### Creative and sporting activities for those aged under 18



### **Epsom & Ewell**

# SUMMER

**ACTIVITIES 2018** 

### Music, Dance and Theatre

#### **ARTS & DRAMA**

with Headstart

Headstart have offered courses in Arts and Drama, in Surrey since 1991. OFSTED registered and coaches DBS checked.

AGE: 5-12 years

WHERE: Stamford Green Primary School and St. Martins

Primary School, Epsom

WHEN: Monday - Friday, 23 July - 24 August, 10am-4pm

extended hours available 8.30am-5.30pm

COST: From £20 per day CONTACT: 07950 711866 mark@headstartsports.co.uk www.headstartsportscamps.com



#### **ART WORKSHOPS**

with ART-K Ewell
Join us for an artistic workshop
this summer. A wide range of
projects available, full details
available on request.

AGE: 5+ years

WHERE: 31 Stoneleigh Broadway, Epsom KT17 2JE

WHEN: Every Monday - Saturday, 23 July - 25 August

COST: From £18

CONTACT: 07949 366592 Staceyc@art-k.co.uk www.art-k.co.uk

#### **GRADE 5 THEORY CRASH COURSE**

with Fitznells Music & Drama Centre

Four intensive sessions explaining all you need for ABRSM Grade 5 Music Theory. Students will need to bring grade 4 and 5 workbooks and 2017 grade 5 past papers.

AGE: Any

WHERE: Ewell Castle School, Church Street,

Ewell KT17 2AW

WHEN: Either Monday 23 - Thursday 26 July or Tuesday 28

- Friday 31 August, 10.30am-12.30pm each day

COST: £85

CONTACT: 07956 284172 fitznellsmusic@gmail.com www.fitznells.co.uk

#### JAMMY WEEK

with The Jam Academy A funny, sunny Jammy Week in August with dance, singing, drama, games, art and crafts, stage combat, fun, friendship, sunshine and

laughing! AGE: 5-16 years

WHERE: Concorde Hall, Horton Path, Horton Hill,

Epsom KT19 8SR

WHEN: Monday 6 - Friday 10 August, 10am-3pm COST: £30 per day/1 day free if you attend all week

CONTACT: 07870 192266 info@thejamacademy.com www.thejamacadaemy.com



with Edustage

A creative week of rehearsals and performance for young people. Working with industry professionals, participants will be singing, dancing and acting towards performing an original musical on the Epsom Playhouse stage, with lights, sound and costumes on the final afternoon.

No experience necessary!



AGE: 8-17 years
WHERE: Epsom Playhouse,
Ashley Avenue, Epsom KT18 5AL
WHEN: Week 1 for 8-12 years,
30 July - 3 August, 10am-4pm,
performance on 3rd August at 3pm
Week 2 for 13-17 years, 6 - 10
August, 10am-4pm, performance
on 10 August at 3pm
COST: £150 (sibling rate £135)
CONTACT: 01372 742555
edustage@talktalk.net
www.epsomplayhouse.co.uk

We believe all the information, which has been provided by clubs and organisations, to be correct at the time of publication but inclusion is not an endorsement of any products or services.

# Music, Dance and Theatre

#### MUSICAL THEATRE WORKSHOP

#### with Fitznells Music & Drama Centre

All three elements of musical theatre – singing, dancing and acting, are covered by specialist teachers. The workshop culminates in a performance to friends and family on Friday afternoon. Please bring lunch and wear clothes you can move in.

AGE: 6-16 years

WHERE: Ewell Castle School, Church Street,

Ewell KT17 2AW

WHEN: Monday 20 - Friday 24 August, 10am-3.30pm

each day
COST: £180

CONTACT: 07956 284172 fitznellsmusic@gmail.com

www.fitznells.co.uk



### SHOW THEMED DRAMA & DANCE WORKSHOP

#### with Dandelion Theatre Arts

Learn the dances, the lines and songs of Aladdin, School of Rock or Trolls, and put on a show at the end of the week.

Come and get involved back-stage if you prefer! Full week or 2-day option available.

AGE: 4+ years

WHERE: The Leatherhead Theatre, 7 Church Street,

Leatherhead KT22 8DN

WHEN: Monday 30 July - Friday 3 August,

Monday 6 - Friday 10 August,

Monday 13 - Friday 17 August, 9am-4pm each day

COST: £170 per week or £65 for two days

CONTACT: 01306 886243

jennai@dandeliontheatrearts.co.uk www.dandeliontheatrearts.co.uk

# **Holiday Clubs**

### HEROES & CHAMPIONS SUMMER HOLIDAY CLUB

#### at Epsom Methodist Church

Be a Hero or a Champion and join the fun exploring the hidden heroes and champions of bible stories with drama, fantastic craft, crazy science, challenges, an exciting day out and evening BBQ (for year 6+) and much, much more! AGE: 5-15 years

WHERE: Epsom Methodist Church, Ashley Road, Epsom KT18 5AQ

WHEN: Tuesday 28 - Friday 31 August, 10am-12.30pm COST: £5 per day. Free playgroup/creche for helpers' children under 5

CONTACT: 01372 728535

holidayclub@epsommethodistchurch.org.uk www.epsommethodistchurch.org.uk

#### KIDSCLUB

#### with The Kidsclub Company

Ofsted registered out of school childcare.

AGE: 4-11 years

WHERE: Ashtead Youth Centre, Barnett Wood Lane,

Ashtead KT21 2BZ

WHEN: Monday - Friday, 23 - July 4 September (excluding

Bank Holiday Monday)
COST: £19-£25.50 per day
CONTACT: 01372 376711
louiseditrana@ntlworld.com



### MISCHIEF MAKERS SUMMER READING CHALLENGE

#### with Surrey Libraries

Mischief Makers, The Summer Reading Challenge 2018 is inspired by the much-loved children's comic 'Beano' which is celebrating its 80th Anniversary. Taking part is easy and free. Just visit a library to sign up. Borrow books through the summer and earn special stickers to help find the mysterious buried treasure.

AGE: 4-11 years
WHERE: All libraries

WHEN: 14 July - 15 September

COST: Free

www.surreycc.gov.uk/libraries



# **Holiday Clubs**

#### **RAINBOW HOLIDAY CLUB**



#### at the Rainbow Leisure Centre

Offering team sports, games, crafts, quiet time and more. Book a day or whole week with early drop off and late pick up available. Lunch and snacks to be brought from home with a full drinks bottle labelled with child's name. Please ensure children wear comfortable clothes and trainers. A registration form will need to be completed at the first session. Open to children born on or before 31/08/2012. For further information please visit our website.

AGE: 5-12 years

WHERE: Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: Monday 23 July - Friday 31 August except weekends and Bank Holiday Monday (27th August). Book a full day or whole week. Early drop off from 8am and late pick until 6pm available at an additional fee of £3.15. Swimming included but additional charge if child is under 8 and unable to swim 25m unaided.

COST: From £17.50 CONTACT: 01372 727277 rainbow@gll.org.uk www.betterlessons.org.uk

# **Sports**

#### **BADMINTON SMASH UP**

with the Rainbow Leisure Centre

SmashUp! is Badminton England's perception changing, innovative youth badminton initiative, aimed at inspiring 8-15 year olds of all sporting ability to swing a racket for fun. With a modern 'mashed up' mix of big hitting badminton challenges, mates, music playlists and bold court branding, sociable SmashUp! sessions get sports halls rocking right across England. No dress code. No formal coaching. No team selection or talent spotting.

AGE: 8-15 years

WHERE: Rainbow Leisure Centre, East Street, Epsom

KT17 1BN

WHEN: Fridays 5-6.30pm

**COST**: £3.65

**CONTACT: 01372 727277** 

rainbow@gll.org.uk

www.better.org.uk/leisure-centre/epsom-and-ewell/rainbow-leisure-centre

#### **BOXING AND FOOTBALL**

with Gauntlett Boxing Club & Gary's Football Camp
Gauntlett Boxing Club is joining forces with Gary's Football
Camp to make a bigger and better camp this year for the
first two weeks of school summer holidays. Bring a packed
lunch and water. Bring appropriate kit and footwear for
grass and indoor trainers for gym. Shinpads are compulsory.
Our coaches who are fully insured and qualified all have
DBS checks, first aid training and safeguard training.

AGE: 8-13 years

WHERE: Gauntlett Boxing Club, Harrier Centre, Poole Road,

Epsom KT19 9RY

WHEN: Monday 23 July - Friday 3 August, 9am-3pm

COST: £20 per day

CONTACT: 01372 631263 info@gauntlettboxingclub.co.uk www.gauntlettboxingclub.co.uk



#### **FOOTBALL CAMP FOR GIRLS**

#### with Epsom & Ewell Colts FC & SSE Wildcats for Girls

Have fun, make friends, play football! Wildcats is aimed at girls aged 5-11 years to come and enjoy a fun football session regardless of ability. It is the best £2 per session you will ever spend! We will be lucky enough to be joined by some of our friendly 'Big Wildcats' girls footballers, who are looking forward to meeting you. The Wildcats sessions take place on grass pitches so football boots or trainers are the best footwear. Shin pads are required for the sessions.

AGE: 5-11 years

WHERE: Poole Road Recreation Ground (The Harrier

Centre), West Ewell KT19 9RY

WHEN: Every Saturday throughout summer, 10.30-11.30am

COST: £2 per session
CONTACT: 07495 463407
willthesaint@hotmail.co.uk
www.epsomandewellcolts.co.ul



#### **GYMNASTICS & TRAMPOLINE COURSES**

#### with Cheam Gymnastics Club

There are two gymnastics courses for 1 hour a day over three days. Both are for those wishing to learn or improve their gymnastics skills. Our qualified coaches will teach you on the floor, beams, bars, vault and mini-trampette in a fun, friendly and safe environment.

There are two trampoline courses for 1 hour a day over 3 days. Both are for those wishing to learn or improve their trampoline skills.

Both courses are for boys and girls of all abilities.

AGE: 4-15 years

WHERE: Cheam High School, Chatsworth Road SM3 8PW

**WHEN:** Gymnastics Courses:

Tuesday 7 - Thursday 9 August, 10-11am for 4-8 years/11.15am-12.15pm for 8-15+years

Trampoline Courses: Tuesday 7 - Thursday 9 August, 10-11am for 8-15+ years/11.15am-12.15pm for 5-8 years COST: £22.50 per course.

Application forms can be downloaded from the website. The return address is on the form. Forms should be sent with a cheque payable to Cheam Gymnastics Club.

Applications will be acknowledged either by email or post.

CONTACT: 020 8394 2101 cheamgymnastics@btinternet.com www.cheamgymnastics.co.uk

#### JUNIOR GYM

#### at the Rainbow Leisure Centre

Unlimited access to Junior Gym sessions, swimming pool, one racquets booking per day (off peak), free induction and gym programme and re-focus session. A great way to keep older kids busy and stay active during the holidays without the commitment of a minimum contract.

**AGE**: 11-15 years

WHERE: Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: Monday - Sunday 10am-3pm,

23 July - 31 August
COST: £16 per month
CONTACT: 01372 727277

rainbow@gll.org.uk

www.better.org.uk/memberships/allinclusive-membership/better-hf-junior

#### **MARTIAL ARTS & SELF DEFENCE TRAINING**

#### with Shorinji Kempo

Training towards general fitness, self defence and grading exams as part of the World Shorinji Kempo Organisation and the UK Shorinji Kempo federation syllabus.

AGE: 16+ years

WHERE: Tolworth Recreation Centre, Fullers Way North,

Tolworth KT6 7LQ

WHEN: Tuesdays 8 -10pm COST: £5 student/£10 adult. First tryout session is free then annual membership

is required.

CONTACT: tolworth@ukskf.org www.ukskf.org



#### **OLYMPIC FENCING**

#### with Epsom Fencing Club

60 minute taster session of Olympic Fencing.

AGE: 9-13 years and 14+ years WHERE: Location to be confirmed

WHEN: Tuesday 14 August 10-11am for 9-13 years

Wednesday 15 August 10-11am for 14+ years

COST: £15. Booking is essential - please RSVP by email as final venue details will be sent the day before. Next beginners course starts Wednesday 19 September 7-8pm.

Visit www.epsomfencingclub.org for more details.

CONTACT: 07799 346829 info@epsomfencingclub.org www.epsomfencingclub.org





#### **RUGBY SUMMER CAMP**

with Sutton & Epsom RFC

A fun filled two weeks of rugby,

water fights, mini Olympics, tag tournaments and

so much more! **AGE**: 4-15 years

WHERE: Sutton & Epsom RFC, Cuddington Court, Rugby

Lane, Cheam SM2 7NF

WHEN: Monday 13 - Friday 17 August and Monday 20 - Friday 24 August, 9.30am-3.30pm. Breakfast and late club available 7.30am-6.30pm COST: Full week £140 members (siblings £130) non-members £150. Day rates available too.

Book both weeks and get a discount

**CONTACT:** 07769 345407

suttonandepsom.camps@gmail.com

#### **Need more information?**

Visit www.epsom-ewell.gov.uk email: contactus@epsom-ewell.gov.uk

# **Sports**

#### **SPORTS COURSES**

with Headstart

Headstart have offered courses in Sports in Surrey since 1991. OFSTED registered and coaches DBS checked.

AGE: 5-12 years

WHERE: Stamford Green Primary School and St Martins Primary

School, Epsom

WHEN: Monday - Friday, 23 July - 24 August, 10am-4pm

extended hours available 8.30am-5.30pm

COST: From £20 per day
CONTACT: 07950 711866
mark@headstartsports.co.uk
www.headstartsportscamps.com



with Netball Netball & The Downs Netball Club

We are running our camps again this year in Wimbledon and Leatherhead. We are running a new pre-season course in Leatherhead which is especially designed for 14-18 year olds. We also have Mary Waya back whose great African approach to coaching brings fun and laughter to the course. Coaches include Mary Waya (Malawi international coach and current coach at Mavericks) and Natalie Swift (Head Coach at The Downs Netball Club).

AGE: 7-18 years

WHERE: Ursuline High School and St John's, Leatherhead

WHEN: 23 - 27 July at Ursuline High School and

28 - 30 August at St John's, Leatherhead

COST: £35 per day
CONTACT: 07966 644632
admin@netballnetball.co.uk
www.netballnetball.co.uk

#### SUMMER SWIM CRASH COURSES

at the Rainbow Leisure Centre



Swim crash courses for children who would like to enhance their swimming skills over the course of a week Please bring suitable swimming attire and a swim hat. Open to all children whether

they are currently attending our swim courses or not.

AGE: 3+ years

WHERE: Rainbow Leisure Centre, East Street, Epsom

KT17 1BN

WHEN: Monday - Friday, 23 - 27 July, 6 - 10 August &

20 - 24 August. Pre-school 1 & 2: 9-9.30am/

Stage 3 - Main Pool: 8.30-9am/Stage 4 & 5: 9-9.30am

COST: £29

CONTACT: 01372 727277

rainbow@gll.org.uk www.betterlessons.org.uk



#### **TENNIS CAMPS**

with Absolute Tennis

Tennis camps for ages 5-14 year olds at both Epsom LTC and Ebbisham Sports Club. Lots of opportunity to learn the shots and understand how to play the game, plus lots of fun activities to enjoy. Our camps are run by fully qualified coaches who

are accredited with the Lawn Tennis Association.

AGE: 5-14 years

WHERE: Epsom Sports Club KT18 7QN and Ebbisham

Sports Club KT19 8SG

WHEN: Tuesday 24 - Friday 27 July, Tuesday 31 July - Friday 3 August and Tuesday 14 - Friday 17 August at Epsom LTC.

Tuesday 7 - Friday 10 August and

Tuesday 21 - Friday 24 August at Ebbisham Sports Club

COST: £28 a day or £92 for 4 days

CONTACT: 07734 602063 mike@absolutetennis.org.uk www.absolutetennis.org.uk

### TENNIS FOR KIDS COURSE

with Downswood LTC

6 x 1 hour sessions for children new to tennis.

AGE: 8-11 years

WHERE: Downswood LTC,

Downs Road (Tattenham

Corner), Epsom Downs

KT18 5UJ

WHEN: Monday 6 -

Saturday 11 August, 5-6pm

COST: £25 includes a

racquet, ball set and personalised t-shirt CONTACT: janet@downswoodtennis.co.uk www.clubspark.lta.org.uk/TennisForKids

#### TRY SPORT SUMMER SPORTS CAMP

with Ebbisham Sports Club

Juniors aged 7-14 years learn and play seven different racket sports with professional coaches - badminton, squash, racketball, tennis, touchtennis, tabletennis and pickleball (from America). Plus social games and surprises!

AGE: 8-13 years

WHERE: Ebbisham Sports Club, Eastway, Epsom KT19 8SG

WHEN: Mondays 23 & 30 July & 6, 13 & 20 August,

9am-3.30pm each day

COST: £28 per day non members or £25 per day for 2

or more days

CONTACT: 01372 720647 admin@ebbisham.com www.ebbisham.com

# **Sports**

#### **Twenty20 Cricket Camps**

with Twenty20 Community Cricket Ltd Not for profit community cricket coaching and matches for boys and girls, of all abilities delivered by full-time cricket coaches.

AGE: 5-15 years

WHERE: Epsom Cricket Club, Woodcote Road, Epsom KT18 7QS WHEN: 23 - 27 July and 20 - 24 August, 9.30am-4.30pm, extended day available 8.30am-5.30pm

COST: From £35 with sibling/full week discounts and extended day options **CONTACT: 03455 202029** 

bookings@twenty20cricketcompany.com www.twenty20cricketcompany.com/book

#### VOLLEYBALL

with Epsom Volley Ball Club



Playing volleyball outside in the sun from June until August. Playing at Epsom College in July and Alexandra Park (Epsom) in August. As we are playing outside, courts are on grass and are subject to weather conditions. Website will have details on weather. Location changes in August, moving to Alexandra Park.

AGE: 15+years

WHERE: Epsom College, College Road, Epsom KT17 4JQ (July) and Alexandra Park, Alexandra Road, Epsom

KT17 4BT (August)

WHEN: Wednesdays 7-9pm **COST**: First session is free

CONTACT: epsomvc@gmail.com www.epsomvolleyball.co.uk

# Quizzes

#### **RNLI COLLECTION**

Twice yearly collections, Epsom (May) and at Sainsbury's Kiln Lane (September) and two quiz events a year (Autumn and Spring). If you're interested in taking part and helping out this great organisation please get in touch. CONTACT: secretary@epsomrnli.org.uk or visit

www.rnli.org/find-my-nearest/community-fundraisinggroups/epsom-and-ewell-fundraising-branch















€psom



























