

## Enjoy a happy and healthy holiday with our FREE Fit and Fed holiday clubs!

The Fit and Fed holiday programme provides meals and activities to children on free school meals in Plymouth during the summer holidays. This year it's being funded by the Department for Education.

There are over 45 holiday clubs offering a range of different activities, from street dance to science workshops and water sports to coding. Inside this brochure you will find information on all the exciting clubs on offer.

All of our clubs are run by experienced organisations who will provide a safe and welcoming experience where children will have fun and make new friends.

There really is something for everyone this summer, so book today.

For more information please contact the Sports Development Unit:

01752 307008

sportsdev@plymouth.gov.uk www.plymouth.gov.uk/fitandfed



@sportplymouth



@sportplymouth











# archery





## How to book

Look through the brochure and decide which clubs you would like to book.

Each child can book up to four weeks for **FREE**. You can attend the same club for four weeks or visit a different club each week, the choice is yours.

There are limited spaces available so places will be given to those who apply first.

Our Fit and Fed holiday clubs are open to children living in Plymouth who are currently on free school meals.

Most of the holiday clubs can be booked via

www.plymouth.gov.uk/fitandfed

The following clubs need to be booked direct with the organisation, details can be found within the brochure:

Central Park Community Sports Hub

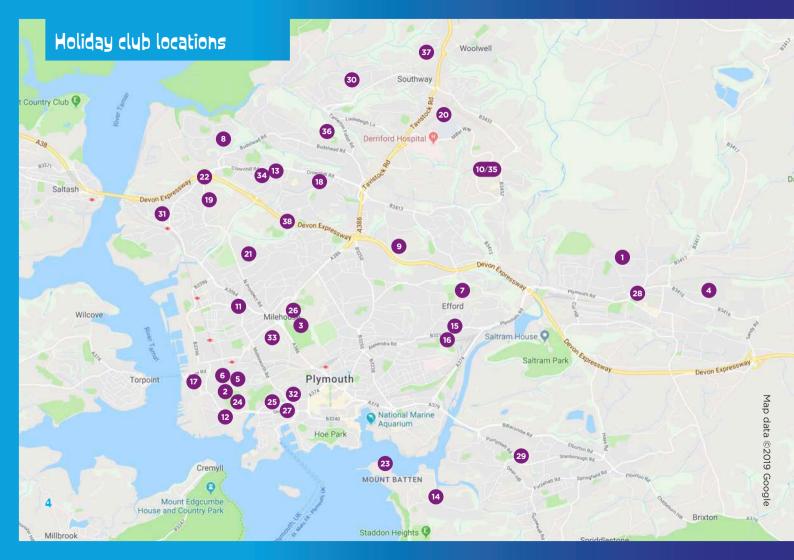
Devonport Park Activity Centre

Ernesettle Community School

Plymouth Life Centre

· St Peter's Primary School.





- Boringdon Primary School PL7 4HJ
- 2 Brickfields Sports & Recreation Centre PL1 4NE
- 3 Central Park Community Sports Hub PL3 4HQ
- 4 Chaddlewood Primary School PL7 2EU
- 5 City College Plymouth PL1 5QG
- 6 Devonport Park Activity Centre PL1 4BU
- 7 Efford Youth and Community Centre PL 3 6HU

- 8 Ernesettle Community School PL5 2RB
- 9 Eggbuckland Community College PL6 5YB
- 10 Estover Youth Centre PL6 8UN
- 11 Ford Primary School PL2 1PU
- Hamoaze
  House
  Pl 1 4.JQ
- Honicknowle Youth Centre
- Hooe Primary Academy PL9 9RG
- Laira Green
  Primary
  School
  PL3 6BP

- 16 Lipson Co-operative Academy PL4 7PG
- Marlborough
  Primary
  Academy
  PL1 4NJ
- Manadon
  Sports and
  Community
  Hub
  PL 5 3ED
- 19 Marine Academy Plymouth PL5 2AF
- Marjon Sport & Health Centre PL6 8BH
- 21 Mayflower Community Academy PL2 2NJ
- Plaistow
  Hill Infant
  and Nursery
  School
  PL5 2DT

- Mount Batten
  Watersports
  and Activities
  Centre
  PL9 9SJ
- Plymouth
  Albion Rugby
  Club
  Pl 1 4 J 7
- 25 Plymouth College Preparatory School PL1 3JL
- Plymouth
  Life Centre
  PL2 3DG
- 27 Plymouth School of Creative Arts PL1 3EG
- Plympton Library PL7 2AS
- PL9 9BU

- Southway
  Youth &
  Community
  Centre
  PL6 6TB
- St Paul's Catholic Primary School PL5 1NE
- 32 St Peters Primary School PL1 1TP
- Stoke
  Damerel
  Community
  College
  PL3 4BD
- The Phoenix Centre PL5 2LZ
- Tor Bridge
  High Sports
  Centre
  PL6 8UN
- 36 Whitleigh Scout Hut PL5 4AA

- Widewell Primary Academy PL6 7ER
- YMCA
  Plymouth
  PL5 3NG

Other locations not illustrated on the map opposite:

- CHICKS
  Coastal
  Retreat
  Par, Cornwall
- The Mansions
  Totnes
  +
  Torre Abbey
  Torquay

## Ade

## Times & dates

## Venue







## **Premier Sport (Sainsbury's Active)**

Kids at this club will try a variety of activities including sports such as tennis, gymnastics and dodgeball, alongside arts & crafts, circus skills and the opportunity to try a para-sport!

Contact the Sports Development Team on 01752 307008/sportsdev@plymouth.gov.uk to obtain a booking code.

5 - 15vear olds

15 spaces 9am - 4pm

July

22, 23, 24, 25, 26 29, 30, 31

August

1. 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23 27, 28, 29, 30

**Boringdon Primary** School

Courtland Crescent Plympton PI 7 4H.J





## **Everyone Active**

A fun-filled multi-sports holiday club. including creative and nutritional activities. From sports and games to messy arts and crafts, from outdoor adventures to athletics on the running track.

8 - 11

vear olds

25 spaces 10am - 2pm

(Thurs 8 and 22: 11:30am - 3:30pm)

July

29, 30, 31

**August** 

1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16

19, 20, 21, 22, 23

**Brickfields Sports & Recreation Centre** 

Madden Road Devonport **PI 1 4NF** 

## Fit for Sport

Keep your kids moving with an action-packed holiday camp where children will get the chance to experience a wide range of exciting daily activities including swimming, multi-sports and arts & crafts.

To book call **02087 424990** or email enquiries@fitforsport.co.uk and quote 'FIT&FED'. 13, 14, 15, 16 PI 3 4HQ 20, 21, 22, 23 27, 28, 29, 30





## **Premier Sports**

Children won't be bored at this action packed camp with themed days, competitions and Nerf battles. Other activities include football. dodgeball, rugby, netball, fencing, lacrosse, tri-golf, ultimate frisbee, cheerleading, drama, dance and arts & crafts.

5 - 12 vear olds

15 spaces 9am - 4pm

August 6, 7, 8, 9 13, 14, 15, 16 20, 21, 22, 23 27. 28, 29, 30 Chaddlewood **Primary School** Hemerdon Heights Plympton

PI 7 2FU

Holiday club	Age	Times & dates	Venue
city college plymouth	13 - 16 year olds 20 spaces	<b>12pm - 4pm July</b> 23, 24, 25, 26 30, 31	City College Plymouth Kings Road Devonport PL1 5QG
City College Plymouth	364663	<b>August</b> 1, 2	1 21 300
Discover how to cook and eat healthily as well as learning how to play basketball with coaches from Plymouth Raiders basketball team.		6, 7, 8, 9 13, 14, 15, 16	
6 Routeways	<b>8 - 18</b> year olds	10am - 2pm	Devonport Park Activity Centre
_	12	<b>July</b> 29, 30, 31	PL1 4BU (Mon, Tue, Wed)
Routeways	spaces		+
This fun inclusive club is for children	300003	August	
and young people with ASC, learning disabilities or other disabilities who		5, 6, 7, 8	The Beckly Centre PL9 9DF
may struggle to cope with mainstream		12, 13, 14, 15	(Thur)
activities.		19, 20, 21, 22	· · · ·

Book online at www.bookwhen.com/shortbreaks or call 01752 300700.

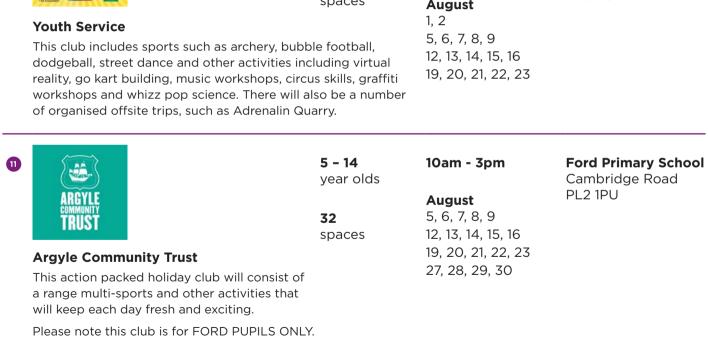
Holiday club	Age	Times & dates	Vehue
Youth Service  A fun packed four week programme of arts and sports, such as kick boxing and archery, plus day trips to places like Adrenaline Quarry.	10 - 18 year olds 30 spaces	July 29, 30, 31 August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	Efford Youth and Community Centre Blandford Road PL3 6HU
Ernesettle Community School	4 - 11 year olds 50 spaces	10am - 2pm  July 29, 30, 31  August	Ernesettle Community School Biggin Hill PL5 2RB
Ernesettle Community School  A varied fun programme of play and physical activities with elements of creative opportunities.  To book call Kelly Powell 01752 201177 (option 2) or the main school office.		1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	

19, 20, 21, 22, 23

27, 28, 29, 30

showcase of achievements.

Holiday club	Age	Times & dates	Venue
SUMMER	<b>11 - 19</b> year olds	11am - 3pm	Estover Youth Centre
MIX 2019 Gaing Local	30	<b>July</b> 29, 30, 31	(on school campus) Miller Way PL6 8UN
Youth Service	spaces	<b>August</b> 1, 2	PLO OUN
This club includes sports such as arch dodgeball, street dance and other act reality, go kart building, music worksh workshops and whizz pop science. Th	ivities including virtual pops, circus skills, graffiti	5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	
of organised offsite trips, such as Adr			
	5 - 14	10am - 3pm	Ford Primary Sch







## **Youth Service**

An exciting club providing a range of sporting, creative and inspiring activities including boxing, virtual reality and archery. There will also be off-site trips to the Aquarium, Live Wire and Poole Farm.

vear olds

25 spaces Tues: 2pm-6pm

Wed: 3pm-7pm Thur: **3pm-7pm** 

Fri: 11am-3pm

July 29, 30, 31

August

1. 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23 **Youth Centre** 

Honicknowle Green

PL5 3PX



## **Argyle Community Trust**

This action packed holiday club will consist of a range multi-sports and other activities that will keep each day fresh and exciting.

Please note this club is for LAIRA GREEN PUPILS ONLY.

August 5, 6, 7, 8, 9 32 12, 13, 14, 15, 16 spaces 19, 20, 21, 22, 23

27, 28, 29, 30

Beverley Road PI 3 6BP

Holiday club	Age	Times & dates	Vehue
16 HIGH		9am - 1pm July 29, 30	<b>Lipson Co-operative Academy</b> Bernice Terrace PL4 7PG
High 5 Sports  An action packed holiday club full of sports, outdoor activity and adventure. Develop your existing skills and experience new and exciting activities.		<b>August</b> 1, 2 5, 6, 8, 9 12, 13, 15, 16 19, 20, 22, 23	
TGS Coaching	<b>5 - 12</b> year olds	10am - 3pm	Marlborough Primary Academy
	25	<b>July</b> 29, 30, 31	Morice Square PL1 4NJ

## **TGS Coaching**

This club will challenge children keeping them physically, mentally and socially active throughout the day. Children will be involved with planning each day and the activities that they take part in.

25 29, 30, 31 spaces August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16

19, 20, 21, 22, 23

To book contact Danny Zalick on **07867 429267** or via **dannyzalick07@hotmail.com**.

Holiday club	Age	Times & dates	Venue
Argyle Community Trust  An action packed multi-sports club at the new Manadon Sports and Community Hub run by coaches from the Argyle Community Trust.	5 - 14 year olds 32 spaces	10am - 3pm  August 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23 27, 28, 29, 30	Manadon Sports and Community Hub St Peters Road PL5 3FD
MARINE ACADEMY PLYMOUTH  Marine Academy Plymouth  A football themed holiday club run by qualified coaches including skills and fun competitions.	6 - 10 year olds 25 spaces	10am - 2pm  July 29, 30, 31  August 1 5, 6, 7, 8 12, 13, 14, 15 19, 20, 21, 22	Marine Academy Plymouth Trevithick Road St.Budeaux PL5 2AF

## The Reading Agency and Libraries Present



**Summer Reading Challenge 2019** 





## Get ready for an out-of-this-world adventure at your local library – it's Space Chase, the Summer Reading Challenge 2019!

Our super space family, the Rockets, need your help to track down books that have been nabbed by aliens! As you read library books over the summer, collect special stickers and prizes to complete your mission folder. There's a medal for every child that completes the challenge.

Sign up for the challenge at any Plymouth Library from Saturday 13 July.

www.plymouth.gov.uk/ summerreadingchallenge Can you find the aliens in time to save the day? Head to the library to start your Space Chase!

The Summer Reading Challenge is aimed at children aged 4 to 12. Those under 4 can take part in the Mini Challenge.



## We're delighted to be able to support this summer's Fit and Fed programme in partnership with the Plymouth City Council's Sports Development Team and individual clubs and organisations.

Our fully trained school chefs, using our established network of local and regional suppliers, will be providing freshly prepared bagged meals or (dependant on the request from the activity provider) a hot delivered meal using fresh, local and seasonal ingredients which meet the Government standards for school food as a minimum.







CATERed is unique in the country and, as a local authority trading cooperative owned by schools and the council, provides over 2.5 million meals each school year in 67 schools and academies.





Follow: @cateredplymouth

CATERed Limited is a company jointly owned by schools across the City of Plymouth and Plymouth City Council serving great tasting freshly prepared hot food to children and young people every day. Company No: 09355912 | VAT Number: 208 5215 29

Holiday club	Age	Times & dates	Vehue
Argyle Community Trus This action packed holiday of a range multi-sports and that will keep each day free	club will consist dother activities	10am - 3pm  July 29, 30, 31  August 1, 2 19, 20, 21, 22, 23 27, 28, 29, 30	Mayflower Community Academy Ham Drive PL2 2NJ
22 district sports District Sports	<b>5 - 8</b> year olds <b>25</b>	10am - 2pm July 29, 30, 31	Plaistow Hill Infant and Nursery School Roman Way PL5 2DT
This active and inclusive ho contains a wide range of fu activities to ensure that eve a safe and enjoyable time.	ın sports and	<b>August</b> 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	

Но	oliday club	Age	Times & dates	Vehue
24	Plymouth Albion Rugby Club  An active, fun and engaging programme where you will learn how to lift weights correctly in the gym, build skills through games and take part in some cookery workshops. You'll also be able to enjoy some fun days out.	15 - 18 year olds 12 spaces	10am - 2pm  August 6, 7, 8, 9 13, 14, 15, 16 20, 21, 22, 23 27, 28, 29, 30	Plymouth Albion Rugby Club Brickfields Recreation Ground Damerel Close PL1 4JZ
25	Tinies  An Ofsted registered holiday club with themed weeks and lots of exciting activities each day including messy play, games, cooking and sports.	3 - 6 year olds 10 spaces	9am - 1pm  July 29, 30, 31  August 1, 2 5, 6, 7, 8, 9 19, 20, 21, 22, 23 27, 28, 29, 30	Plymouth College Preparatory School The Millfields PL1 3JL

5 - 12

**27** spaces

vear olds



## **Fit for Sport**

Keep your kids moving with an action-packed holiday camp where children will get the chance to experience a wide range of exciting daily activities including swimming, multi-sports and arts & crafts.

To book call **02087 424990** or email **enquiries@fitforsport.co.uk** and quote 'FIT&FED'.

## 9:30am - 4:30pm

**July** 29, 30, 31

August

1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23

## Plymouth Life Centre Mayflower Driv

Mayflower Drive PI 2 3DG

## **Exim Dance Company**

A variety of different performing arts activities from Contemporary, Street and Jazz dance styles to Taiko drumming and singing workshops.

25 spaces

29. 30. 31 **August** 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23 Millbay Road

PL1 3EG

Но	liday club	Age	Times & dates	Vehue
27	ProActive Sports Coaching  A vibrant and varied holiday club combining a range of fun sports activities alongside amazing enrichment activities such as dodgeball, slime making and graffiti art. Your child will also receive a hot meal cooked each day from the onsite canteen.	<ul><li>5 - 8</li><li>year olds</li><li>32</li><li>spaces</li></ul>	9am - 1pm  July 29, 30, 31  August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	Plymouth School of Creative Arts Millbay Road PL1 3EG
		<b>9 - 14</b> year olds	<b>12:30am - 4:30pm July</b> 29, 30, 31	Plymouth School of Creative Arts Millbay Road PL1 3EG
		spaces	August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	

Holiday club	Age	Times & dates	Venue
Plymouth Library Services  A mixture of exciting sports activities for all abilities, as well as various fun computer coding, movies and library based crafts and activities.	8 - 12 year olds 15 spaces	10am - 2pm  August 5, 6, 8, 9 12, 13, 15, 16 19, 20, 22, 23 27, 29, 30	Plympton Library Harewood PL7 2AS
PLYMOUTH CITY COUNCIL  Plymouth Library Services	7 - 11 year olds 16 spaces	10am - 2pm  August 5, 6, 8, 9 12, 13, 15, 16	<b>Plymstock Library</b> Horn Cross Road PL9 9BU
Ride the smoothie bike, tackle the assault course and experience new skills including coding, crafts, circus skills and much more		19, 20, 22, 23 27, 29, 30	

at this action packed holiday camp.

Holiday club	Age	Times & dates	Vehue
30 Stymory Plan	<b>4 - 11</b> year olds	10am - 3pm	Southway Youth & Community Centre Hendwell Close
A M	15	<b>July</b> 29, 30, 31	PL6 6TB
F 7 J J J	spaces	August	
Southway Playcare		1, 2 5, 6, 7, 8, 9	
An inclusive holiday club, providing a safe,		12, 13, 14, 15, 16	
stimulating and challenging environment where children can come along and have		27, 28, 29, 30	
fun.			
31	<b>5 - 14</b> year olds	10am - 3pm	St Paul's Catholic Primary School
ARGYLE		August	Pemros Road PL5 1NE
TRUST	<b>32</b> spaces	5, 6, 7, 8, 9 12, 13, 14, 15, 16	I LJ IINL
Argyle Community Trust	364663	19, 20, 21, 22, 23	
This action packed holiday club will consist		27, 28, 29, 30	
of a range multi-sports and other activities			

that will keep each day fresh and exciting.

spaces

5 - 12

spaces



This traditional holiday club will provide creative and active learning opportunities. There will be lots of fun activities including a variety of sports, bouncy castle play, parkour sessions, street dance and lots more

To book contact Danny Zalick on 07867 429267 or via dannyzalick07@hotmail.com.

## SPORTS WAY

## **Sports Way Management**

A range of fun and challenging inclusive activities ensuring that all children remain active and engaged. Some of the sporting activities include volleyball, basketball, handball, fitness, athletics and tennis.

vear olds July 40 29. 30. 31

August 1. 2

5, 6, 7, 8, 9

12, 13, 14, 15, 16

19, 20, 21, 22, 23

August 1. 2 5. 6. 7. 8. 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23

9am - 5:30pm

Stoke Damerel **Community College** Somerset Place PL3 4BD

Holiday club	Age	Times & dates	Venue
Honicknowle Commnet  A variety of fun interactive physical and enriching activities featuring a final celebration event.	<ul><li>5 - 11</li><li>year olds</li><li>25</li><li>spaces</li></ul>	10am - 2pm  August 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23 27, 28, 29, 30	The Phoenix Centre Little Dock Lane Honicknowle PL5 2LZ
Sports Development Unit  Experience a wide variety of fun activities ranging from bubble football to nutritional activities and circus workshops to UV sports.	8 - 12 year olds 35 spaces	10am - 2pm  July 29, 30, 31  August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	Tor Bridge High Sports Centre Miller Way Estover PL6 8UN

Holiday club	Age	Times & dates	Venue
Whitleigh Playcare  This club offers fun activities, such as cooking, T-shirt dying, themed projects and trips out each week to exciting theme parks.	3 - 11 year olds 10 spaces	July 29, 30, 31 August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23	Whitleigh Scout Hut 35th Plymouth Scout Hut Lancaster Gardens PL5 4AA
Premier  Sainsburys Active Kids 2019  Premier Sport (Sainsbury's Active)  Kids at this club will try a variety of activities including sports such as tennis, gymnastics and dodgeball, alongside arts & crafts, circus skills and the opportunity to try a para-sport!	5 - 15 year olds 20 spaces	9am - 4pm  July 22, 23, 24, 25, 26 29, 30, 31  August 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16	Widewell Primary Academy Lulworth Drive PL6 7ER

19, 20, 21, 22, 23

27, 28, 29, 30

skills and the opportunity to try a para-sport!

01752 307008/sportsdev@plymouth.gov.uk

Contact the Sports Development Team on

to obtain a booking code.





## **CHICKS**

A fantastic club including undercover trampolines, a sports barn, an arts and crafts room and exciting trips out such as swimming and days at the beach! Transport to and from Plymouth will be provided everyday, pick up/drop off points will be confirmed nearer the time.

**8 - 15** year olds

**36** spaces

10am - 4pm

July

29, 30, 31 **August** 1, 2 5, 6, 7, 8, 9 12, 13, 14, 15, 16 19, 20, 21, 22, 23 CHICKS Coastal Retreat

Barn Park Farm Well Street Tywardreath PL24 2QN spaces

## Lifeworks

This club will enable learning disabled young people to connect, be active, take notice and keep learning. It will combine adventure, food and fun, from milking goats to wild swimming, from foraging for berries to getting creative with Theatre Royal Plymouth. A mini-bus will be provided, with an escort, to transport the children to and from Plymouth each day. They will be picked up at 9am and dropped off at 5pm.

10am - 4pm

Weeks 1&2:
The Mansions
Fore Street
29, 30, 31

Totnes
TQ9 5RP

1
5, 6, 7, 8
19, 20, 21, 22
27, 28, 29, 30

Weeks 3&4:
Torre Abbey
The King's Drive
Torquay
TQ2 5JE

