

A SUMMER FOR CHILDREN



AT THE ESSEX - CALL 01787 22 44 66

Earls Colne, Colchester, Essex CO6 2NS

Monday 21st July ~ Friday 29th August

Why not purchase lunch at The Essex for your child during the camp!
For only £4 you get a sandwich, yoghurt, chocolate bar, bottle of water, and a piece of fruit!

MONTH	DATE	DAY	AGE	GOLF	TENNIS	LUNCH	FITNESS AND FUN	SWIMMING
JULY	21st	MON	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	23rd	WED	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	25th	FRI	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	28th	MON	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	30th	WED	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
AUGUST	1st	FRI	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	4th	MON	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	6th	WED	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	8th	FRI	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	11th	MON	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	13th	WED	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	15th	FRI	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	18th	MON	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	20th	WED	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	22nd	FRI	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	27th	WED	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm
	29th	FRI	5-12yrs	9.30-10.30am	10.30-11.30am	11.30am-12.30pm	12.30-1.30pm	1.30-2.30pm

COST - ONE DAY PARTICIPANT - Member £15.00, Non Member £17.00

Please note:

- We reserve the right to amend, change or cancel any of the activities when and if the need arises.
- All outdoor activities are weather permitting.
- Before participating in any activities, the Parent/Guardian of all children must complete a Junior Health Check Questionnaire. Please allow at least 5 minutes prior to the class start time to complete this information. No activities will be permitted without a completed and signed form.
- Please ensure your child is wearing suitable clothing and footwear for the activity that they are booked in for, including sun protection, hats, towels and swimming costumes (goggles if required).
- Terms and conditions apply.

CLASS DESCRIPTIONS

Tennis

A fun and interactive way to learn the skills required to play tennis with a Tennis Pro.

Where: Tennis Courts

Golf

A fun way to learn the essential skills of golf, using both our driving range and 9 hole golf course.

Where: Driving Range and 9 Hole

Golf Course

Swimming

After all the activities above, end off with fun and games in the pool.

Where: Pool

Fitness and Fun

An excellent way to improve stamina, strength and skills using fun and games.

Where: Group Fitness Studios

www.theessexgolfandcountryclub.com