2018 SUMMER ACTIVITIES PROGRAMME

PLEASE TICK ALL CAMPS YOUR CHILD IS ATTENDING

Rugrats Rugby

- ☐ **Tues 24th July** 9am–11.30am £10
- ☐ **Wed 25th July** 9am-11.30am £10
- ☐ **Tues 28th Aug** 9am-11.30am £10
- ☐ **Wed 29th Aug** 9am-11.30am £10

Mowden Park Rugby Camps @ the Northern Echo Arena

- ☐ **Mon 6th Aug** £20
- ☐ **Tues 7th Aug** £20
- ☐ **Wed 8th Aug** £20
- ☐ **Thurs 9th Aug** £20

- ☐ **Mon 20th Aug** £20
- ☐ **Tues 21st Aug** £20
- ☐ **Wed 22nd Aug** £20
- ☐ **Thurs 23rd Aug** £20

Block booking of 4 days at **£70** (non-members) or **£65** (Mowden Park members)

MOWDEN PARK COMMUNITY

Strength and Conditioning Workshops for Rugby Players

- ☐ **6 weeks Wed sessions** £72
- ☐ **6 weeks Fri sessions** £72
- ☐ **6 weeks at both** Weds and Fri sessions £120

Mowden Park Girls Rugby Camp @ the Northern Echo Arena

- ☐ **Mon 13th Aug** £20
- ☐ **Tues 14th Aug** £20
- ☐ **Wed 15th Aug** £20
- ☐ **All 3 days** **£50**

Rugby Camp @ Stockton Rugby Club

- ☐ **Tues 24th July** £20
- ☐ **Wed 25th July** £20
- ☐ **Thurs 26th July** £20
- ☐ **All 3 days** **£50**

Outdoor Adventure

- ☐ **Mon 13th Aug** £35
- ☐ **Tues 14th Aug** £35
- ☐ **Both Days** **£60**

2018 SUMMER ACTIVITY PROGRAMME

ABOUT THE SUMMER PROGRAMME

Welcome to the Mowden Park in the Community Summer Activities Programme 2018 which offers fantastic activities to keep young people across Darlington and the wider area entertained and active during the school holidays.

The holiday activities sit proudly as one of our core programmes which caters for all ages and abilities. We utilise the core values of rugby - teamwork, respect, enjoyment, discipline and sportsmanship at the heart of everything Mowden Park in the Community do, along with our Mowden Family ethos - the activities will be an experience not to miss!

For more information, please contact us on **info@mowdenpark.com** or **01325 350267**.

MOWDEN PARK COMMUNITY

2018 SUMMER ACTIVITY PROGRAMME

24TH JULY AND 25TH JULY
9am-11.30am

28TH AUGUST AND 29TH AUGUST
9am-11.30am

PRICE: £10 PER SESSION

Rugrats Rugby is a non-contact rugby specific play programme providing toddler and child rugby classes to help develop your child. Our specifically designed rugby for kid's programme will take your child on a journey teaching them how to pass, catch, kick, run as well as take turns and work as a team.

Limited places per day, please book early to avoid disappointment

AGES 4-6

TUESDAY 24TH JULY 9am-3.30pm
WEDNESDAY 25TH JULY 9am-3.30pm
THURSDAY 26TH JULY 9am-3.30pm

PRICE £20 PER DAY
Block booking of 3 days at £50 per person

We are delighted to be running this camp alongside our friends at Stockton Rugby Club. Open to all young players, this camp aims to create a fun environment focusing on all round player development

RUGBY CAMPS @ STOCKTON RUGBY CLUB

AGES U7-U16

MOWDEN PARK RUGBY CAMPS @ NORTHERN ECHO ARENA

AGES U7-U16

WEEK ONE
Mon 6th August – Thursday 9th August 2018
9am-3.30pm

WEEK TWO
Mon 20th August – Thursday 23rd August 2018
9am-3.30pm

PRICE: £20 PER DAY
Block booking of 4 days at £70 (non-members) or £65 (Mowden Park members*)

The camp will be led by 1st XV players, who will be sharing their expertise with the children. Sessions will be divided into age specific groups to suit their experience level. The camps aim to create a fun environment focusing on all round player development.

*Valid membership card of young person required at time of booking for discount.

AGES 11-15 GIRLS

MOWDEN PARK RUGBY CAMPS @ NORTHERN ECHO ARENA

MON 13TH AUGUST – WEDNESDAY 15TH AUGUST 2018
9am-3.30pm

PRICE: £20 PER DAY
Block booking of 3 days at £50 per person

Our girls rugby camp will be delivered by fully qualified, DBS checked coaches. The camp will be led by Justin Loveridge, Head of Programmes with the Mowden Park Sharks and lead for the Girls Centre of Excellence. The sessions will focus on developing position specific skills, all round player development, as well as having fun! If you want to be a future Shark, this is the camp for you!

AGES 15-18

6 WEEK COURSE – ALL SESSIONS 10AM - 11.30AM
THE NORTHERN ECHO ARENA

WEDS 25TH JULY - FRI 31ST AUG
Maximum 5 places per day (Wed or Fri)

PRICE:
6 weeks Wed sessions = £72 for the course
6 weeks Fri sessions = £72 for the course
6 weeks at both Weds and Fri sessions = £120

These sessions are led by highly qualified S&C conditioning coach Shaun McCartney, with experience of coaching young aspiring rugby players. This is a great opportunity for young players to experience the same first class strength and conditioning coaching received by the club's 1st XV.

STRENGTH & CONDITIONING WORKSHOPS FOR RUGBY PLAYERS

OUTDOOR ADVENTURE

13 AUGUST
WATER BASED ACTIVITY - RIVER TEES

14 AUGUST
COASTEERING BASED ACTIVITIES- MARSDEN GROTTO

PRICE: £35 PER SESSION OR £60 BOTH SESSIONS

Children will take part in two days of outdoor activities and this will be delivered by adventure specialists - Outdoor Ambition. Day 1 will include a range of water based activities on the River Tees, before a day of Coasteering at Marsden Grotto on Day 2.

These camps are perfect for children who want to explore the great outdoors in a fun and safe environment. Our adventure specialists are highly qualified and experienced in delivering enjoyable activities which introduce children to different aspects of outdoor activities and experiences.

Please note that each option is pre bookable only.

AGES U7 – U16

MOWDEN PARK COMMUNITY

2018 SUMMER ACTIVITY PROGRAMME

BOOKING FORM:

CHILD'S NAME: _____

CHILD'S AGE: _____

CHILD'S SCHOOL: _____

PARENT'S NAME: _____

CONTACT EMAIL: _____

MOBILE/EMERGENCY CONTACT NO: _____

PHOTO CONSENT: ☐ YES ☐ NO

CONTACT PERMISSIONS: We would like to send you the latest news and offers from the Mowden Park Community Team. We will always treat your personal details with the utmost care and will never share them with any third parties for marketing purposes. Please let us know if you would like us to contact you or not: ☐ YES ☐ NO

A SEPARATE REGISTRATION FORM WILL BE SENT OUT AT THE TIME OF BOOKING. THIS MUST BE RETURNED PRIOR TO EACH ACTIVITY.

WAYS TO PAY:

Over the Phone
Call us on 01325 350267 to pay by card over the phone.

At the Arena
Complete the form and pay in person at main reception at the Arena.