

SUMMER

HOLIDAY 2015

Art, Music, Dance and Theatre

■ DANCE, DRAMA & MUSICAL THEATRE & HIP HOP CLASSES

with Big Act Theatre School

Singing, dancing and acting classes with professional coaches.

AGE: 0-18 years

WHERE: Leatherhead Leisure Centre, Guildford Road, Leatherhead KT22 9BL

WHEN: Tues 18 August

Mini Act Musical Theatre Class 10.30am-11.30am

0-3yrs for parent and child to enjoy together

Little Act Musical Theatre 11.45am -12.45pm 4-7yrs

Big Act Musical Theatre class 1pm-2pm 8-12yrs

Hip Hop/Street/Break Dance classes

2.15pm-3.15pm 8-12yrs, 3.30pm-4.30pm 12-18yrs

COST: £5 per class per person - one free adult with every child in Mini Act. 10% discount for signing up with a friend or previous participants. Maximum of 10% discount per participant.

CONTACT: 07726 945444 - Big Act

01372 377674 - Leatherhead

Leisure Centre

www.bigacttheatre.co.uk

■ GRADE 5 THEORY MUSIC CRASH COURSE

with Fitznells Music & Drama Centre

An intensive course covering grades 3-5 of ABRSM music theory exam.

AGE: All ages including adults

WHERE: Ewell Castle School, Church Street, Ewell KT17 2AW

WHEN: Mon 27-Thur 30 July or Mon 24-Thur 27 August

10.30am-12.30pm each day

COST: £80 per week

CONTACT: Sophie-Lee Colchester 07956 284172

www.Fitznells.com

■ MUSICAL THEATRE WEEK

with Fitznells Music & Drama Centre

A five day workshop of singing, acting and dancing culminating in a performance for friends and family

AGE: 6-16yrs

WHERE: Ewell Castle School, Church Street, Ewell KT17 2AW

WHEN: Mon 24-Fri 28 August 10am-3.30pm each day

COST: £160

CONTACT: Sophie-Lee Colchester 07956 284172

www.Fitznells.com

■ SHAKESPEARE DRAMA WORKSHOP AND STAGE

with Pull The Other Theatre Education

This summer it's 'AS YOU LIKE IT' Shakespeare's sunny comedy full of games of love and mistaken identity in a fun-fuelled, energised environment. Meet new friends, make a play and create a performance.

AGE: 10-16yrs

WHERE: The Myers Studio, Epsom Playhouse, Ashley Avenue, Epsom KT18 5AL

WHEN: Mon 3-Fri 7 August, Mon-Thur 10.15am-3pm, Fri performance 11am

COST: £145 - 10% discount for past participants or signing up with sibling or friend

CONTACT:

Rachel Nussbaum

07801 268387

email: info@ptotheatre.org.uk

www.ptotheatre.org.uk



Bourne Hall Museum Kids Club

Summer Activities

A range of hands-on events that make history fun!

All taking place at Bourne Hall Museum, Spring Street, Ewell KT17 1UF.



■ CAVE PAINTING

In the deep time of prehistory, early men crawled down into the darkest caves and used light from primitive candles to paint pictures of themselves and the animals they hunted. Discover how and why these paintings were created. By flickering light try to create your own cave painting in our very own 'caves'.

AGE: 5+yrs

WHEN: Wed 29 July & Tues 25 August
11am-12noon

COST: £5 per child. Please book to reserve your place, maximum 20 children.

■ WORLD WAR II AND ALL THAT GAS

Using local photos, taken during World War II, relive the Home Front and find out what life was like during war. Discover just what things could fall out of the sky on your head and get to even handle some of them and learn how to survive a gas attack - see the different types of gas masks in use and handle many objects from the period.

AGE: 5+yrs

WHEN: Wed 29 July & Tues 25 August 2pm-3.30pm
COST: £5 per child. Please book to reserve your place, maximum 20 children.



■ FLINT KNAPPING - THE LOST ART OF PREHISTORIC TOOL MAKING

Join one of the country's leading master flint knappers and discover the lost art of prehistoric tool making. As part of a small group, have the opportunity to make your own tool to take home. Learn some of the skills the ancient craftsmen developed to survive in a hostile world. There will also be a chance to buy a selection of tools.

AGE: 7+yrs

WHEN: Tues 18 August 11am-12.30pm & 2pm-3.30pm

COST: £10 per child. Children must wear trousers and closed shoes for protection. Please book to reserve your place, maximum 15 children.

■ SPEAR MAKING THE STONE AGE WAY

Become a prehistoric hunter and learn how to and make your own spear from scratch. Learn how to shape the shaft with a flint knife, make the spearhead by knapping flint and make the cord and glue to bind them together. This will take place over a day from 11am with a break for lunch.

AGE: 15yrs or over as sharp tools and fire are involved.

WHEN: Wed 19 August 11am onwards

COST: £25 per child paid in advance. Please book to reserve your place, maximum 10 children.

■ AGINCOURT

The story will be told over two sessions. St Crispin's day 1415, Agincourt, France - the time and place of one of the most famous English victories in battle. Meet with one of the victorious English archers Dicken and understand how the battle was fought and won. Discover the weapons used and the armour worn and learn just how effective the longbow was in highly trained hands.

AGE: 7+yrs

WHEN: Mon 10 August 11am-12.30pm & 2pm-3.30pm

COST: £5 per session or £8 for both sessions.



To book any of the Bourne Hall Museum Kids Club events please contact David Brooks on 0208 394 1734 or dbrooks@epsom-ewell.gov.uk

Summer Walks

■ HIDDEN EWELL

See beneath Epsom's genteel surface and stroll around its ancient centre; discovering on your way the dark deeds, wrongdoings and ghosts of days gone past. Relive the time when Epsom's spa was at the height of fashion and decide for yourself if you would have liked to visit and spend a night in the town.

WHERE: Please meet at the main entrance to Bourne Hall

WHEN: Thurs 23 July 2pm-3.30pm

COST: £5 per person

■ ASHLEY ROAD CEMETERY

A gentle stroll visiting the final resting place of Epsom's Lords, Ladies and townfolk. Find the famous; from war heroes and a Victoria Cross winner, to exotic dancers, jockeys and politicians.

WHERE: Please meet at main cemetery gate off Ashley Road

WHEN: Tues 28 July 2pm-3.30pm and

Thurs 6 August 2pm-3.30pm

COST: £5 per person

■ HORRIBLE EWELL WALK

Discover Ewell's dark past and remember the tales that some would rather forget. Learn about exploding gunpowder mills and visit the graveyard of St Mary's where their victims lie. Tread in the footsteps of the bodysnatchers and see where they plied their grisly trade. Hear stories of witches, tragic coach crashes and folk who won't stay dead! Discover Ewell's historic jail and see what 18th century justice was like.

WHERE: Please meet at the main entrance to Bourne Hall

WHEN: Tues 28 July 7pm-8.30pm

Thurs 30 July 11am-12.30pm

COST: £5 per person

■ EXPLORE EPSOM COMMON

Explore the ancient village of Stamford and the surrounding area of Epsom Common. Uncover the medieval landscape of Horton and the long-forgotten moated manor house. See how the landscape was affected by the Victorian policy of keeping mental illnesses out of sight, learn why the Common was so important during World War II.

WHERE: Please meet by the pond on Stamford Green

WHEN: Tues 4 August 2pm- 3.30pm

COST: £5 per person

■ CHALK LANE TO WORLD'S END

From Madan's Walk to World's End, enjoy walking around this fascinating part of Epsom. Discover Highgate House and its resident ghost together with other grand houses including Maidstone House and Woodcote House. See The Durdans, home to Lord Rosebery and visits by kings, and learn about the influence of the Northey family.

WHERE: Please meet by the pond in Rosebery Park

WHEN: Wed 5 August 7pm-8.30pm & Wed 12 August 2pm-3.30pm

COST: £5 per person

■ HORRIBLE EPSOM WALK

Look beneath Epsom's respectable surface whilst you stroll around its ancient town centre. Discover dark deeds, wrongdoings and ghosts who won't rest in peace. Hear tales of Epsom's Highwayman and the life of the evil Lord Rochester, together with the even more wicked Lord Lyttleton. Relive the time when Epsom's spa was the height of fashion but the behaviour of some visitors was not as elevated as their pedigree.

WHERE: Please meet at the Clock Tower

WHEN: Tues 11 August 7pm-8.30pm, Wed 26 August 2pm-3.30pm

COST: £5 per person

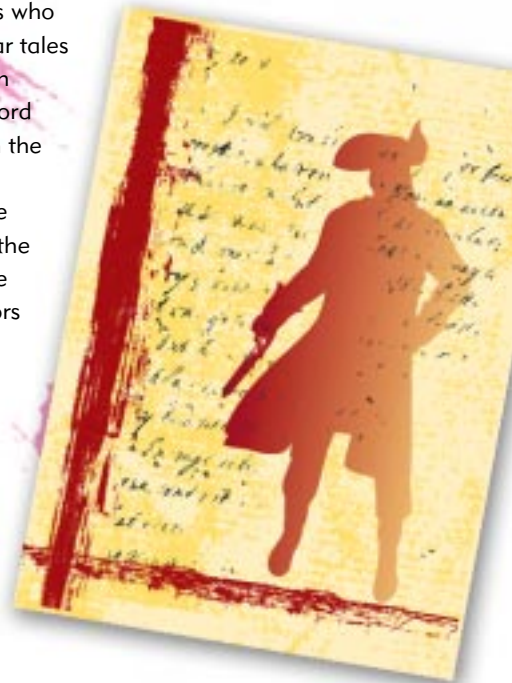
■ EPSOM'S OLDEST ROAD

Explore Epsom's ancient heart along its oldest road, originally the centre of Epsom village, it became one of the finest addresses in town. Discover the oldest surviving residential building and the site of Epsom's own brewery. See the parish church, mentioned in the Domesday Book, and the grand houses once inhabited by Epsom's lords and ladies. Learn about Epsom's educational part at the old Technical Institute building, and the importance of the fire station in World War II.

WHERE: Please meet opposite the fire station in Church Street

WHEN: Tues 18 August 7pm-8.30pm
Thur 20 August 2pm-3.30pm

COST: £5 per person



CONTACT: Places on each walk are limited to 25 and must be pre booked with David Brooks on 0208 394 1734 or dbrooks@epsom-ewell.gov.uk

Sport

■ A SUMMER WITH WHEELS

with Surrey Wheels for All

Surrey Wheels for All is an inclusive cycling programme offering children and adults of all ages and abilities the opportunity to cycle either independently, with their family or with a group.

AGE: 2-100yrs **WHERE:** The Harrier Centre, King George V Recreation Ground, Poole Road, West Ewell KT19 9RY

WHEN: Every Mon 10.30am-12.30pm, every Thurs 1pm-5pm, every Sat 1.30pm-4pm

COST: £2 **CONTACT:** 07792 616750

www.cycling.org.uk/wfa-focus-surrey-wheels-all

■ BACK TO NETBALL

with England Netball

Enjoyed playing netball at school? Stopped playing and would love to start again? Looking for a fun, new activity? England Netball's Back to Netball provides a gentle introduction to the sport for female players over 16 years of age. Sessions are coach led and cover basic skill development and court play. The emphasis of these sessions is on learning new skills and having fun playing netball with friends. Whether it is about rediscovering sporting abilities you forgot you had or about getting active again, these sessions cater for all abilities.

Get fit, have fun and make friends through Back to Netball. A highly experienced and qualified female coach leads an informative session once a week. Focusing on a variety of skills each week and followed by games, the emphasis of the sessions is always to have FUN!

AGE: 16+yrs

WHERE: Rainbow Leisure Centre, East Street KT17 1BN

WHEN: Every Tues 7.15pm-8pm. Places are limited and must be booked in advance.

COST: £3 per session or £15 for 6 weeks

CONTACT: Rainbow Leisure Centre 01372 727277

■ SUMMER GYMNASTICS AND TRAMPOLINE COURSE

with Cheam Gymnastics Club

Gymnastics and trampolining classes for both boys and girls of all abilities. Suitable for those both wishing to learn new skills or just improve their skills. Qualified coaches will teach you in a fun, friendly and safe environment.

AGE: Gymnastics 4-16yrs Trampolining 5-16yrs

WHERE: Cheam High School, Chatsworth Road, Cheam SM3 8PW

WHEN: Mon 3-Wed 5 August 10am-11am and 11.15am-12.15pm

COST: £22.50 per 3 day course. Application forms available to download from the website

CONTACT: 020 8394 2102

www.cheamgymnastics.co.uk

■ GYMNASTICS SUMMER CLUB

with Epsom Gymnastics and Trampoline Club

Learn gymnastics and trampoline skills.

AGE: 3+yrs

WHERE: Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: Thurs Session one - 1pm-2.30pm

Session two - 2.30pm-4.30pm

COST: Session one - £8 Session two - £10

CONTACT: Emma Roussac-Evans egtcuk@gmail.com

■ HOLIDAY FOOTBALL TRAINING

with Just Play Football

AGE: 16yrs

WHERE: Court Recreation Ground Astroturf

WHEN: Mon 6-7pm, Sat 5pm-7pm

COST: £3 per session

Just come along, no need to book!

For more information visit

www.epsom-ewell.gov.uk

■ HOLIDAY SPORTS COURSES

at Epsom College

Sports courses from 3-6 August include cricket, tennis, squash, badminton, basketball, table tennis, swimming and pop lacrosse. Sports courses from 10-13 August include hockey, netball, touch rugby, swimming, volleyball, rugby, squash, 5 a side soccer, softball, basketball, badminton and table tennis.

AGE: 8-14yrs

WHERE: Epsom College Sports Centre, College Road, Epsom KT17 4JQ

WHEN: Mon 3-Thur 6 August and Mon 10-Thur 13 August

COST: £140 each 4 day course

CONTACT: 07808 268192

Andy.wolstenholme@epsomcollege.org.uk

www.epsomcollege.org.uk (sports section)

■ JUDO

at the Rainbow Leisure Centre

For juniors aged 7-12yrs. A sport and method of physical training similar to wrestling; our classes will help participants improve balance, core strength and self discipline. A five day course with prizes and certificates on completion. One day drop-in also available.

AGE: 7-12yrs

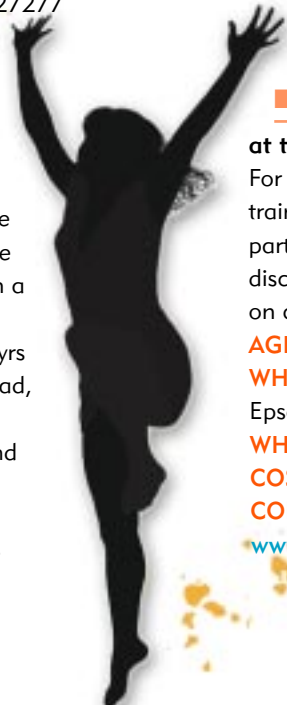
WHERE: Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: Mon 17-Fri 21 August

COST: £1 per session per person

CONTACT: 01372 727277

www.better.org.uk



Sport

■ JUNIOR SOCIAL TENNIS

at Downswood LTC

Junior social tennis held on Friday nights throughout the year (excluding Christmas school holiday). Children must wear sports clothing and tennis shoes.

AGE: 5-10yrs

WHERE: Downswood LTC, Downs Wood, Tattenham Corner, Epsom Downs, Surrey KT18 5UJ

WHEN: Fri 5pm-6pm for 7-9yrs, 6pm-7pm for 10+yrs

COST: £5 per session or approx £50 per annum

CONTACT: 0208 394 1389 to book a place or for more information please visit

www.downswoodtennis.co.uk

■ JUNIOR TENNIS CAMP

at Ebbisham Tennis Club

Daily summer camps led by qualified CRB/DBS checked coaches. Tennis coaching and tennis related activities - learn new skills, improve your play, have fun. Bookings taken for one or more days. Squash and badminton courses also available - call club for details.

AGE: 3-12yrs

WHERE: Ebbisham Sports Club, Eastway, Epsom KT19 8SG

WHEN: Weekdays through summer holidays 9am-10am 3-5yrs, 10am-3pm 5-11yrs and 11-16yrs

COST: Varies according to age and length of course

CONTACT: The club on 01372 720647 or the coach on 07734 602063 for details or visit www.ebbisham.com

■ MULTI SPORTS

at the Rainbow Leisure Centre

Six weeks, six different sports. Come and take part in a range of activities and sports challenges.

AGE: 5-15yrs **WHERE:** Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: Mon-Fri, 2pm-3pm 5-10yrs, 3pm-4pm 11-15yrs

COST: £1 per session per person

CONTACT: 01372 727277 or www.better.org.uk

■ RUGBY SUMMER CAMP

with Sutton & Epsom RFC

A summer camp like no other...

AGE: Boys and girls 4-15yrs

WHERE: Sutton & Epsom RFC, Cuddington Court, Rugby Lane, Cheam SM2 7NF

WHEN: Mon 17-Fri 21 August, 9.30am-3.30pm, breakfast club and late pick up available 7.30am-6pm

COST: Members £130/Siblings £115 Non members £140 Day rates also available

CONTACT: For bookings and enquiries 07789 345407 or suttonandepsom.rugbycamps@hotmail.co.uk

■ SKATE/BMX PARKS

Epsom & Ewell has two new Skate/BMX parks open every day. Long Grove park is the bigger site designed more for BMX riders but used by all. Cox Lane is smaller and designed more for scooter riders.

AGE: Open to all ages

WHERE: Long Grove Park, Long Grove Road, Epsom and Cox Lane, off Ruxley Lane, West Ewell

WHEN: Open all day

COST: Free to use, unsupervised site.

■ SQUASH CAMP

with Ezeesport

Action packed squash camps for kids aged 7-13yrs. Mini-matches, crab football, sport and squash skills, target squash, king of the court and lots more fun! Even if you have never played squash before this is a great opportunity to give it a go.

AGES: 7-13yrs

WHERE: Ebbisham Squash Club, Eastway, Epsom KT19 8SG

WHEN: Mon 27 July, Mon 3, 10, 17 and 24 August 2pm-5pm

COST: £18 per day, early bird booking offer £15 per day until 20 July

CONTACT: Peter 07717 721231

www.ezeesport.com/what-we-offer/holiday-clubs/

■ TABLE TENNIS

at the Rainbow Leisure Centre

Drop in sessions

AGE: 11-16yrs

WHERE: Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: Tues and Thurs 1pm-2pm

COST: £1 per session per person

CONTACT: 01372 727277

www.better.org.uk

■ TENNIS CAMPS

with Absolute Tennis Ltd (in conjunction with Epsom LTC and Ebbisham LTC)

All day summer camp for 6-14yrs plus short lessons for 5 years and under.

AGE: 3-14yrs

WHERE: Epsom Lawn Tennis Club, Woodcote Road, Epsom KT18 7QN and Ebbisham Tennis Club, Eastway, Pound Lane, Epsom KT19 8SG

WHEN: Camps run between Tues 21 July and Fri 21 August. Two day camps run either Tues/Wed or Thurs/Fri 10.30am-3pm. Short camps for 5yrs and under run Tues-Fri 9.30am-10.15am

COST: 2 day camp is £43 per player

Short camp is £25 per player (4 x sessions)

CONTACT: Michael Lavey 07734 602063

email: info@absolutetennis.org.uk

For full schedule see website

www.absolutetennis.org.uk



Sport

■ TENNIS FOR FREE

Free holiday tennis courses for all ages.

WHERE: Alexandra Recreation Ground and Court Recreation Ground

WHEN: Sat 10am-12pm at Alexandra Recreation Ground and Sat 1.30pm-3.30pm at Court Recreation Ground

Just come along, no need to book.

For more information visit www.epsom-ewell.gov.uk

■ TUMBLE TOTS SUMMER CIRCUIT FUN

with Tumble Tots

Tumble Tots is the UK's leading active physical play programme. 45 minute classes develop children's agility, climbing, balance and co-ordination skills...but most of all it's about having fun!

AGE: Walking-5yrs

WHERE: 4th Ewell Scout Group Hall, 1 Bluegates, Ewell KT17 2SA and Worcester Park Baptist Church, 2 The Avenue, Worcester Park KT4 7EW

WHEN: Ewell - Tues 4 and 11 August at 9am and 10am, Worcester Park - Fri 14 and 21 August at 9am and 10am

COST: £7.50 per session

CONTACT: 07930 550023 Please see website for booking and information www.tumbletots.com/epsom

■ TWENTY20 SUMMER SMASH 2015

with Twenty20 Community Cricket Ltd

Daily hard ball matches for older able players, soft ball games for younger players. Learn the skills of Twenty20 too!

AGE: 5-14yrs

WHERE: Frances Schnalldhorst Memorial Ground KT18 7QN and 27 Ruxley Lane, Ewell KT19 0JB

WHEN: Mon 3-Fri 7 August

Mon 10-Fri 14 August - hard ball cricketers only
Mon 17-Fri 21 August

COST: From £32 per day, fifth day FREE when booking a full week. Online bookings only.

CONTACT: 03455 202029

www.twenty20cricketcompany.com/cricket/courses



Clubs and playschemes

■ FRIDAY CLUB EVENINGS

with Epsom & Ewell Phab

Many inclusive activities - sports such as tennis and basketball, games such as table tennis and pool, arts, crafts, tuck shop. Everything is available to those both with and without disabilities.

*Club is usually open to members only but during the quieter summer holidays, visitors are welcome.

AGE: 8-16yrs

WHERE: Nescot College KT17 3DS

WHEN: Fri 7.30pm-9.30pm

COST: £2 per session

CONTACT: 01372 729492

www.phab.co.uk



■ HOLIDAY PLAYScheme

at the Rainbow Leisure Centre

Our Ofsted registered holiday programme is designed to keep your kids entertained and active over the holiday period. Our highly qualified staff provide a variety of engaging activities and challenges, while giving you peace of mind that they will be in safe hands. It's the perfect place for children to try a new sport, make friends and have a lot of fun!

AGE: 5-11yrs (5yrs need to be in Year 1 and 11yrs need to be in Year 6)

WHERE: Rainbow Leisure Centre, East Street, Epsom KT17 1BN

WHEN: 9am-5pm Mon-Fri

27 July-28 August. Early/late drop off is available from 8am-6pm for an extra charge of £2.85 per session

COST: Member £15.35 per day/Non-member £19.50 per day £2.85 early/late drop off

■ THE TRANSFORMER HOLIDAY CLUB

at Epsom Methodist Church

AGE: 5-15yrs

WHERE: Epsom Methodist Church, Ashley Road KT18 5AQ

WHEN: Tues 18-Fri 21 August 10am-4pm

COST: £30 per child for whole week or

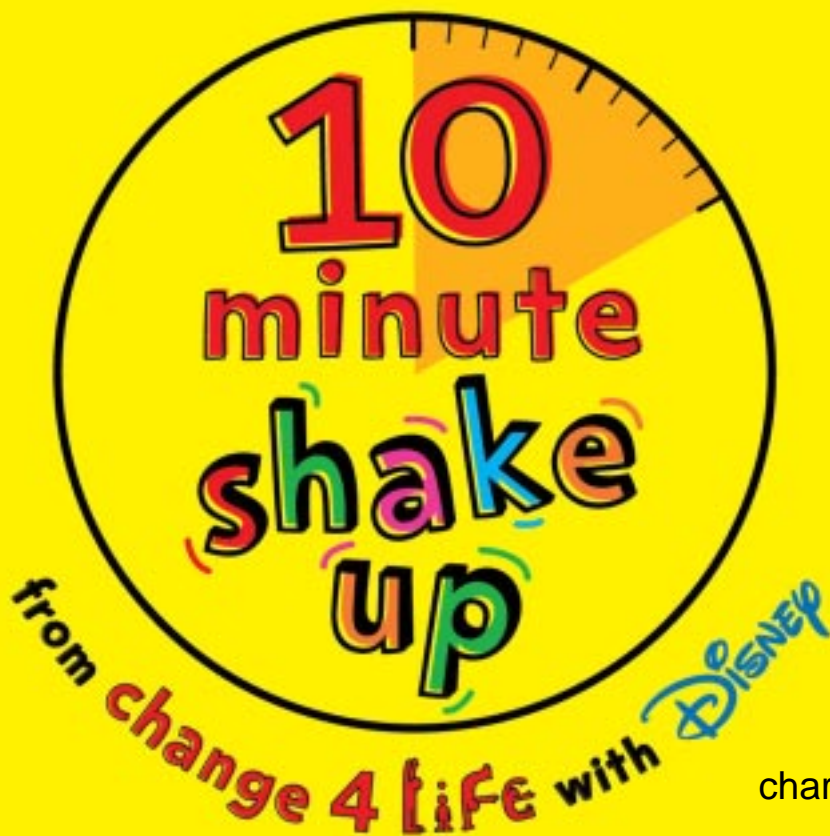
£10 per day per child **CONTACT:** 07517 368362

email: emcactivityweek@hotmail.com

Still want more?

Visit www.epsom-ewell.gov.uk/leisuredevelopments

email: contactus@epsom-ewell.gov.uk or call: 01372 732000



This summer, it's time for kids across Epsom & Ewell to join up with some of their favourite Disney teams and enjoy loads of 10 minute Shake Up activities. From Woody and the rest of the Toy Story gang, to Elsa and Anna from Frozen, there are plenty of the very best Disney characters to choose from.

Children need 60 minutes of activity each day, which isn't always easy to fit in as one session so there's loads of ideas to help children break this down into easy 10 minute bursts of fun.

It can sometimes be a struggle for parents to keep kids entertained during the summer holidays but signing up to the 10 Minute Shake Up means your kids have something to look forward to everyday. The 10 Minute Shake Up has lots of new and exciting 10 minute games and activities for children to play as part of four Disney teams: Big Hero 6, Frozen, Monsters and Toy Story.

All you need to do is visit the [Change4Life website](http://www.change4life.com) and register for a free pack with lots of goodies including a fantastic team wristband* with a timer, activity cards and a poster with stickers. Don't forget to keep an eye on the website for lots of online content to keep kids entertained over the summer.



www.nhs.uk/10-minute-shake-up