

Holiday activities and food



Summer

Nottinghamshire

School
holiday
fun

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The Holiday Activity & Food Programme (HAF) is funded by the Department for Education. The programme aims to support the wellbeing of children focussing on physical and mental wellbeing by providing a variety of activities and food during school holidays.

Active4Today are running sessions to access that are FREE for children and young people aged 8 – 16 years, receiving benefits-related free school meals.

HAF sessions are bookable through our website using the QR code at the bottom of the next page. Please note the Nottinghamshire County Council HAF code is required at the time of booking. To access your HAF code please call 0115 9774999 (Mon-Fri 10am-2pm).

HAF Gym and Swim (12-16yrs)

Participants will take part in 2 gym and swim sessions*. During the first session you will receive a full gym induction and a post work out swim, so you are ready to hit the gym and pool for your own workout on your second visit!

Attend both sessions for your chance to receive a FREE 6 month XP membership!

HAF Sports Camps (8-13yrs)

Participants will join our Sports Camps and be given the opportunity to experience a variety of fun, indoor sports activities including access to the fitness suite and a fun swim - so don't forget your kit!

HAF Family Sports Sessions

Participants can come along for a morning of family fun! Choose from badminton, short tennis or table tennis. Maximum of 5 people per booking.

HAF Mini First Aid (7-16yrs)

Participants will learn how to deal with age appropriate first aid basics such as bumps, burns, breaks, choking, CPR, Asthma and allergic reactions in a relaxed and fun environment. Each person attending will receive a completion certificate to take home along with their new found skills!

*Both sessions must be attended.



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Dukeries Leisure Centre

Session Name	Date	Time	Age
Gym and Swim Intro*	Fri 9 th , 16 th , 23 rd August	12:00-15:30	12-16 Years
Gym and Swim Follow up*	Tue 13 th , 20 th & 27 th August	13:00-15:30	12-16 Years
Family Sports Session	Fri 9 th & 23 rd August	13:00-15:30	Any Age
Sports Camp	Tue 13 th , 20 th & 27 th August	9:30-13:30	8-13 Years

Newark Sports & Fitness Centre

Session Name	Date	Time	Age
Gym and Swim Intro*	Wed 7 th , 14 th , 21 st August	12:00-15:30	12-16 Years
Gym and Swim Follow up*	Fri 9 th , 16 th & 23 rd August	13:00-15:30	12-16 Years
Sports Camp	Thu 8 th , 15 th , 22 nd & 29 th August	9:30-13:30	8-13 Years
Mini First Aid	Mon 5 th August	10:30-12:30 12:30-14:30	7-11 Years 12-16 Years

Spaces are limited and can be booked via
our website www.active4today.co.uk

Scan QR code to
book your place now!



SCAN ME

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ACTIVE COOKS

09:30 - 13:30 TUESDAY 20TH AUGUST 8-13 YEARS

MAGNUS ACADEMY*



This session combines the thrill of sports and the joy of cooking



Learn a variety of sports skills from Active4Today coaches and demonstrate your versatility with our multi-skills sport challenges! You will also have a chance to show off your archery and football skills after receiving expert coaching from local clubs, Newark Castle Archers and Warriors Football Club.



Our culinary friends 'Cook Stars' will be joining us to help you create your own mouth-watering masterpieces. All ingredients, cooking equipment, an apron, packaging and cooking know-how is provided so you can have a fun making your lunch without the worry of a messy kitchen!



So, tie up those laces, put on your apron, and join us for a session filled with fun and appetising delights. Limited places available so don't wait, book now!

*Sport activities will be provided outside on the all-weather pitch at Magnus Academy, come prepared for all weathers!



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