Activities organised by

Thurs 25th July to Tues 3rd Sept 2019

For children living or attending school in the Broadland District Council area

BOOK ONLINE
www.broadland.gov.uk/t2t
or on the telephone:
01603 430525
Booking lines open at 8am on Monday 17th June 2019.

To keep up-to-date with Tots2Teens - like us at www.facebook.com/bdctots2teens
Welcome

Welcome to the summer holiday Tots2Teens brochure which offers a wide range of activities to keep young people entertained during the school holidays.

We welcome registrations from all our communities. If you require any special assistance please call us to discuss.

We offer a 50% reduction on all activities for Broadland households claiming Council Tax reduction, Housing Benefit or having housing costs met through Universal Credit.

Payment must be made by credit or debit card at the time of booking. All fees are non-refundable, unless we are able to fill the space.

If you wish for your child to attend and leave an activity without an adult, the council will require written permission from the parent/carer stating this intention before the date of the relevant activity.

Please note children may only be registered and dropped off from 10 minutes before the start of the session.

To be eligible to attend sessions, children must live or go to school in the Broadland District Council area.

Broadland District Council holiday activities follow guidance for out-of-school childcare. All staff have an enhanced Disclosure & Barring Service check. If you would like to inspect our policy and procedures document please ask a member of staff.

Children's University

Young people are able to collect stamps towards their Children's University learning passports at some of our sessions. Look out for the logo. To find out more about Children’s University please visit www.childrensuniversity.co.uk

Learning passports can currently be obtained from participating schools in Norfolk. There are over 250 activity providers set up across Norfolk where young people can take part in activities and earn stamps. Young people can graduate once they have reached certain milestones of learning hours.

T-shirts

Don’t mess your own clothes up, buy one of our Tots2Teens t-shirts instead! To order, please call us on the booking lines.

Cost: £5 per t-shirt
Sizes: 5-6, 7-8, 9-11, 12-13, 14-15
Colour: Light grey

Lost property from Easter holidays and May half-term, please contact us to arrange collection. Any lost property not claimed before Friday 19th July will be disposed of.

If you would like this information in a different format, such as large print, audio, Braille or in a different language please call us on (01603) 431133 and we will do our best to help.
FUN ZONES

Fun Zones are open to children aged between 5 and 12 years old. Fun Zones start at 9:30am and finish at 3:30pm, a typical day consists of:

9:30am – 10am  Sign in, settling in period
10am – 12pm  Craft, play or workshop (please see individual date for details)
12pm – 12:30pm  Lunch with quiet games
12:30pm – 1pm  Play
1pm – 3pm  Craft, play or workshop (please see individual date for details)
3pm – 3:30pm  Play with circle games

Please wear suitable clothing, bring a packed lunch and plenty of drinks to the sessions.

Venue: St Faiths Centre, Manor Road, Horsham St Faiths, NR10 3LF
Date: Thursday 25th July
Workshop: T-shirt design

Venue: South Walsham Village Hall, School Road, NR13 6DZ
Date: Friday 26th July
Workshop: Mini monsters (live animal visit)

Venue: Bure Valley School, Hungate Street, Aylsham, NR11 6JZ
Date: Monday 29th July
Workshop: Karate*

Venue: Lingwood Village Hall, Station Road, NR13 4AZ
Date: Tuesday 30th July
Workshop: Steel pans**

Venue: Spixworth Village Hall, Crostwick Lane, NR10 3NZ
Date: Wednesday 31st July
Workshop: Iced fairy cakes

Venue: Cawston Village Hall, High Street, NR10 4BW
Date: Thursday 1st August
Workshop: Jewellery making

Venue: Hall for All, Church Street, Weston Longville, NR9 5JU
Date: Friday 2nd August
Workshop: The Gunpowder Plot, the English Civil Wars, the Great Plague and the Fire of London***

Venue: Hevingham Village Hall, Brick Kiln Road, NR10 5NL
Date: Monday 5th August
Workshop: Bag design

Venue: Horsford Village Hall, Holt Road, NR10 3DN
Date: Tuesday 6th August
Workshop: Mini monsters (live animal visit)

Venue: Sprowston Sports and Social Club, Blue Boar Lane, NR7 8RY
Date: Wednesday 7th August
Workshop: Dream catchers

Venue: Hall, Acle Recreation Centre, Bridewell Lane, NR13 3RA
Date: Thursday 8th August
Workshop: Jar aquarium

Venue: Coltishall Village Hall, Rectory Road, NR12 7HL
Date: Friday 9th August
Workshop: Sports day
Venue: Drayton Village Hall, Pond Lane, NR8 6PP  
Date: Monday 12th August  
Workshop: Paracord bracelets

Venue: Hall, Falcon Junior School, Falcon Road West, Sprowston, NR7 8NT  
Date: Tuesday 13th August  
Workshop: Introduction to British Sign Language****

Venue: South Walsham Village Hall, School Road, NR13 6DZ  
Date: Wednesday 14th August  
Workshop: Pizza making

Venue: Felthorpe Pavilion and Recreation Ground, The Street, NR10 4DQ  
Date: Thursday 15th August  
Workshop: Romans***

Venue: Stimpson’s Piece, Bartle Court (off Station Road), Reepham, NR10 4LL  
Date: Friday 16th August  
Workshop: Petting farm (live animal visit)*****

Venue: Postwick Village Hall, Ferry Lane, NR13 5HL  
Date: Monday 19th August  
Workshop: Tots2Teens talent show* Delivered by TKF

Venue: Hainford Village Hall, Hall Road, NR10 3LX  
Date: Tuesday 20th August  
Workshop: Water fun (please bring swimwear, a change of clothes, shoes and a towel)

Venue: Sprowston Sports and Social Club, Blue Boar Lane, NR7 8RY  
Date: Wednesday 21st August  
Workshop: Weaving

Venue: Brundall Memorial Hall, Links Avenue, NR13 5LL  
Date: Thursday 22nd August  
Workshop: Mini Olympics

Venue: Rackheath Village Hall, Green Lane West, NR13 6LT  
Date: Friday 23rd August  
Workshop: Clay models

Venue: Horsford Village Hall, Holt Road, NR10 3DN  
Date: Tuesday 27th August  
Workshop: Mosaics

Venue: Spixworth Village Hall, Crostwick Lane, NR10 3NQ  
Date: Wednesday 28th August  
Workshop: Scones

Venue: Stimpson’s Piece, Bartle Court (off Station Road), Reepham, NR10 4LL  
Date: Thursday 29th August  
Workshop: Chair drumming**

Venue: Postwick Village Hall, Ferry Lane, NR13 5HL  
Date: Friday 30th August  
Workshop: Basic First Aid for children*****

Venue: Hevingham Village Hall, Brick Kiln Road, NR10 5NL  
Date: Monday 2nd September  
Workshop: Rounders

Venue: Little Plumstead Village Hall, Crowes Loke, NR13 5JB  
Date: Tuesday 3rd September  
Workshop: Tots2Teens talent show

* Delivered by TKF
** Delivered by Norfolk Music Hub
*** Museum collection and activities organised by Norfolk Museums Service
**** Delivered by Signwise Tuition
***** Delivered by Wycomb Pastures
****** Delivered by Go and Get trained

Cost - first child £14.50, second child £14.50, further children from same address £7.25.

Please wear suitable clothing and bring a packed lunch with plenty of drinks.
**Superhero cityscape**

Come along and enjoy a day of experimenting with a range of collage, paint and print techniques as we create a cityscape fit for a superhero. Look closely at famous city landmarks from around the world, taking inspiration from their shape and form. Create a superhero character of your choice then see him or her fly through the sky of your finished cityscape.

**Date:** Monday 29th July  
**Venue:** Little Plumstead Village Hall, Crowes Loke, NR13 5JB  
**Time:** 10am – 3pm  
**Age:** 5 - 9 years  
**Cost:** £18

**Fabulous fashion**

*In partnership with OPEN Norwich*

Calling all you fabulous fashionista’s! Here is your chance to design and create your very own fashion item. You will spend the day designing a stunning item to parade on the catwalk at the end of the day. From Vera Wang to Louis Vuitton, this is guaranteed to be an awe-inspiring day of creativity and fabulousness!

**Date:** Friday 2nd August  
**Venue:** Dussindale Community Centre, Pound Lane, Thorpe St Andrew, NR7 0SR  
**Time:** 10am – 3pm  
**Age:** 7 - 12 years  
**Cost:** £18

**Jungle bugs**

In this workshop we will be using papier-mâché, collage and paint so you may make your own jungle habitat for insects and bugs. To start with we will be squishing and scrunching papier-mâché to make trees, vines and vegetation, creating a textured relief on cardboard. Add detail with paint and pastels, we will look closely at a range of different jungle insects, their shapes, patterns and colours before we draw, sketch and colour.

**Date:** Monday 19th August  
**Venue:** St Faiths Centre, Manor Road, Horsham St Faiths, NR10 3LF  
**Time:** 10am – 3pm  
**Age:** 5 - 9 years  
**Cost:** £18

**Make your own tablet case**

Come along and spend the day designing and making a fabric case to keep your tablet safe. You will practice hand stitching as well as learning how to use a sewing machine. Choose from a range of fabrics and colours; let your imagination run wild! Please bring along a note of the size of your tablet to ensure that the case you make will fit.

**Date:** Friday 23rd August  
**Venue:** John Mack Room, Broadland District Council, Thorpe Lodge, 1 Yarmouth Road, Thorpe St Andrew, NR7 0DU  
**Time:** 10am – 3pm  
**Age:** 8 - 16 years  
**Cost:** £18
**COOKERY**

4 hours

Come along and learn how to prepare and cook a selection of dishes that you can take home to enjoy with your family. All ingredients will be provided. Please state at the time of booking if any dietary requirements need to be considered. Please bring a large container (a cardboard vegetable box is perfect) to take your cooking home in as well as a packed lunch, plenty of drinks and an apron if you have one.

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<td><strong>Camping</strong></td>
<td>£23</td>
<td>Thursday 25th July</td>
<td>Cookery room, Broadland High Ormiston Academy, Tunstead Road, Hoveton, NR12 8QN</td>
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**Junior dinner party**
Wow your guests with these dinner party canapés! Cheesy bites, salmon and horseradish tartlets and Mexican pork koftas are all on the menu.

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**Senior taste of summer**
Whether the sun is shining or not, you can enjoy making and eating these summer recipes. On the menu is tikka turkey burgers, coronation rice salad and a summer pudding.

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<td>£23</td>
<td>Tuesday 13th August</td>
<td>Cookery room, Hellesdon High School, 187 Middleton’s Lane, NR6 5SB</td>
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**Junior vegan**
Veganism has skyrocketed in recent years, with more people than ever before choosing to enjoy a plant-based life. At this session, we will make a butternut squash and spinach curry served with sag aloo and banana bread for dessert.

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Mexican banquet
At this session we will make chicken enchiladas, black-eyed bean mole with a crunchy corn and pepper salsa – you decide on the level of spice!

Date: Thursday 29th August
Venue: Cookery room, Hellesdon High School, 187 Middleton’s Lane, NR6 5SB
Time: 10am - 3pm
Age: 8 - 16 years
Cost: £23

HISTORY AND NATURE

Please bring a packed lunch and plenty of drinks.

Life on the Farm
In Partnership with the Countryside Restoration Trust

Mad about the countryside and nature? Come along to Mayfields Farm and spend the day outdoors exploring wildlife and farm life! Have a go at pond dipping, see which species are in our moth trap, visit our fantastic bird hide and meet our red squirrels and other farm animals. You will also watch sheepdogs at work and learn how they are trained by farmer Sarah. Please wear sturdy shoes or wellies and bring an extra pair of shoes in a bag to change into (health and safety requirement), sensible clothes (including a waterproof jacket) and sun hat. Please note that the content of the day may vary due to changes in the weather.

Date: Wednesday 31st July
Venue: Mayfields Farm, Reepham Road, Foulsham, NR20 5PP
Time: 10am – 3pm
Age: 7 - 12 years
Cost: £10

Archaeology
In partnership with Britannia Archaeology Ltd & Woodgate Nursery, Aylsham

Come along for a day and experience the life of an archaeologist. A large Roman site has been discovered near Aylsham, come along and see what has been found so far and explore what else could be lying under the ground. During the day, you will learn about geophysics, excavation, sieving soil, recording of finds as well as having access to walk around the site. The session will take place outdoors, please wear suitable clothes for outdoor conditions and bring waterproofs and sunscreen – you will get dirty. Toilet facilities are portaloo. This is part of the Aylsham Roman Project Community Dig and will remain open to the local community during our sessions. If you or your family would like to visit and take part in the dig on other days please go to www.aylshamromanproject.com/friend for more information and costs.

Dates: Wednesday 7th August and Wednesday 21st August
Venue: Woodgate Nursery, Cawston Road, Aylsham, NR11 6UH
Time: 10am - 3pm
Age: 10 - 16 years
Cost: £10 per day

The Legend Returns
In partnership with Norfolk Museums Service

Voyage into the world of the Vikings, explore beautiful Viking objects, tackle a trail, enjoy guided tours, discover the Nordic origin of local place names, plus costumes and more! Please note that the museum will be open to the public as normal during our visit.

Date: Friday 16th August
Venue: Entrance, Norwich Castle Museum, 24 Castle Meadow, NR1 3JU
Time: 10.30am – 3pm
Age: 7 - 13 years
Cost: £9

Family tree
In partnership with OPEN Norwich

Have you ever wondered where your family name comes from and just what your ancestors did? Embark on a journey with us to find out your family heraldry and begin your family tree. You will have the chance to research your family coat of arms and design a new one that could be worn by a knight riding in to battle.

Date: Thursday 29th August
Venue: Hayman Lodge, Catton Park, Oak Lane, Old Catton, NR6 7DB
Time: 10am – 3pm
Age: 7 - 12 years
Cost: £18

TECHNOLOGY AND SKILL DEVELOPMENT

Please bring a packed lunch and plenty of drinks.

Become a mechanic for the day
In partnership with Action Community Enterprises CIC

Ever thought about becoming a mechanic? Want to have a go at your dream job? Now is your chance! You will learn a basic understanding of health and safety within the workshop, wheel changing and removal and refitting of different components. You will have a go at engine work as well as suspensions and exhausts. You will need to be in appropriate clothing which it doesn’t matter if it gets messy, and closed toe footwear. Participants will be presented with an ACE certificate of achievement!

Date: Friday 2nd August
Venue: ACE, Viking House, Dewing Road, Rackheath Industrial Estate, NR13 6PS
Time: 10am – 3pm
Age: 10 - 16 years
Cost: £26.50

Book at: www.broadland.gov.uk/t2t or telephone us on (01603) 430525
**SPORT ZONES**

**Wizard Academy**
*In partnership with OPEN Norwich*

Grab your wand and dust off your robes for this magical trip to a world of wizarding, spells and mythical beasts! Even if you haven’t received your Hogwarts letter yet, there’ll be plenty of mystical themed activities to keep you and your familiar happy!

**Date:** Thursday 8th August  
**Venue:** Rackheath Village Hall, Green Lane West, NR13 6LT  
**Time:** 10am – 3pm  
**Age:** 7 - 12 years  
**Cost:** £18

**Digital photography and photo manipulation**

The day will start off with a brief discussion of photographic principles. We will then go outside to take pictures before returning to download the photos. After lunch, we will travel to Catton Park on the council’s minibus to continue to take photos before returning to look at the software, download our pictures and work on the following: cropping, sizing, layering, brightness, contrast, hue, simple re-colouring, digital effects and using some ‘paintbrush’ facilities. You will have access to your photos after the session via a file sharing service. All equipment is provided, although if you would like to bring your own camera, please make sure you bring the USB lead and battery charger/spare batteries.

**Date:** Monday 12th August  
**Venue:** Carrowbreck House, 7 Carrowbreck Road, Hellesdon, NR6 5FA  
**Time:** 10am – 3pm  
**Age:** 11 - 16 years  
**Cost:** £26.50

**Mission to Mars**
*In partnership with Laboratory Media Education*

Travel to Mars and back in a day. Report on the launch, send a report back from the weightless space station, mend the space shuttle and program the Mars Rover. Using green screen, virtual reality, robots, apps and circuitry we will boldly go where no one has been before! Suitable for astronauts!

**Date:** Tuesday 13th August  
**Venue:** Carrowbreck House, 7 Carrowbreck Road (off Drayton High Road), Hellesdon, NR6 5FA  
**Time:** 10am – 3pm  
**Age:** 8 - 16 years  
**Cost:** £26.50

**Robots Coding and Circuitry**
*In partnership with Laboratory Media Education*

Create a robot and programme to obey your commands! Plot the robots route through an assault course. Control rolling robots and mini robots. During the course of the day we will explore programming, problem solving and circuitry. Create a robot maze and race our robots against each other. A natural first step for those planning world domination! Unfortunately, robots cannot be taken home.

**Date:** Friday 23rd August  
**Venue:** Carrowbreck House, 7 Carrowbreck Road (off Drayton High Road), Hellesdon, NR6 5FA  
**Time:** 10am – 3pm  
**Age:** 8 - 16 years  
**Cost:** £26.50

**Multisports**
*In partnership with LB Coaching*

Come and make friends at our multisport activity day and have loads of fun too! Practice your skills in dodgeball, tag rugby, multisport skills and ultimate frisbee.

**Date:** Friday 26th July  
**Venue:** Sports hall, Sprowston Community Academy, Cannerby Lane, NR7 8NE  
**Time:** 10am – 3pm  
**Age:** 5 - 10 years  
**Cost:** £17

**Sail and stand up paddleboard**

This session is a fun introduction to the exciting sports of sailing and stand up paddle boarding. Learn new skills and see what these two exciting water sports are all about. Please bring a towel and a spare set of clothes and shoes.

**Date:** Monday 29th July  
**Venue:** Whitlingham Outdoor Education Centre, Whitlingham Lane, Trowse, NR14 8TR  
**Time:** 10am – 3pm  
**Age:** 8 - 16 years  
**Cost:** £35

Limited places available
Junior circus skills
In partnership with The Oak Circus Centre

Start with an introduction to circus disciplines with a focus on learning through play. You will also get an introduction to basic manipulation skills like scarf juggling, as well as learning how to use your body through handstands, acrobatics and aerial disciplines. The Oak Circus Centre is a fully equipped specialist circus venue. Please wear stretchy, comfortable clothing that you can move easily in and where you have no problems going upside down. Long sleeves and trousers are recommended for aerial disciplines to protect your skin. Please bring a drink.

Date: Monday 29th July
Venue: The Oak Circus Centre, Oak Street, NR3 3AE
Time: 10am – 12noon
Age: 5 – 8 years
Cost: £12

Senior circus skills
In partnership with The Oak Circus Centre

The session will begin with an introduction to circus disciplines with a focus on aerial and acrobatics. You will get to try a range of aerial disciplines including trapeze, rope and silks, and a broad taste of acrobatics including mini-trampoline, handstands and pyramids. The Oak Circus Centre is a fully equipped specialist circus venue. Please wear stretchy, comfortable clothing that you can move easily in and where you have no problems going upside down. Long sleeves and trousers are recommended for aerial disciplines to protect your skin. Please bring a drink.

Date: Monday 29th July
Venue: The Oak Circus Centre, Oak Street, NR3 3AE
Time: 1pm – 3pm
Age: 9 – 16 years
Cost: £12

Kayak river paddle

Come along and enjoy an afternoon of exploring the River Yare in our kayaks. This session is suitable for beginners as instruction is provided. Please do not wear jeans, heavy jumpers, big trainers or boots. We recommend lightweight clothing, beach shoes, waterproof tops, no straps or dangly things which could get caught and no jewellery. Please bring a drink. There will be a form to complete on arrival at this activity.

Session 1: Tuesday 30th July
Session 2: Thursday 8th August
Venue: Broadland Paddle Sport, Girlings Lane, Thorpe St Andrew, NR7 0HE
Time: 1pm - 3pm
Age: 8 – 16 years
Cost: £10 per session

Junior fencing and football

Take part in a session learning the skills of fencing with foam sabres, from the basics to a friendly competition at the end. Also take part in a fun football session to improve your ball skills and game play. Long-sleeved tops, tracksuit trousers and non-marking trainers must be worn for fencing; you can bring a change of clothing (including waterproofs and football boots and shin pads if you have them) for football if you would like to.

Date: Wednesday 31st July
Venue: Meet at north site gym, Thorpe St Andrew School, Longfields Road, NR7 0NB
Time: 10am – 3pm
Age: 8 - 16 years
Cost: £17

Bootcamp and wooden spoon making

Bootcamp is an outdoor-based exercise session using natural equipment - run, jump, climb, crawl and throw your way through an intense fitness workout. Also, learn how to make a spoon with a Back to Basics Bushcrafters Instructor who will guide you on selecting and processing the wood so you are ready to start making a memorable homemade spoon. We will be using green wood to make it easier to carve on the day. At the end of the session you will have a spoon to take home to dry and then sand and oil. We will supply the sandpaper and oil to take home with full instructions so your spoon will last for years. We would love to see photos of the dried and oiled spoon when you have finished! This session will take place outdoors. Please wear suitable clothing and footwear for outdoor activity including waterproofs.

Date: Thursday 1st August
Venue: Cawston Village Hall, High Street, NR10 4BW
Time: 10am – 3pm
Age: 8 - 16 years
Cost: £18

Instructor who will guide you on selecting and processing the wood so you are ready to start making a memorable homemade spoon. We will be using green wood to make it easier to carve on the day. At the end of the session you will have a spoon to take home to dry and then sand and oil. We will supply the sandpaper and oil to take home with full instructions so your spoon will last for years. We would love to see photos of the dried and oiled spoon when you have finished! This session will take place outdoors. Please wear suitable clothing and footwear for outdoor activity including waterproofs.

Date: Thursday 1st August
Venue: Cawston Village Hall, High Street, NR10 4BW
Time: 10am – 3pm
Age: 8 - 16 years
Cost: £18

Book at: www.broadland.gov.uk/t2t or telephone us on (01603) 430525
Athletics
Join in with an introduction to recognised athletic field events. In the morning we will focus on running techniques and after lunch we will move onto jumping and throwing. Athletics is a great opportunity for confidence building and fitness, whilst achieving goals.

Date: Monday 5th August
Venue: Sports hall, Hellesdon High School, 187 Middleton’s Lane, NR6 5SB
Time: 10am – 3pm
Age: 8 - 16 years
Cost: £17

Survive in the wild
In partnership with Back to Basics Bushcrafters

Can you survive in the wild? Are you up for a challenge? A Back to Basics Bushcrafters Instructor will teach you the fundamentals of survival and bushcraft skills. You then have to demonstrate you can survive and flourish! Lots of shelter, fire and common sense! This session will take place outdoors. Please wear suitable clothing and footwear for outdoor activity including waterproofs.

Date: Tuesday 6th August
Venue: Horsford Village Hall, Holt Road, NR10 3DN
Time: 10am – 1pm
Age: 8 - 16 years
Cost: £18

Dance and trampolining
Come along and take part in a workshop covering different types of dance including street and ballet. A chance to learn choreography, have fun and make new friends. You will also be able to practice your skills and learn new moves at the trampolining session. Start with mounting the trampoline safely, stopping and learning basic jumps before moving on to more complex moves including shaped, landing and rotating jumps. Please wear loose fitting comfortable clothing. Long hair must be tied up and jewellery removed. Socks worn for the trampolining session.

Date: Friday 9th August
Venue: Meet at PACE, North Site, Thorpe St Andrew School, Longfields Road, NR7 0NB
Time: 10am – 3pm
Junior: 5 – 8 years
Senior: 9 - 16 years
Cost: £21

Football – referees and players
Come along and meet a professional match official who is part of the referee team in the English Premier League. In the morning, take part in a classroom based session which will teach you what it is like to be a professional football referee! Learn about the pressures that come with the job and how to respond to these in a positive way whilst working on your confidence and raising your game. After lunch, put what you have learnt into practice at a practical football session. Bring football boots and shin pads if you have them. Both sessions are the same.

Session 1: Friday 9th August, Sports hall, Sproston Diamond Centre, School Road, NR7 8TR
Session 2: Thursday 15th August, Sports hall, Hellesdon High School, 187 Middleton’s Lane, NR6 5SB
Time: 10am – 3pm
Age: 9 - 14 years
Cost: £10 per session

Hautbois Activity Centre
Enjoy a day of outdoor activities including scaling the 30ft climbing wall. You will learn how to belay and try out the different difficulty climbing routes. Test your nerve during abseiling, enjoying the view as you descend the climbing wall. Get the chance to test your observation skills in the photo orienteering session, work as a team to find out where each photo was taken to reveal the secret password. Participants should wear suitable clothing for outdoor activities including a waterproof coat and sturdy shoes.

Date: Wednesday 7th August
Venue: Meet at PACE, North Site, Thorpe St Andrew School, Longfields Road, NR7 0NB
Time: 10am – 3pm
Junior: 5 – 8 years
Senior: 9 - 16 years
Cost: £17

Golf
The day will involve development games to help balance, hand-eye coordination and social skills. There will be time on the driving range to learn fundamental golf skills such as grip, stance and posture. The session will finish with a Pirate Island (adventure golf) putting tournament. Please bring a drink.

Senior: 8 - 16 years, Wednesday 7th August
Junior: 5 - 8 years, Thursday 22nd August,
Venue: Norfolk Premier Golf Club, 20 Yarmouth Road, Blofield, NR13 4JS
Time: 10am - 1pm
Cost: £15

Scuba diving
In partnership with Christal Seas Scuba

A fun introduction to scuba diving; explore the underwater world and learn to breathe underwater. Have a go at wearing fins, a mask and scuba air tank. Dive around the pool and play some fun underwater games. Please bring swimwear and a towel. Under PADI guidance, a medical questionnaire must be satisfactorily completed before attending the sessions. This will be sent to you following your booking, for more information please speak to one of the booking team. The session will comprise of approximately a 15 minute briefing followed by kitting up, 45 minutes in the water and changing at the end.

Date: Friday 9th August
Venue: Hautbois Activity Centre, 5 Great Hautbois Road, Coltishall, NR12 7JN
Time: Arrive from 9.15am, sessions
Cost: £17

Book at: www.broadland.gov.uk/t2t
or telephone us on (01603) 430525
Date: Monday 12th August  
Venue: Christal Seas Scuba, 62 Whiffller Road, NR3 2AY  
Session 1: 10am – 11:30am  
Session 2: 11:15am – 12:45pm  
Session 3: 12:30pm – 2pm  
Age: 8 - 16 years  
Cost: £22 per session  

Limited places available  

Course fishing  
In partnership with Fishing for Schools  

As well as learning about tackle assembly and how to fish, you will learn about fish biology and watch a cookery demonstration. All participants will have the opportunity to fish for rudd, roach, and tench. Please wear suitable clothing and footwear. Please bring waterproofs, a hat, sunscreen, sunglasses (essential), a towel and a change of clothes.  

Date: Tuesday 13th August  
Venue: The White House, Mill Lane, Lenwade, NR9 5SQ  
Time: 10am - 3pm  
Age: 8 - 16 years  
Cost: £13  

Hautbois Activity Centre  

Enjoy a day of outdoor activities including flying through the treetops on the 100m long zipwire, testing your balance on the stand up paddleboards and working as a team to design and build a shelter - learn tips on how to use the environment to your advantage. Participants should wear suitable clothing for outdoor activities including a waterproof coat and sturdy shoes. Please bring a towel and a change of clothes and shoes.  

Date: Wednesday 14th August  
Venue: Hautbois Activity Centre, 5 Great Hautbois Road, Coltishall, NR12 7JN  
Time: Arrive from 9.15am, sessions 9.30am - 3pm  
Age: 8 - 16 years  
Cost: £21  

Desert island survival  
In partnership with Back to Basics Bushcrafters CIC  

Surviving on a desert island involves many unique challenges - are you willing to give it a try? A Back to Basics Bushcrafters Instructor will teach you the fundamentals of surviving on and navigating the ‘island’. The challenge is to finish the course using natural direction finding techniques and survival skills to see you through the day. This session will take place outdoors. Please wear suitable clothing and footwear for outdoor activity including waterproofs.  

Date: Thursday 15th August  
Venue: Felthorpe Pavilion and Recreation Ground, The Street, NR10 4DQ  
Time: 10am - 3pm  
Age: 6 - 10 years  
Cost: £18  

Pickleball and badminton  

Pickleball is a paddle sport created for all ages and skill levels. It is a fun sport that combines many elements of tennis, badminton and table tennis. It is great fun to learn! In the afternoon take part in badminton, this racket game is sure to get your heart rate going! Work on your drop shot and forehand smash in singles and doubles matches.  

Date: Friday 16th August  
Venue: Sports hall, Hellesdon High School, 187 Middletons Lane, NR6 5SB  
Time: 10am - 3pm  
Age: 8 - 16 years  
Cost: £17  

Gymnastics and trampolining  

For beginners, a fun gymnastics session which will offer the chance to explore a variety of foundation skills; using the floor, springboard, trampette and rhythmic gymnastics ribbon. The trampolining session will begin by covering how to mount the trampoline, the correct way to bounce and stop, learning basic moves and landing. We will then progress to shaped jumps, seat drops, swivel hips, front drops, twists etc. Depending on ability, we will move on to progressions and rotations and finish with games. Please wear loose fitting comfortable clothing, long hair must be tied up and all jewellery removed. Socks must be worn for trampolining.  

Date: Monday 19th August  
Venue: Meet at north site gym, Thorpe St Andrew School, Longfields Road, NR7 0NB  
Time: 10am - 3pm  
Junior: 5 - 8 years  
Senior: 9 - 16 years  
Cost: £17  

Multisports  

Come and make friends at our multisport activity day and have loads of fun too! Practice your skills in tri-golf, athletics, basketball and parachute games.  

Date: Tuesday 20th August  
Venue: North site gym, Thorpe St Andrew School, Longfields Road, NR7 0NB  
Time: 10am - 3pm  
Age: 5 - 10 years  
Cost: £17
Cricket
The course is suitable for all abilities and includes bowling, fielding and batting skills incorporated into exciting games.

**Senior**: 8 – 16 years, Tuesday 20th August
**Junior**: 5 – 8 years, Wednesday 21st August
**Venue**: Norwich Cricket Club, 1 Ferry Lane, Postwick, NR13 5HL
**Time**: 10am – 3pm
**Cost**: £17

Swimming and hockey
In the morning take part in a swimming session that will cover different swimming strokes and techniques, followed by basic lifesaving in and out of the water, finishing with water skill games. In the afternoon have a go at hockey and practice your dribbling, passing and shooting before finishing off with match based games in a fun environment. Children must be able to confidently swim 25m unaided in order to attend this session.

**Date**: Wednesday 21st August
**Venue**: Swimming pool, Aylsham High School, Sir Williams Close, NR11 6AN
**Time**: 10am – 3pm
**Age**: 8 – 16 years
**Cost**: £17

Tennis
A fun day full of tennis. In the morning, practice your tennis skills through fun games and drills. In the afternoon you will get to take part in exciting tennis singles and doubles tournaments.

**Senior**: 9 – 16 years, Thursday 22nd August
**Junior**: 5 – 8 years, Friday 23rd August
**Venue**: Tennis Courts, Thorpe St Andrew School, Laundry Lane, NR7 0XS
**Time**: 10am – 3pm
**Cost**: £17

Horse riding
This beginner’s session will start with the opportunity to groom a horse or pony. You will then have a 20 minute lead rein lesson in the riding school, learning how to stop, steer and move your horse/pony as well as having a go at trotting. The session will finish with a hack. Please wear long trousers and boots with a small heel (no laced or zipped shoes/trainers - wellies are perfect!) and bring waterproofs. Riding hats will be provided and must be worn. There will be a form to complete on arrival at this activity.

**Date**: Tuesday 27th August
**Venue**: Woodland Park Equestrian Centre, Low Farm, Low Road, South Walsham, NR13 6EQ
**Age & Time**: 4 - 8 years - 10am - 11am
4 - 8 years - 11.15am - 12.15pm
9 - 16 years - 12.30pm - 1.30pm
**Cost**: £20

Limited places available

**Hautbois Activity Centre**
Enjoy a day of outdoor activities including building a bridge which you must use to cross from one side of the river to the other – will you succeed? Have a go at climbing one of the tallest trees on the site and learn how to use a compass to navigate your way on a search and rescue mission. Participants should wear suitable clothing for outdoor activities including a waterproof coat and sturdy shoes. Please bring a towel and a change of clothes and shoes.

**Date**: Friday 30th August
**Venue**: Hautbois Activity Centre, 5 Great Hautbois Road, Coltishall, NR12 7JN
**Time**: Arrive from 9.15am, sessions 9.30am – 3pm
**Age**: 8 - 16 years
**Cost**: £21

Archery and Basketball
In the morning, have a go at archery; a skilful and challenging activity under the supervision of a fully qualified coach. Shoot some hoops in the afternoon! A mixture of fun, individual skill based activities and match based games. All abilities welcome.

**Date**: Wednesday 28th August
**Venue**: North site gym, Thorpe St Andrew School, Longfields Road, NR7 0NB
**Time**: 10am – 3pm
**Age**: 8 – 16 years
**Cost**: £17
Ladybirds
Saturday 13th July, 10:30am - 12:30pm
Cost: £6 (one accompanying adult per family goes free, additional adults will be charged £6).
Lovely ladybirds, loved by many! Find out what their spots really say and learn more about the lives of ladybirds.

Meet at NWT Hickling Broad, NR12 0BW

Rock pools and rocks
Saturday 10th August, 9.30am - 11.30am
Cost: £6 (one accompanying adult per family goes free, additional adults will be charged £6).
Join us for the only Saturday in the year when we rummage in the rock pools for marine life and root through rocks for fossils.

Meet at the Café, Water Lane, West Runton, NR27 9QP

Helping hedgehogs
Saturday 14th September, 10.30am - 12.30pm
Cost: £6 (one accompanying adult per family goes free, additional adults will be charged £6).
Like many species, hedgehogs are declining but we can all do something to help hedgehogs in our gardens. Hear more about our only spiny mammal and what help we can provide.

Meet at NWT Hickling Broad, NR12 0BW.

To book, call the booking line, 01603 430525.

For information about NWT’s holiday activities, please look at their website www.norfolkwildlifetrust.org.uk or call 01603 625540

Subsidised theatre tickets at NORWICH PLAYHOUSE

These sessions are for families to attend, Tots2Teens staff will not be present.

The Very Hungry Caterpillar Show
Sunday 7th July, 1.30pm
Cost: £9 per ticket (usually £11.50)

The Very Hungry Caterpillar by author/illustrator Eric Carle has delighted generations of readers since it was first published in 1969 selling more than 43 million copies worldwide. Eric’s well-known books captivated readers with his iconic colourful hand-painted tissue paper collage illustrations and distinctively simple stories, introducing generations of children to a bigger, brighter world and to their first experience of reading itself. The timeless classic has made its way off the page and onto the stage. Created by Jonathan Rockefeller, the critically acclaimed production of The Very Hungry Caterpillar Show features lovable puppets, faithfully adapting four of Eric Carle’s stories, Brown Bear, 10 Little Rubber Ducks, The Very Lonely Firefly and of course, the star of the show celebrating its 50th Birthday in 2019, The Very Hungry Caterpillar.

Suggested for ages 3+ (children aged 2+ are permitted but must have a ticket. Children under 2 are only permitted in certain circumstances, please call the Box Office before booking)

Running time: 1 hour, no interval

Samudra
Saturday 7th September, 7.30pm
Cost: £10 per ticket (usually £12)

When the gods are defeated by the evil demons, they turn to Lord Vishnu; the protector, for help. Vishnu promises he will help them, but they have to work with the demons to bring about their downfall! In a tale that involves churning an ocean of milk, magically appearing goddesses, deadly poison, beautiful maidens and the coveted elixir of the life, peace and goodwill is eventually restored on earth. The Natyapriya Dance Company tell this amazing story, with beautiful dancing, evocative music, great humour and vibrant costumes. Join us in a journey to this magical world!

Suggested for ages 5+
Running time: 75 mins, no interval

Performances at Norwich Playhouse, 42 – 58 St George’s Street, Norwich, NR3 1AB

For other events please go to: www.norwichplayhouse.org.uk

Subsidised theatre tickets at NORWICH PUPPET THEATRE

These sessions are for families to attend, Tots2Teens staff will not be present.

Pied Piper
Saturday 10th August, 2.30pm
Cost: £6 per ticket (usually £9)

When the Pied Piper plays his flute the rats run, the greedy mayor rubs his hands and the children dance... Norwich Puppet Theatre’s humorous and irresistible one person show combines a skilful mix of puppetry, foot-tapping music and storytelling and will have audiences young and old entranced.

Suggested for ages 3+ Running time: 50 minutes

Hey Diddle Diddle
Sunday 18th August, 2.30pm
Cost: £7 per ticket (usually £10)

When the full moon shines bright there’s magic in the air, and all the animals come out to play. Stay up late with flying cows, jazzy cats and runaway crockery and as we jump and jive to the music in a brilliant new take on the classic nursery rhyme. Ever wondered how a cow jumped over the moon? Or why the dish ran away with the spoon? With original songs played live on stage, brilliant puppetry and lots of laughter, this new show is a wild and musical celebration about the importance of imagination.

Suggested for ages 3+ Running time: 40 minutes

Claytime
Saturday 24th August, 2.30pm
Cost: £7 per ticket (usually £10)

The award-winning Indefinite Articles present: Claytime, a play with clay, where the audience are invited to participate. Each ‘Claytime’ is totally unique - creating its own world, its own characters and its own stories drawn directly from its young audience. Truly, interactive theatre at its most engaging. The piece culminates with a short on-stage workshop where the children have their own opportunity for some hands-on clay time, so you may want your children to be wearing clothing suitable for getting a bit messy. Seats are unreserved for this show and workshop.

Suggested for ages 3+ Running time: 50 minutes (including time to play with the clay!)

All performances at Norwich Puppet Theatre, St James, Whitefriars, Norwich, NR3 1TN
For other events please go to: www.puppettheatre.co.uk/index

Book at: www.broadland.gov.uk/t2t
or telephone us on (01603) 430525

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## SUMMER HOLIDAYS AT A GLANCE

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<th>Activity</th>
<th>Age</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday 25th July</td>
<td>St Faiths Centre, Horsham St Faiths</td>
<td>T-shirt design workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Friday 26th July</td>
<td>South Walsham Village Hall</td>
<td>Mini monsters workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Monday 29th July</td>
<td>Bure Valley School, Aylsham</td>
<td>Karate workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Tuesday 30th July</td>
<td>Lingwood Village Hall</td>
<td>Steel pans workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Wednesday 31st July</td>
<td>Spixworth Village Hall</td>
<td>Iced fairy cakes workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Thursday 1st August</td>
<td>Cawston Village Hall</td>
<td>Jewellery making workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Friday 2nd August</td>
<td>Hall For All, Weston Longville</td>
<td>Fabulous fashion – Dussindale Community Centre, Thorpe St Andrew, 10am – 3pm, 5 – 12 years</td>
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**Fun Zone**

- **Thursday 25th July**
  - St Faiths Centre, Horsham St Faiths – T-shirt design workshop, 9.30am – 3.30pm, 5 – 12 years

**Art Zone Technology & Skills**

- **Monday 29th July**
  - Superhero cityscape – Little Plumstead Village Hall, 10am – 3pm, 5 – 9 years

**Sport Zone**

- **Friday 26th July**
  - Multisports – Sports hall, Sprowston Community Academy, 10am – 3pm, 5 – 10 years

**Cookery History and Nature**

- **Thursday 25th July**
  - Camping – Cookery room, Broadland High Ormiston Academy, Hoveton, 10am – 3pm, 5 – 16 years

- **Friday 26th July**
  - Multisports – Sports hall, Sprowston Community Academy, 10am – 3pm, 5 – 10 years

- **Monday 29th July**
  - Senior circus skills – The Oak Circus Centre, Norwich, 1pm – 3pm, 9 – 16 years

- **Tuesday 30th July**
  - Kayak river paddle – Broadland Paddle Sport, Thorpe St Andrew, 1pm – 3pm, 8 – 16 years

- **Wednesday 31st July**
  - Life on the farm – Mayfields Farm, Foulsham, 10am – 3pm, 7 – 12 years

- **Thursday 1st August**
  - Bootcamp and wooden spoon making – Cawston Village Hall, 10am – 3pm, 8 – 16 years

- **Friday 2nd August**
  - Become a mechanic for the day – ACE Viking House, Rackheath, 10am – 3pm, 10 – 16 years

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Book at: [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t) or telephone us on (01603) 430525
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<tr>
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<th>Duration</th>
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<tbody>
<tr>
<td>Monday 5th August</td>
<td>Hevingham Village Hall – Bag design workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Tuesday 6th August</td>
<td>Horsford Village Hall – Mini monsters (live animal visit), 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Wednesday 7th August</td>
<td>Sproston Sports and Social Club - Dream catchers workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<td>Thursday 8th August</td>
<td>Acle Recreation Centre – Jar aquarium, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Friday 9th August</td>
<td>Coltishall Village Hall – Sports day workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Monday 12th August</td>
<td>Drayton Village Hall – Paracord bracelets workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Tuesday 13th August</td>
<td>Falcon Junior School, Sproston - Introduction to British Sign Language workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Wednesday 14th August</td>
<td>South Walsham Village Hall – Pizza making workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Thursday 15th August</td>
<td>Felthorpe Pavilion and Recreation Ground – Romans workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Friday 16th August</td>
<td>Stimpson’s Piece, Reepham – Postcards workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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### SUMMER HOLIDAYS AT A GLANCE

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</thead>
<tbody>
<tr>
<td>Monday 19th Aug</td>
<td>Postwick Village Hall – Petting farm</td>
<td>Jungle bugs – St Faiths Centre, Horsham St Faiths, 10am – 3pm, 5 – 9 years</td>
</tr>
<tr>
<td></td>
<td>workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>Gymnastics and trampolining – North site gym, Thorpe St Andrew School, 10am – 3pm, junior 5 – 8 years or senior 9 – 16 years</td>
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<tr>
<td></td>
<td></td>
<td>Senior cricket – Norwich Cricket Club, Postwick, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>Tuesday 20th Aug</td>
<td>Hainford Village Hall – water fun</td>
<td>Multisports – North site gym – Thorpe St Andrew School, 10am – 3pm, 5 – 10 years</td>
</tr>
<tr>
<td></td>
<td>workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>Junior cricket – Norwich Cricket Club, 10am – 3pm, 8 – 16 years</td>
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<tr>
<td></td>
<td></td>
<td>Swimming and hockey – Aylsham High School, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>Wednesday 21st</td>
<td>Sproston Sports and Social Club – Weaving</td>
<td>Junior cricket – Norwich Cricket Club, 10am – 3pm, 5 – 8 years</td>
</tr>
<tr>
<td>August</td>
<td>workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>Swimming and hockey – Aylsham High School, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>Thursday 22nd</td>
<td>Brundall Memorial Hall – Mini Olympics</td>
<td>Junior golf – Norfolk Premier Golf Club, Blofield, 10am – 1pm, 5 – 8 years</td>
</tr>
<tr>
<td>August</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
<td>Senior tennis – Courts, Thorpe St Andrew School, 10am – 3pm, 9 – 16 years</td>
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<tr>
<td></td>
<td></td>
<td>Senior taste of summer – Cookery room, Sprowston Community Academy, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>Friday 23rd</td>
<td>Rackheath Village Hall – Clay models</td>
<td>Robots, coding and circuitry – Carrowbreck House, Hellesdon, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>August</td>
<td>workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>Junior tennis – Courts, Thorpe St Andrew School, 10am – 3pm, 5 – 8 years</td>
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<tr>
<td></td>
<td></td>
<td>Horse riding – Woodland Park Equestrian Centre, South Walsham, 4 – 8 years, 10am – 11am, 4 – 8 years, 11.15am – 12.15pm, 9 – 16 years, 12.30pm – 1.30pm</td>
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<td></td>
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<td>Caribbean flavours – Cookery room, Aylsham High School, 10am – 3pm, 5 – 8 years</td>
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<tr>
<td>Tuesday 27th</td>
<td>Horsford Village Hall – Mosaics workshop</td>
<td>Archery and basketball – North site gym, Thorpe St Andrew School, 10am – 3pm, 8 – 16 years</td>
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<tr>
<td>August</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
<td>Hautbois Activity Centre – near Coltishall, 9.30am – 3pm, 5 – 10 years</td>
</tr>
<tr>
<td>Wednesday 28th</td>
<td>Spixworth Village Hall – Scones workshop</td>
<td>Archery and basketball – North site gym, Thorpe St Andrew School, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>August</td>
<td>9.30am – 3.30pm, 5 – 12 years</td>
<td>Hautbois Activity Centre – near Coltishall, 9.30am – 3pm, 8 – 16 years</td>
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<tr>
<td>Thursday 29th</td>
<td>Stimpson’s Piece, Reepham – Chair drumming</td>
<td>Mexican banquet – Cookery room, Hellesdon High School, 10am – 3pm, 8 – 16 years</td>
</tr>
<tr>
<td>August</td>
<td>workshop, 9.30am – 3.30pm, 5 – 12 years</td>
<td>Family tree – Hayman Lodge, Catton Park, Old Catton, 10am – 3pm, 7 – 12 years</td>
</tr>
<tr>
<td>Friday 30th</td>
<td>Postwick Village Hall – Basic First Aid</td>
<td>Hautbois Activity Centre – near Coltishall, 9.30am – 3pm, 8 – 16 years</td>
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<tr>
<td>August</td>
<td>for children workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Monday 2nd</td>
<td>Hevingham Village Hall – Rounders</td>
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<tr>
<td>September</td>
<td>workshop, 9.30am – 3.30pm, 5 – 12 years</td>
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<tr>
<td>Tuesday 3rd</td>
<td>Little Plumstead Village Hall – Tots2Teens</td>
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<tr>
<td>September</td>
<td>talent show, 9.30am – 3.30pm, 5 – 12 years</td>
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