



“the UK’s leading
healthy lifestyle
activities provider”

Fit For Sport 2012 Healthy Lifestyle Activity Camps Information

About Fit For Sport	Fit For Sport is the UK’s leading Healthy Lifestyle activities provider. We have been delivering 30+ Healthy Lifestyle activity camps, for over 20 years. Kids Camps are a great way for children to; keep active, have FUN, make friends and take part in a wide range of sports and activities.
Contact Details	www.fitforsport.co.uk 0845 456 3233 (reduced rate number)
Age groups	5-7 year old – Strawberry Sprinters 8-12 year old – Apple Athletes
Times of operation	Standard Day – 9.30am – 4.30pm Extended Day – 8.30am – 5.30pm
Cost	Standard Day - £19.50/day Extended Day - £27/day Fit For Sport accept Childcare vouchers and Tax Credits.
Dates of operation	Feb Half Term : Mon 13 th – Fri 17 th Feb Easter: Mon 2 nd – Fri 13 th April June Half Term : Wed 6 th – Fri 8 th June Summer: Mon 23 rd July – Fri 31 st Aug October Half Term : Mon 29 th – Fri 2 nd Nov Christmas Holidays: Mon 17 th – Fri 21 st Dec
Activities include	<i>Crafty Kidz</i> - Creative session, messy time, model making & painting <i>Team Tastic</i> - Team sports/games & tournaments. CHILL, CHAT & CHALLENGE <i>Super Sports</i> - Action packed, high energy multi-sport sessions Sports Specific – Skill based sessions, educating children on the core skills required for their favourite sport. <i>Fit Fun</i> - Circuit games using hoops, balls, balloons, bean bags and parachute games <i>Healthy Zone Activities</i> - Learn about the benefits of leading a healthy lifestyle <i>Splash Attack</i> - (Venue Specific) Water confidence sessions which are fully supervised
Themed Activities	Each holiday we offer a range of themed activities such as; Oct Half Term: Terror Tennis, Frankenstein Football, Creepy Crafts. Dec Holly Hopscotch, Santa Hat Making, Sleigh Races – Check out www.fitforsport.co.uk for latest themes and activities.
Discounts	10% - Early Bird discount – check website for dates. 5% - Online bookings 25% Off second child when booking for 5 or more consecutive days Fit For Sport accept Childcare vouchers and Tax Credits.
Parties	Each holiday Fit For Sport run a party to end the week. -Superhero Party-Fri 17th February -Egg-Tastic Easter Party - Friday 13th April. - Olympic Party - Fri 31st Aug - Spooky Party -Fri 2nd Nov - Christmas Party-Fri 21st Dec

For more information please call 0845 456 3233 or go online at www.fitforsport.co.uk

The UK’s Leading Healthy Lifestyle Activities Provider - Fit For Sport Ltd, Conduit House, 309-317 Chiswick High Road, London, W4 4HH
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Fit For Sport Limited is a company registered in England with company number 3648410