

East Suffolk Communities Team

Beach hut 121

Ages 9-16years

Every Tuesday & Thursday's
from

July 31st to 30th August

1-3.30pm



catch
22

Suffolk
POSITIVE
FUTURES
Supported by Suffolk's Police & Crime Commissioner

Suffolk Coastal & Waveney District Councils
in partnership
east.suffolk.gov.uk



SENTINEL LEISURE TRUST

And.....
Family Fun Hour 11am—12pm

Ultimate Boxing Sessions

American Football

Climbing Wall

Marina Theatre drama and musical theatre

5-8 year old sessions with Inspire Suffolk

1-3.30pm

& Groundwork, keeping your
environment clean!

Dodge ball, futsal, tug of war, netball, rounders, volley ball, and much much more.....

Please visit East Suffolk Communities Team Facebook page for parental consent forms which need to be signed by a parent/guardian prior to activities



Contact Rachel Tucker (rachel.tucker@east.suffolk.gov.uk) Tel:01502 523111

PTO

*Activities subject to availability *

Additional activities listed below

Date	Activity and Time
31 st July	⇒ Family Fun Hour (11am-12pm) Sunrise Fitness/Fiona Campbell ⇒ American Football (part of main activities) - Mat Reynolds
2 nd August	⇒ Boxing (part of main activities) - Ultimate Boxing ⇒ Climbing Wall (part of main activities)
7 th August	⇒ Family Fun Hour (11am-12pm) Sunrise Fitness/Fiona Campbell ⇒ American Football (part of main activities) - Matt Reynolds
9 th August	⇒ Boxing (part of main activities) - Ultimate Boxing
14 th August	⇒ Family Fun Hour (11am-12pm)- Sunrise Fitness/Fiona Campbell ⇒ American Football (part of main activities) Matt Reynolds
16 th August	⇒ Drama/musical theatre (part of main activities) - Marina Theatre ⇒ Boxing (part of main activities) -Ultimate Boxing ⇒ 5-8 year olds session (part of main activities) - Inspire Suffolk
21 st August	⇒ Family Fun Hour (11am-12pm) - Sunrise Fitness/Fiona Campbell ⇒ American Football (part of main activities) - Mat Reynolds ⇒ 5-8 year olds session (part of main activities)
23 rd August	⇒ Drama/musical theatre (part of main activities) - Marina Theatre ⇒ Boxing (part of main activities) - Ultimate Boxing ⇒ 5-8 year olds session (part of main activities) - Inspire Suffolk
28 th August	⇒ American Football (part of main activities) - Mat Reynolds ⇒ Climbing Wall (part of main activities)
30 th August	⇒ Boxing (part of main activities) - Ultimate Boxing ⇒ Keeping your beaches clean! (part of main activities) - Groundwork ⇒ Finale – Beach Party 2-6pm Celebrating 40th Birthday of Gt Yarmouth & Waveney Mind.