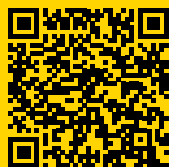




# SUMMER HOLIDAY PROGRAMME 2025



- 01473 382382
- [sportscentre@suffolk.ac.uk](mailto:sportscentre@suffolk.ac.uk)
- [www.suffolk.ac.uk/sports-centre](http://www.suffolk.ac.uk/sports-centre)

Suffolk New College Sports Centre,  
Rope Walk, Ipswich, IP4 1LT





### Children's Day Camp

Our Day camps offer a varied programme. We have various activities inc sports, Arts and crafts, cake decorating and more. Participants to bring their own packed lunch. Please make staff aware of any allergies. Our Day Camps will vary throughout the summer, so no 2 days are the same.

**Cost: £20.00 per day | Ages 7 - 12 yrs**

There is an early drop off, at 8.30am and/or a late pick up till 4.30pm (For £2 per session)



### Toddler Fun Room

Our toddler room has soft play, inflatable animals, ball pit, toys and a bouncy castle.

Please note: This area is not supervised and parents/guardians must take responsibility for their own children, at all times, whilst on site.

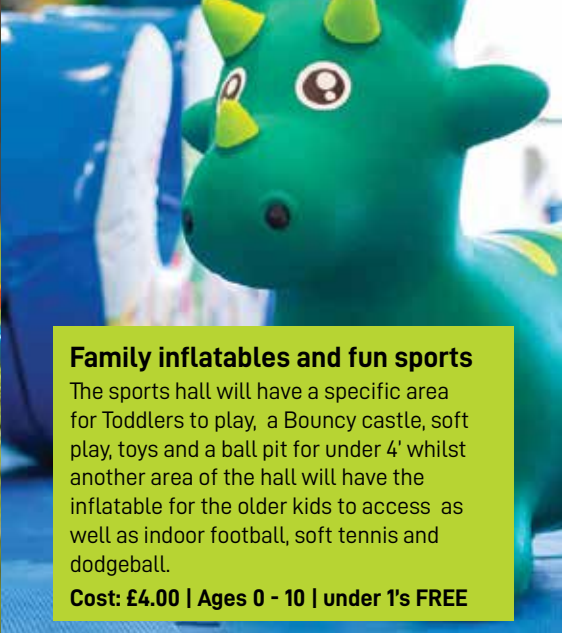
**Cost: £5.00 | Ages 0 - 4 yrs  
(under 1's are FREE)**



### Summer Sports Day for all the family

Bringing the fun of the sports day with fun challenges from welly throwing to classic races like the sprint, sack race, egg & spoon and obstacle course.

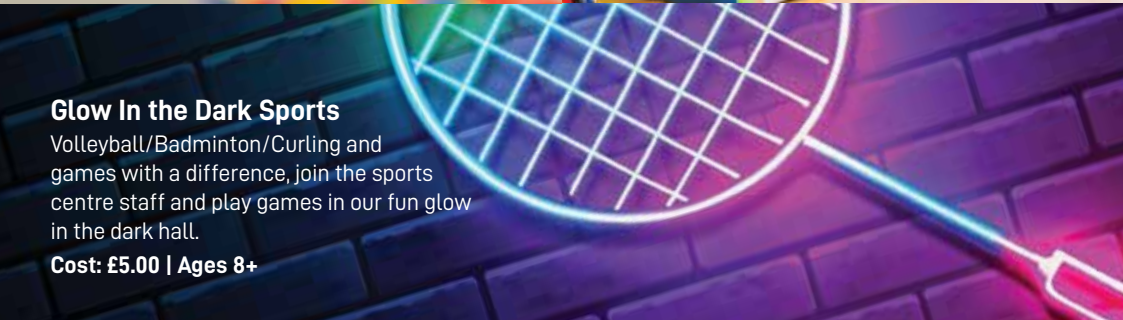
**Cost: £4.00**



### Family inflatables and fun sports

The sports hall will have a specific area for Toddlers to play, a Bouncy castle, soft play, toys and a ball pit for under 4' whilst another area of the hall will have the inflatable for the older kids to access as well as indoor football, soft tennis and dodgeball.

**Cost: £4.00 | Ages 0 - 10 | under 1's FREE**



### Glow In the Dark Sports

Volleyball/Badminton/Curling and games with a difference, join the sports centre staff and play games in our fun glow in the dark hall.

**Cost: £5.00 | Ages 8+**



### Laser Tag

The sports staff will be guiding the teams through the high-energy laser tag battles that deliver heart-pounding excitement. Working as a team to capture the flag, or going solo in a free-for-all shootout, a great experience for everyone.

**Cost: £10.00 | Ages 6 - 12**



### Casual Basketball & Volleyball

Our indoor Basketball & Volleyball courts will have open access for anyone to come and play either or both activities. Please note this is a casual session with no staff supervision. Bring your friends for a game.

**Cost: £5.00 | Ages 12 - 17 yrs**



### Inflatable Fun, Trampoline & Multi Sports Session

Inflatable bouncy castle and trampoline alongside multi sports inc football, dodgeball, soft tennis & soft archery.

**Cost: £6.00**



### Inflatable fun and multi-sports

Inflatable castle, indoor cricket, football and Dodgeball in the sports hall. All under the supervision of sports centre staff.

**COST: £4.00 | Ages 6 - 10**



### Baby bouncers trampolining, soft play and inflatable fun

Trampolining for pre-school children with soft play and inflatables to play on whilst not on the trampoline. Socks must be worn & trampolining taught by a qualified coach.

**Cost: £4.00 | Ages 18 months - 4 years**

Suffolk New College Summer Holiday Programme					
	Week 1 21st - 25th July	Week 2 28th July - 1st August	Week 3 4th - 8th August	Week 4 11th - 15th August	Week 5 18th - 22nd August
Monday	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382	Day Camp 9am - 4pm	Indoor Football & Skills Session 10am - 11am for U8s	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book on-line or enquire on 01473 219439	Archery, Curling and mini games 10:30am - 12pm
		Inflatable fun, Trampolining & Multisports 11:30pm - 12:30pm	Indoor Football & Skills Session 11am - 12pm for 8 - 10yr olds		
		Baby Bouncers trampolining, soft play & Inflatable fun 1pm - 2pm	Indoor Football & Skills Session 1pm - 2pm for 12 - 15yr olds	Interactive Suite session 11am - 12pm	Crafty Challenges 2:30pm - 4pm
			Archery, Curling and mini games 3pm - 4pm for 5 - 8 yr olds	Family Inflatables and fun sports 1:30pm - 2:30pm	
Tuesday	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382	Crafty Challenges 2:30pm - 4pm	Day Camp 9am - 4pm	Day Camp 9am - 4pm	Glow In The Dark Sports 10am - 11am
		Suffolk Cricket	Glow In The Dark Sports 10am - 11am	Toddler Mania 10am - 11:30am	Interactive Suite session 11am - 12pm
			Inflatable fun, Trampolining & Multisports 2:30pm - 3:30pm	Inflatable fun, Trampolining & Multisports 2:30pm - 3:30pm	Inflatable fun, Trampolining & Multisports 2:30pm - 3:30pm
Wednesday	Day Camp 9am - 4pm	Crafty Challenges 2:30pm - 4pm	Day Camp 9am - 4pm	Day Camp 9am - 4pm	Multi Sports Mania 10:30am - 11:30am
	Multi Sports Mania 10:30am - 11:30am		Summer sports day for the family 11:30am - 1pm	Inflatable Fun & Multisports 11:00am - 12:00pm	Toddler Room 10am - 12.30pm
	Inflatable Fun & Multisports 2pm - 3pm	Suffolk Cricket	Inflatable Fun & Multisports 2:00pm - 3pm	Summer sports day for the family 1:30pm - 3pm	Toddler Room 12.30 - 3pm
Thursday	Archery, Curling and mini games 5-8 yr olds 10am - 11:15am	Laser Tag Session 1, 10am - 11:45am Session 2, 1pm - 2:45pm Session 3, 3pm - 4:45pm	Cricket Day Camp, run by Suffolk Cricket 9am - 4pm	Glow In The Dark Sports 10am - 11am	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382
	Toddler Mania 12.30am - 1:30pm			Interactive Suite session 12pm - 1pm	
	Family Inflatables & Fun Sports 2:30pm - 3:30pm			Archery, Curling and mini games 3pm - 4pm for 5 - 8 yr olds	
Friday	Glow In The Dark Sports 10:30am - 11:30am	Laser Tag Session 1, 10am - 11:45am Session 2, 1pm - 2:45pm Session 3, 3pm - 4:45pm	Toddler Mania 10am - 11:30am	Multi Sports Mania 10:30am - 11:30am	Casual basketball, Badminton or Table-Tennis Sports hall open for casual unsupervised usage, please book online or enquire on 01473 382382
	Toddler Room 10am - 12.30pm		Casual Basketball & Volleyball 1pm - 3pm	Baby Bouncers trampolining, soft play & Inflatable fun 1pm - 2pm	
	Toddler Room 12.30 - 3pm	Casual trampolining & Multi Sports 3pm - 4pm			
	Double Mini Trampolining Session 12:30pm - 1:30pm	Toddler Room 10am - 12.30pm	Toddler Room 10am - 12.30pm		
	Casual trampolining & Multi Sports 2:30pm - 3:30pm	Toddler Room 12.30pm - 3pm	Double Mini Trampolining Session 4pm - 5pm	Toddler Room 12.30 - 3pm	

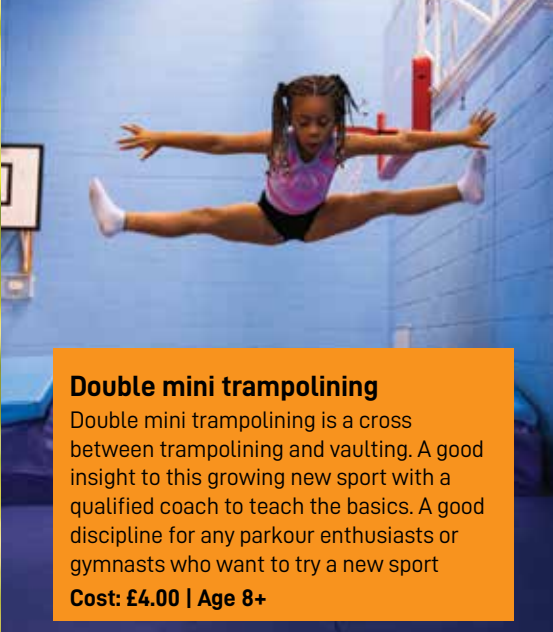




### Casual Basketball, badminton or table-tennis

Open access for anyone to come and play. Please note this is a casual session with no staff supervision.

**Cost: £3.00**



### Double mini trampolining

Double mini trampolining is a cross between trampolining and vaulting. A good insight to this growing new sport with a qualified coach to teach the basics. A good discipline for any parkour enthusiasts or gymnasts who want to try a new sport

**Cost: £4.00 | Age 8+**



### Interactive Suite Session

**Ages 10+**

Come and have a go in our Virtual Reality room on the college VR suite.

**Cost: £5.00**



### Casual Trampolining & Multi Sports

Trampolining session with a qualified coach alongside football, dodgeball, soft tennis & soft archery

**Cost: £6.00 | Age 7+**



### Indoor Football & Skills Session

Indoor football for all ages in a directed activity to learn new skills and drills to put into games at the end of the session. Activity run by the centre staff .

**Cost: £4.00**



### Archery, Curling and Mini games

Activities for fun, come and try archery, curling and mini games in the sports hall, under the supervision of sports centre staff

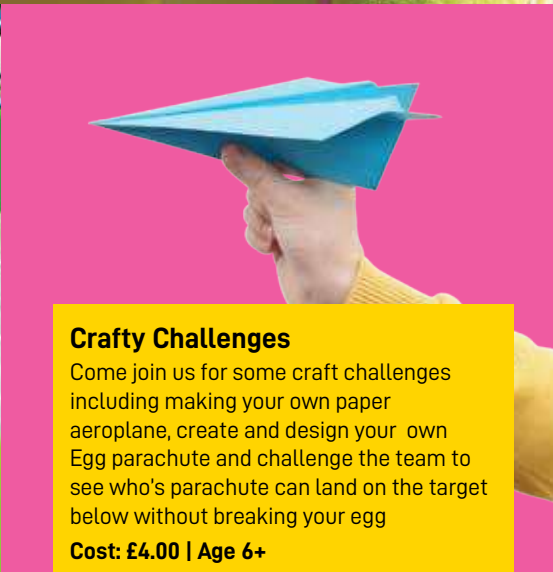
**Cost: £4.50 | 5 - 8 yr olds**



### Toddler Mania

Toddler mayhem for little ones with trampolining, soft play, bouncy castles, ball pit and toys for the little ones to play.

**Cost: £5.00 | Age 0-4**



### Crafty Challenges

Come join us for some craft challenges including making your own paper aeroplane, create and design your own Egg parachute and challenge the team to see who's parachute can land on the target below without breaking your egg

**Cost: £4.00 | Age 6+**



### Multi Sports Mania

Indoor Football, Archery, Curling, Volleyball, Soft Tennis and Dodgeball all available in the sports hall to play, under the supervision of Sports centre staff .

**Cost: £5.00 | Age6+**



### A Cricket Day Camp

Please visit their website or contact them for more information