

SUMMER CAMP ACTIVITIES

AGE GROUP: 8 - 16 YEARS



WHAT'S ON SUMMER @ROUPELL PARK

Summer Programme 2018

VARIOUS ACTIVITIES FROM MONDAY 23RD JULY UNTIL SATURDAY 25TH AUGUST

Summer is a great time to give yourself a boost by doing something different; allow yourself to have fun and learn something new, irrespective of your age.

This brochure includes a range of activities which RouPELL Park are providing across all age groups. All activities are **FREE** of charge, except for the coach trips. Sign up for activities now, to avoid disappointment.

1 Craft Workshop / ICE-Skating

DATES: Mondays 23 July, 30 July, 6 Aug, 13 Aug and 20 Aug.
TIME: 9.00am to 4.00pm



2 Go-karting / Oxygen Free Jumping

DATES: Tuesdays 24 July, 31 July, 7 Aug, 14 Aug and 21 Aug.
TIME: 8.00am to 4.00pm
AGE: Please note that for this activity your child has to be 12+ years of age.

3 Energy dance workshop / Ten Pin Bowling

DATES: Wednesdays 25 July, 1 Aug, 8 Aug, 15 Aug and 22 Aug.
TIME: 8.00am to 4.00pm



4 Leadership challenge / Paint balling:

DATES: Thursdays 26 July, 2 Aug, 9 Aug, 16 Aug and 23 Aug.
TIME: 8.30am to 5.00pm

5 Boot Camp or Go Cinema / Games

Activities will alternate depending on the demand.
DATES: Fridays 27 July, 3 Aug, 10 Aug, 17 Aug and 24 Aug.
TIME: 10am to 4.00pm

HOW TO BOOK: Only 10 spaces are available per each activity and they will be allocated on a first come first served basis. You will have to fill out an application from which you can pick up from RouPELL Park office or you can call Christian on 07706 179851 to arrange, or for more info.

The **MEETING POINT** for all activities will be at Windmill Gardens SW2 5EU where other young people from Lambeth will meet and will then leave to a designated location.

EXTRA: There are also volunteering opportunities available for 16+ If you are interested in boosting your CV or you just want to help out around the general running of all the activities, then contact Christian Johnson on 07706 179851.

SPORTS



Friday Football with Fulham coaches

VENUE: RouPELL Football cage next to Dunsfold House
DATES: Fridays 27 July, 3 Aug, 10 Aug, 17 Aug and 24 Aug.
TIME: 5.00pm - 7.00pm.
AGE GROUP: 10+ years
NO NEED TO APPLY, just turn up at the session.

7 Wednesday Basketball session

- RUN IN PARTNERSHIP WITH FULHAM FC AND DELIVERED VIA PROFESSIONALLY TRAINED BASKETBALL COACHES

VENUE: RouPELL Football cage next to Dunsfold House
DATES: Wednesdays 25 July, 1 Aug, 8 Aug, 15 Aug and 22 Aug.
TIME: 5.00pm - 6.00pm
AGE: 10+

Basketball is a great sport for improving balance and coordination as well as developing concentration and self-discipline. It is equally liked by boys and girls. Girls are particularly encouraged to join the summer sessions!
HOW TO APPLY: Just turn up at the session or for more info speak to Paul on 07500 108495

8 Monday Summer Football

DATES: Mondays 30 July, 6 Aug, 13 Aug & 20 Aug.
VENUE: RouPELL Football cage next to Dunsfold House
TIMES: 3.00pm - 5.00pm
AGE GROUP: 8+
Due to the high popularity of Friday football sessions, Fulham FC have contributed additional sessions.
HOW TO APPLY: Just turn up at the session; for more info call Paul on 07500 108495

9 Combine your training: Multi sports and Football

DATES: Thursdays 2 Aug, 9 Aug, 16 Aug & 23 Aug.
VENUE: RouPELL Football cage next to Dunsfold House
TIMES: 3.00pm - 4.00pm Multi sports, 4.00pm - 5.00pm Football
AGE GROUP: 8+
HOW TO APPLY: Just turn up at the session, for more info call Paul on 07500 108495.

10 Boxercise for boys and girls

DATES: Thursdays 26 July, 2 Aug, 9 Aug, 16 Aug & 23 Aug.
TIME: 2.30pm - 3.30pm
VENUE: RouPELL Park Community Centre
AGE GROUP: 10+
This session is suitable for both boys and girls who'd want to boost their training regime; the sessions is based on the training concepts boxers use to keep fit. Expect skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups. Sounds hard work, but fun and provides a real boost in both physical ability and confidence levels!
HOW TO APPLY: Just turn up at the session or contact David on 07971 254 048 for more info.

11 Outdoor gym session for women and girls

DATES: Wednesdays: 25 July, 1 Aug, 8 Aug, 15 Aug and 22 Aug.
TIME: 2.00pm - 3.00pm
VENUE: green grass area in between Tilford and Outwood House, in case of rain the session will be held at RouPELL Community Centre.
AGE: 16+

This class is for women and girls and is geared at all fitness levels! Experienced fitness trainer David will take you through a set of simple yet effective exercises based on resistance work as well as your own body weight, so expect some light dumb bells as part of the session. If you have young children, they are welcome to sit around and observe.
HOW TO APPLY: You can just turn up at the session, or contact David on 07971 254 048 for more info.

12 Chair yoga sessions for all

DATES: Fridays 27 July, 3 Aug, 10 Aug, 17 Aug and 24 Aug.
TIME: 10.30am - 11.30am
VENUE: RouPELL Park Community Centre

These sessions are geared at elderly, anyone with a limited physical capacity or those who prefer a gentle type of exercise. Gurpreet, the session tutor, will take you through a series of stretching and relaxation techniques - and all whilst being seated in your chair. Other benefits are improved posture, balance and elevation of pain, especially if you suffer from arthritis.
HOW TO APPLY: You can just pop in at the session, but for more info please call Gurpreet on 077916 40914.



UNDER 5s

13 A week of creative activities for both parents and children

AGE GROUP: parents with children from 2 - 11 years
DATES: Monday 23 July 10.00am - 12.30pm, Tuesday 24 July 1.00pm - 3.30pm, Wednesday 25 July 10.00am - 12.30pm, Thursday 26 July 10.00am - 12.30pm and Friday 27 July 1.00pm - 3.30pm
VENUE: RouPELL Park Community Centre

A range of creative activities for both under 5s and older siblings such as: craft sticking and decorating, making snap cards, collages, beading, biscuit decorating, art drawing, painting, creating your own scrap books, as well as learning the art of henna painting! The end of each sessions will have a story rhyme and singing time.
HOW TO APPLY: You can just turn up at the session or contact Nighat on 07832 401398.

14 Seaside trip to Joss Bay, Broadstairs for families with under 5s

DATE: 15th August 2018
TIME: Leaving at 9.00am sharp outside Holme-wood Nursery School SW2 2RW
TICKET COST: £3 per Adult and £1 per child
HOW TO APPLY: Prior booking is essential - To book your place please call Angela on 020 8674 3440 07958 149548 and mention that you live on RouPELL Park Estate, as you will take priority. Please bring your own lunch, sun protection and bucket and spade! Each child has to have a seat - If your child is small then please bring your own car seat.

LEARN SOMETHING NEW

15 Positive YOU with Marcia & Howard Jones

In these practical and interactive workshops you will explore how to deal positively when confronted with peer pressure. Each session will consist of team games, mini competitions and case studies to help you consider coping strategies in various situations or when exposed to peer pressure. Experienced Facilitators will take you through side effects of drug and alcohol abuse as well as 'ways to say no'. Expect lots of fun as well as learning - and someone may even win some money too!
AGE GROUP: 8+
DATES: Tuesdays 31 July and 7 Aug.
Time: 2.00pm - 4.30pm
HOW TO APPLY: Please ring Eva Christmas on 07983 584 767 to secure your space or just turn up on the day.



16 Shooting Starrz - learn how to sing and perform this summer with Ruth-Ellen!

A 4 week mini-course which aims to develop confidence, performance skills and creativity through vocal techniques, song writing, story-telling, which will allow for your own creative expression. The workshop is led by Ruth-Ellen, an experienced singer and songwriter.
AGE GROUP: 11+ years
DATES: Wednesdays 1 Aug, 8 Aug, 15 Aug, 22 Aug.
TIMES: 3.30pm - 5.30pm
VENUE: RouPELL Park Community Centre
HOW TO BOOK: Just drop in at the session, or ring Eva Christmas on 07983 584 767 in order to reserve your space.

17 Solar Panel workshop

DATE: 21 Aug.
TIME: 2.00pm - 6.00pm
AGE: 15+
VENUE: RouPELL Park Community Centre

Learn the fundamentals of making a solar panel with Repowering London: in this highly practical workshop you will learn from where to source the materials to how to connect multiple panels together. There will also be the opportunity to hear about how you could reduce your energy bills by making use of the much cheaper energy generated by the solar panels installed on the rooftops in RouPELL Park. Tea, coffee, and cakes/biscuits will be provided! All you have to do is to turn up. Both adults and young people age 15+ are encouraged to join in. Expect lots of fun!
HOW TO APPLY: Please ring Jack on 07864 212 057 to secure yours space.

To mark the end of our summer programme ...

All day Coach trip to Brighton for ALL!



DATE: Saturday, 25 Aug
TICKET COST: £5 per adult and £2 per child or £1 for second and any additional children
DEPARTURE: 9.00am sharp from the corner of Upper Tulse Hill and Fairveiv Place
Leaving Brighton at 5.00pm to return home.
HOW TO APPLY: Tickets will have to be paid in advance and are non-refundable. They will be sold on a first come first served basis, so please book on time to avoid disappointment.
TICKETS will be available from our RouPELL Park office from Monday 6 August.