



University of Essex

**5-14
YEARS**

SUMMER HOLIDAY SPORTS CAMPS

CHUMS at the University of Essex

- PARACHUTE GAMES
- PROFESSIONAL TENNIS COACHING
- GLADIATORS
- DODGEBALL
- KWIK CRICKET
- ARTS & CRAFTS
- QUIZ TIME
- ROUNDERS
- VOLLEYBALL
- FRISBEE GOLF
- BASKETBALL
- CAMOUFLAGE
- UNI-HOC

**CAMPS RUN FOR ALL 6 WEEKS OF THE
SUMMER HOLIDAY
(MONDAY 23 JULY - FRIDAY 31 AUGUST 2018)**

**INDIVIDUAL DAYS
£25 PER DAY PER CHILD**

**WEEK LONG BOOKING
£100 PER CHILD**

(Concessions available for University of Essex staff and students)



With a mini graduation ceremony for children at the end of the six weeks!
(minimum days may apply)



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@Essex_Sport

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Book online
www.essex.ac.uk/sport/activities

**ESSEX
SPORT
JUNIOR**

SAMPLE TIME TABLES

Mini CHUMS (5 – 8 years)

8.30 – 9.15	Drop off and welcome
9.15 – 10.00	Teamtastic rounders
10.00 – 10.30	Parachute games
10.30 – 11.00	Break time
11.00 – 11.30	Balancing challenge
11.30 – 12.00	Tag games
12.00 – 12.45	Lunch and free play
12.45 – 13.45	Olympic arts and crafts
13.45 – 14.30	Tennis coaching
14.30 – 15.00	Break time
15.00 – 15.45	Dodgeball
15.45 – 17.00	Story time and reflection
17.00 – 17.30	Pick up

Junior CHUMS (8 – 14 years)

8.30 – 9.15	Drop off and welcome
9.15 – 10.00	Kwik cricket
10.00 – 11.00	Tennis coaching
11.00 – 11.30	Break time
11.30 – 12.30	Gladiators
12.30 – 13.15	Lunch and free play
13.15 – 14.00	Dodgeball
14.00 – 15.00	Water fight
15.00 – 15.30	Break time
15.30 – 16.30	CHUMS challenge
16.30 – 17.00	Circle time and reflection
17.00 – 17.30	Pick up

Download the Essex Sport App:

