept Willow Tree Farm Trip 11am – 3pm Singing Star Comp 12pm – 4pm Band Workshop 11am – 4pm	3 rd Sept Boxing 12pm to 2pm Origami 12pm to 2pm Hair & Beauty 11am – 1pm Guitar Workshop 11am – 4pm	4 th Sept End of Summer Holidays Party!!!! Competition Winners Presentation

For details on Fishing Trips please call Robbie 07900041799
French skipping 3 x 1 hour sessions 30 in each session

Summer Holiday Activities – Discovery Centre

General Sports Activities delivered by Phil Henderson (sports development worker)

Mon	Tues	Wed	Thurs	Fri
20 th July 10am – 1pm football Coaching with FA Qualified Coach	21 st July 10am 1pm Uni-Hoc 2pm to 4pm Pool/Darts & Table tennis comps.	22 nd July Football Tournament 10am to 4pm	23 rd July 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	24 th July 10am to 1pm Basketball Skills 2 to 4pm Nintendo WII Competition
27 th July 10am – 1pm football Coaching with FA Qualified Coach	28 th July 10am to 1pm football skills 2pm to 4pm Pool/Darts & Table tennis comps.	29 th July Football Tournament 10am to 4pm	30 th Jul 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	31 st Jul 10am to 1pm Basketball skills 2pm to 4pm Dodgeball/short tennis
3 rd August 10am – 1pm football Coaching with FA Qualified Coach	4 th Aug 10am 1pm Uni-Hoc 2pm to 4pm Pool/Darts & Table tennis comps.	5 th Aug Football Tournament 10am to 4pm	6 th Aug 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	7 th Aug 10am to 1pm Basketball Skills 2 to 4pm Nintendo WII Competition
10 th August 10am – 1pm football Coaching with FA Qualified Coach	11 th Aug 10am to 1pm football skills 2pm to 4pm Pool/Darts & Table tennis comps.	12 th Aug Football Tournament 10am to 4pm	13 th Aug 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	14 th Aug 10am to 1pm Basketball skills 2pm to 4pm Dodgeball/short tennis
17 th August 10am – 1pm football Coaching with FA Qualified Coach	18 th Aug 10am to 1pm football skills 2pm to 4pm Pool/Darts & Table tennis comps.	19 th Aug Football Tournament 10am to 4pm	20 th Aug 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	21 st Aug 10am to 1pm Basketball skills 2pm to 4pm Dodgeball/short tennis
24 th August 10am – 1pm football Coaching with FA Qualified Coach	25 th Aug 10am 1pm Uni-Hoc 2pm to 4pm Pool/Darts & Table tennis comps.	26 th Aug Football Tournament 10am to 4pm	27 th Aug 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	28 th Aug 10am to 1pm Basketball skills 2pm to 4pm Dodgeball/short tennis
31 st July Bank Holiday	1 st Sept 10am to 1pm football skills 2pm to 4pm Pool/Darts & Table tennis comps.	2 nd Sept Football Tournament 10am to 4pm	3 rd Sept 10am to 1pm Nintendo WII Competition 2pm to 4pm Pool/Darts & Table tennis comps.	4 th Sept End of Holiday Party

We do have indoor and outdoor sport areas and dependent on the weather the sessions may take place inside or out. As you can see the programme is a busy one so the weather may affect some activities, although we assure you we have something for everyone.

Pool tables, darts, table tennis, Nintendo Wii, PS2's, table football, board games, trampolines, reading books are all free to use.

Summer Holiday Activities

College of West Anglia – 50p per day

These activities will take place on site at the College of West Anglia.

NB. Parents can take Children and young people straight to the College if they only wish to take part in the activities listed below – but NB Discovery will not/cannot be held responsible for your child's welfare if you do.

Tuesday 21st July Aerobics 11.00 – 12noon 7 -11yrs	Wednesday 22nd July Basketball 1.00 – 3.00 8 – 11yrs
Tuesday 28th July Aerobics 11.00 – 12noon 7 -11yrs	Wednesday 29th July Basketball 1.00 – 3.00 8 – 11yrs
Tuesday 4th August Aerobics 11.00 – 12noon 7 -11yrs	Wednesday 5th August Basketball 1.00 – 3.00 8 – 11yrs
Tuesday 11th August Aerobics 11.00 – 12noon 7 -11yrs	Wednesday 12th August French Skipping 11am – 3pm 3 x 1 hr sessions 30 per group.
Tuesday 18th August Aerobics 11.00 – 12noon 7 -11yrs	Wednesday 19th August Basketball 1.00 – 3.00 8 – 11yrs
Tuesday 25th August Aerobics 11.00 – 12noon 7 -11yrs	Wednesday 26th August Reptile Workshop 12pm – 2pm Basketball 1.00 – 3.00 8 – 11yrs

Summer Holiday Activities-Lynnsport 50p per day.

These activities will take place on site at Lynnsport Leisure Centre -

NB. Parents can take Children and young people straight to Lynnsport if they only wish to take part in the activities listed below or wish to access activities through Lynnsport. **(Kandoo Club for children and young people of all abilities)** - NB Discovery will not/cannot be held responsible for your child's welfare if you do.

Mon 20th July Cricket 11.00-1.00 6-9yrs LS Cricket 1.00-3.00 10-13yrs LS Mini Camp Chaos 10.00-12.00 5-8yrs LS Dance 11:00-11:45 8-17yrs LS	Tue 21st July Badminton 11.00-12.00 8-16yrs LS Roller Skating 2.00-4.00 5-11yrs LS	Wed 22nd July Junior Gymnastics 10.45-12.45 5-15yrs LS Beginners Skate/BMX 11:00-1:00 8-16yrs LS Majorettes 1.30-2.30pm & 3.00-4.00	Thu 23rd July Kandoo Club 10.00-3.00 8-16yrs LS Roller Skating 2-00-4.00 5-11yrs LS Indoor Adventure Play 2.00-4.00 5-15yrs LS	Fri 24th July Multisport 11.00-1.00 8-16yrs LS Fencing 2.00-3.00 5-7yrs Fencing 3.00-4.00 8-11yrs LS Gladiator Challenge 2.00-4.00 7-15yrs LS Majorettes 1.30-2.30pm & 3.00-4.00
Monday 27th July Cricket 11.00-1.00 6-9yrs LS Cricket 1.00-3.00 10-13yrs LS Mini Camp Chaos 10.00-12.00 5-8yrs LS Majorettes 1.30 – 2.30 + 3.00 – 4.00 Dance 11.00 – 11.45 8 – 17yrs 8 – 16yrs	Tue 28th July Badminton 11.00-12.00 8-16yrs LS Roller Skating 2.00-4.00 5-11yrs LS Tumble Teds 10.45-11.45 3-5yrs LS	Wed 29th July Junior Gymnastics 10.45-12.45 5-15yrs LS Table tennis 2:00-4:00 8-16yrs LS Beginners Skate/BMX 11:00-1:00 8-16yrs LS Majorettes 1.30-2.30pm & 3.00-4.00	Thu 30th July Kandoo Club 10.00-3.00 8-16yrs LS Roller Skating 2-00-4.00 5-11yrs LS Junior Trampoline 10.45-11.45 5-8yrs LS Junior Trampoline 11.45-12.45 9-13yrs LS	Fri 31st July Athletics Day Tuesday Market Place Linford Christie is coming to King's Lynn Fun Starts at 4PM on the Tuesday Market Place Indoor adventure play 2.00 – 4.00 5 – 15yrs
Monday 3rd Aug Cricket 11.00-1.00 6-9yrs LS Cricket 1.00-3.00 10-13yrs LS Mini Camp Chaos 10.00-12.00 5-8yrs LS	Tue 4th Aug Pre-School Trampoline 10.45-11.30 3-4yrs LS Badminton 11.00-12.00 8-16yrs LS Roller Skating 2.00-4.00 5-11yrs LS Indoor Adventure Play 2.00-4.00 5-15yrs LS	Wed 5th Aug Tumble Teds 10.45-11.30 18mths-3yrs LS Beginners Skate/BMX 11:00-1:00 8-16yrs LS	Thu 6th Aug Kandoo Club 10.00-3.00 8-16yrs LS Roller Skating 2-00-4.00 5-11yrs LS Junior Trampoline 10.45-11.45 5-8yrs LS Junior Trampoline 11.45-12.45 9-13yrs LS	Fri 7th Aug Multisport 11.00-1.00 8-16yrs LS Fencing 2.00-3.00 5-7yrs Fencing 3.00-4.00 8-11yrs LS Gladiator Challenge 2.00-4.00 7-15yrs LS
Mon 10th Aug Tumble teds 10.45-11.30 12mths-3yrs Mini camp chaos 10.00-12.00 5-8yrs Athletics Community Day 5.00-8.00 Football 2.00-4.00 5-11yrs	Tue 11th Aug Tumble teds 10.45-11.30 12mths-3yrs Badminton 11.00-1.00 8-16yrs Roller Skating 2.00-4.00 5-11yrs	Wed 12th Aug Junior Gymnastics 10.45-12.45 5-15yrs Squash 11.00-1.00 6-8yrs Squash 1-3 9-12yrs Beginners skate/bmx 11-1 8-16yrs	Thur 13th Aug Kandoo Club 10.00 -3.00 8-16yrs Roller-skating 2.00-4.00 5-11yrs Indoor adventure play 2.00-4.00 5-15yrs	Fri 14th Aug Multisport 11.00-1.00 8-16yrs Fencing 2.00-3.00 5-7yrs Fencing 3.00-4.00 8-11yrs Pre school trampoline 10.45-11.30 3-4yrs
Mon 17th Aug Football 2:00-4:00 5-11yrs LS Mini Camp Chaos 10.00-12.00 5-8yrs	Tues 18th Aug Badminton 11.00-12.00 8-16yrs LS Roller Skating 2.00-4.00 5-	Wed 19th Aug Beginners Skate/BMX 11:00-1:00 8-16yrs LS Star track Athletics 10.00-3.00 LS	Thu 20th Aug Kandoo Club 10.00-3.00 8-16yrs LS Roller Skating 2-00-4.00 5-11yrs LS	Fri 21st Aug Multisport 11.00-1.00 8-16yrs LS Fencing 2.00-3.00 5-7yrs Fencing 3.00-4.00 8-

	11yrs LS		Star track Athletics 10.00-3.00 LS	11yrs LS
Mon 24th Aug Football 2:00-4:00 5-11yrs LS Street Dance 11:00-11:45 8-17yrs LS	Tues 25th August Badminton 11.00-12.00 8-16yrs LS Roller Skating 2.00-4.00 5-11yrs LS	Wed 26th Aug Table tennis 2:00-4:00 8-16yrs LS Beginners Skate/BMX 11:00-1:00 8-16yrs LS	Thu 27th Aug Kandoo Club 10.00-3.00 8-16yrs LS Roller Skating 2-00-4.00 5-11yrs LS	Fri 28th Aug Multisport 11.00-1.00 8-16yrs LS Fencing 2.00-3.00 5-7yrs Fencing 3.00-4.00 8-11yrs LS
Mon 31st Aug BANK HOLIDAY	Tue 1st Sept Roller skating 2.00-4.00 5-11yrs	Wed 2nd Sept Beginners skate/bmx 11.00-1.00 8-16yrs Junior gymnastics 10.45-12.45 5-15yrs	Thur 3rd Sept Kandoo Club 10.00-3.00 8-16yrs Roller Skating 2.00-4.00 5-11yrs Junior trampoline 10.45-11.45 5-8yrs Junior trampoline 11.45-12.45 9-13yrs	Fri 4th Sept Multisport 11.00-1.00 8-16yrs Fencing 2.00-3.00 5-7yrs Fencing 3.00-4.00 8-11yrs Indoor adventure play 12.00-2.00 5-15yrs Tumble teds 10.45-11.45 3-4yrs

Summer Holiday Activities - 2009

Norfolk County Council Children's Service – Western Area Youth Work Team

King's Lynn Youth Centre– Tel 01553 773565

Summer Fun – organised by the
Western Area Youth Work Team
27th – 31st July 2009

Adventurous Activity Week – Dunnolly (Scotland).

6th August 2009
The Big Picnic - Thetford Forest

29th August
The Gig 09! – Organised by young people of West Norfolk.
Venue: The Corn Exchange –King's Lynn 2pm to 11pm

19th August 2009

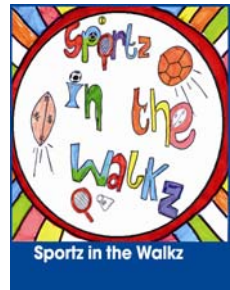
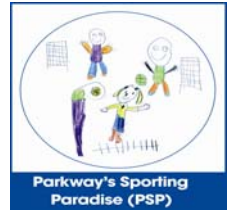
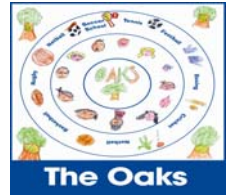
Reptile Show – King's Lynn Youth Centre (Providence Street) 12pm to 2pm
For further details on all activities, please contact Derek Tabor - Western Area Youth Worker

**Thanks to Norfolk County Council's Children's Services
Western Area Youth Work Team for their continued
contribution and support towards this year's summer
programme.**



Activities Organised by Improving Neighbourhoods Urban Sports Motivator

<p>Wednesday 22nd July Fairstead MUGA (The Oaks) Summer Sports Camp (Football/Cricket/Basketball) 11.00am – 4pm 8 – 13yrs 6-a-side Street Football with KLCF 6.00pm – 7.30pm 13 – 19yrs</p>
<p>Wednesday 29th July Gaywood MUGA (Parkway's Sporting Paradise) Summer Sports Camp (Football/Cricket/Basketball) 11.00am – 4pm 8 – 13yrs 6-a-side Street Football with KLCF 6.00pm – 7.30pm 13 – 19yrs</p>
<p>Wednesday 5th August Walks MUGA (Sportz in the Walkz) Summer Sports Camp (Football/Cricket/Basketball) 11.00am – 4pm 8 – 13yrs 6-a-side Street Football with KLCF 6.00pm – 7.30 pm 13 – 19yrs Saturday 8th August Parkour with NRPK & KLFR 11.00am – 3.00pm 12+yrs. Under 12 accompanied by an adult</p>
<p>Wednesday 12th August North Lynn MUGA (Kingsway Sportway) Summer Sports Camp (Football/Cricket/Basketball) 11.00am – 4pm 8 – 13yrs 6-a-side Street Football with KLCF 6.00pm – 7.30pm 13 – 19yrs</p>
<p>Wednesday 19th August South Lynn (Whitefriars CE VA Primary School) Summer Camp (Football/Cricket/Basketball) 11.00am – 4pm 8 – 13yrs 6-a-side Street Football with KLCF 6.00pm – 7.30pm 13 – 19yrs</p>
<p>Wednesday 26th August Lynnsport 6-a-side Street Football Tournament with KLCF</p>



Summer Holiday Activities

We hope you enjoy this fantastic variety of activities and we hope this is the start of things to come.

I can not stress enough the importance of filling in a membership/booking form primarily to ensure we have everyone's contact details and medical background but also to allow us to evidence who and how many have accessed the programme to help with future funding bids.

Listed below are the contacts of those who have worked in partnership to put this programme together.

Jimmy Yallop – Discovery Centre 01553 772283/07733220063

Ashley Yallop – Discovery Centre 01553 772283/ 075256891890

Tony Devenish – Borough Council 01553 818015

Victoria King – Borough Council 01553 818012

Lin Smith – College of West Anglia 01553 761144

Derek Tabor– Children's Services Western Area Youth Work Team: 01553 773565

This programme was sponsored by –



