



IPSWICH FIT



Free-to-all February Half Term Holiday Camps



Sessions designed for all young people with priority given to those with disabilities or in receipt of free school meals

This February half term at Ipswich Fit we have a selection of Holiday Camps, designed to be inclusive for all and with lunch provided at **no cost**.

Join us as we bring the magic of Disney to Ipswich Fit with our dance parties, along

DATE	ACTIVITY	TIME	LOCATION	AGE
Monday 21st February	ITFC Multi-Sport and Soccer School	09:30-14:30	Ransomes Sports Pavilion	8-14
Tuesday 22nd February	Disney Dance Party	10:00-15:00	Northgate Sports Centre	12-16
Wednesday 23rd February	Disney Dance Party	10:00-15:00	Ipswich School of Dancing	5-11
Thursday 24th February	ITFC Multi-Sport and Soccer School	09:30-14:30	Northgate Sports Centre	8-14

Session Descriptions

Disney Dance Party:

These open dance sessions for families with children and young people who have disabilities are fun, creative and inclusive. These sessions will give children an opportunity to express themselves, whilst encouraging group participation and build on movement skills. This is an inclusive session and so everyone in the family is encouraged to take part, dance together and get in the Disney Spirit!

Children and young people will have the opportunity to learn routines and play musical games to some of the most loved Disney classics and parents/carers/guardians are encouraged to take part as well if they wish. The days are very flexible to allow for everyone wishing to attend to take part. Lunches are included for all children and this will take place between 12pm-1pm. If you are not planning to stay for lunch, please let us know in advance. Please note all participants, including parents/carers/guardians will need to book on if taking part.

Pan Disability Multi-Sport and soccer school:

The Pan Disability Multi-sport sessions will see a wider variety of inclusive and disability-friendly activities delivered. This will include things such as boccia, parachute games, target games and other favourites. The Soccer School provides pan-disability football sessions with football and adaptive versions to improve skill levels and have lots of fun. The days are very flexible to allow for everyone wishing to attend to take part. Lunches are included for all children and this will take place between 11:30-12:30. If you are not planning to stay for lunch, please let us know in advance.

Please note, for both of our holiday camps you can attend the full camp or choose between attending just the morning or afternoon session. Lunch is still

DISNEY DANCE		MULTI-SPORT AND SOCCER SCHOOL	
10am – 12pm	Morning Session	09:30 – 11:30	Multi-Sport Session
12pm – 1pm	Lunch	11:30 – 12:30	Lunch
1pm – 3pm	Afternoon Session	12:30 – 2:30pm	Disability Soccer School

Accessibility Information

Northgate Sports Centre - Sidegate Lane West, Ipswich, IP4 3DJ

Ransomes Sports Pavilion - Sidegate Avenue, Ipswich, IP4 4JJ

Ipswich School of Dancing - The Cottage, 22 Bond Street, Ipswich, IP4 1JE

	NORTHGATE SPORTS CENTRE	RANSOMES SPORTS PAVILION	IPSWICH SCHOOL OF DANCING
PARKING	Yes	Yes	Yes – Bond Street Car Park (fees payable)
DISABLED PARKING	Yes	Yes	Yes – Bond Street Car Park
ALTERNATE PARKING OPTION	-	-	Rope Walk Car Park
ACCESSIBLE PUBLIC TRANSPORT	Number 6 bus outside Next nearest bus stop is 116	Number 6 bus outside	Number 5, 6, 66, 75, 77, 78, 79, and 800 all stop nearby on St Helen's Street
HAND-RAILS	No	Yes outside leading to front door, but not inside	No
STEP FREE ACCESS	Yes for activities and toilets but not throughout building	Yes	Yes
RAMPS	Yes		N/A
AUTOMATIC DOORS	Yes	No	No
FULLY ACCESSIBLE LIFTS	No	N/A	N/A
ACCESSIBLE TOILETS	Yes	Yes	Yes
CHANGING PLACE	Yes	Yes	Yes
SAFE OR QUIET SPACES	Yes	Yes	No

How to book

Places on our camps can be applied for through our registration form [here](#). Please See our eligibility criteria for how spaces are allocated on these sessions. Please note that every person taking part, including parents/carers/guardians, need to book on. If you are dropping off and going you do not need to book on.

[Apply Now >>](#)

Eligibility Information

This programme of activities is available to all children and young people, and is designed to be fully inclusive and encourage those children and young people with a disability or additional learning needs, and/or those that are in receipt of free school meals.

The dance sessions are set up to include the whole family and so please make sure when registering that every participant that will be attending is on the registration form.

Lunch is included only for children and young people under the age of 18. Siblings and family members can attend at no additional cost. Northgate has vending machines selling hot and cold drinks as well as snacks but if parents are staying they will need to bring their own lunch. There is a small kitchen area at Ransomes to make tea or coffee.

Places on our sessions will need to be applied for and places will be allocated using the eligibility criteria. If you do not meet the eligibility criteria, we unfortunately cannot guarantee a place at our sessions.

Places are prioritised based on the following criteria:

- 1. A member of the household is in receipt of free school meals and has a disability or additional learning needs**
- 2. A member of the household is in receipt of free school meals, but has no disability or additional learning needs**
- 3. A member of the household has a disability or additional learning needs, but is not in receipt of free school meals**
- 4. Is not in receipt of free school meals and does not have a disability or**

To support this process we are offering priority registration windows to those who meet criteria 1-3. Apply to us by 16th February to register within this window. After this sessions will be allocated to anyone wishing to attend.

Your places will be confirmed by 17th February.

If you have any questions or queries please contact us at

www.ipswichfit.co.uk/contact-us/

We have a variety of activities available this Half Term

In addition to our Holiday Camps, we also have a great variety of activities available across the holidays. Activities include Bouncy Play, Martial Arts, Racquet Sports and much more! You can view our full programme below.

Remember you can access all of our activities with our Young Person iCard – just £14.50 a month.

[View our full February Half Term Programme >>](#)



[Unsubscribe from this list >>](#)

[Update your preferences >>](#)