

KIDS SUMMER ACTIVITIES 2024



NOVA
SPORTS & COACHING



FOR YOUNG PEOPLE (YP) WITH ADDITIONAL NEEDS AND THEIR SIBLINGS

All activities are allocated on a first come, first served basis. Your space is only secure once you have booked and paid via Spond App. If finances are a barrier to your child taking part please get in touch with Jenny.

TO BOOK EMAIL :

bookings@novasportsandcoaching.co.uk or call Jenny on 07880743453

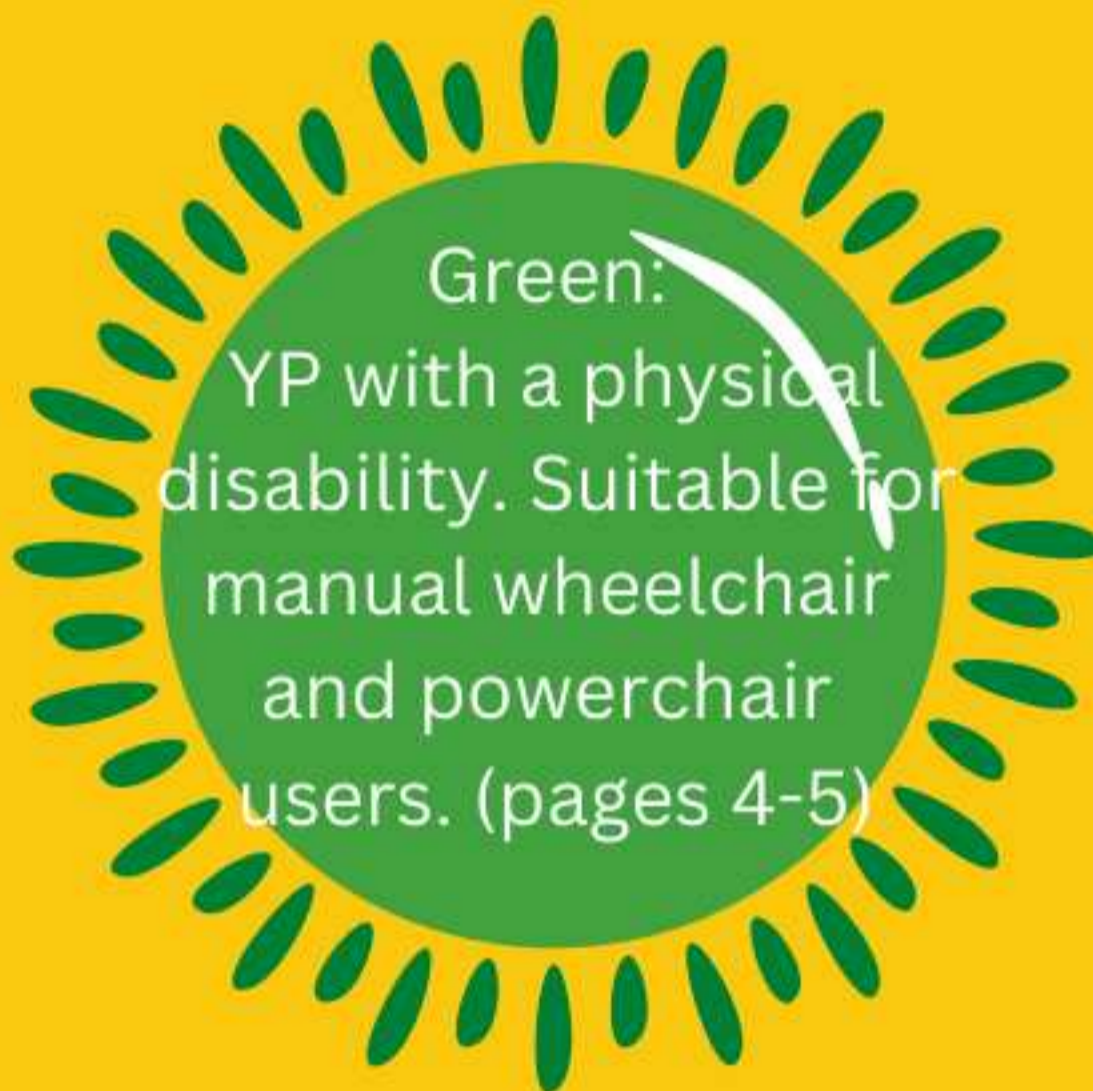
www.novasportsandcoaching.co.uk



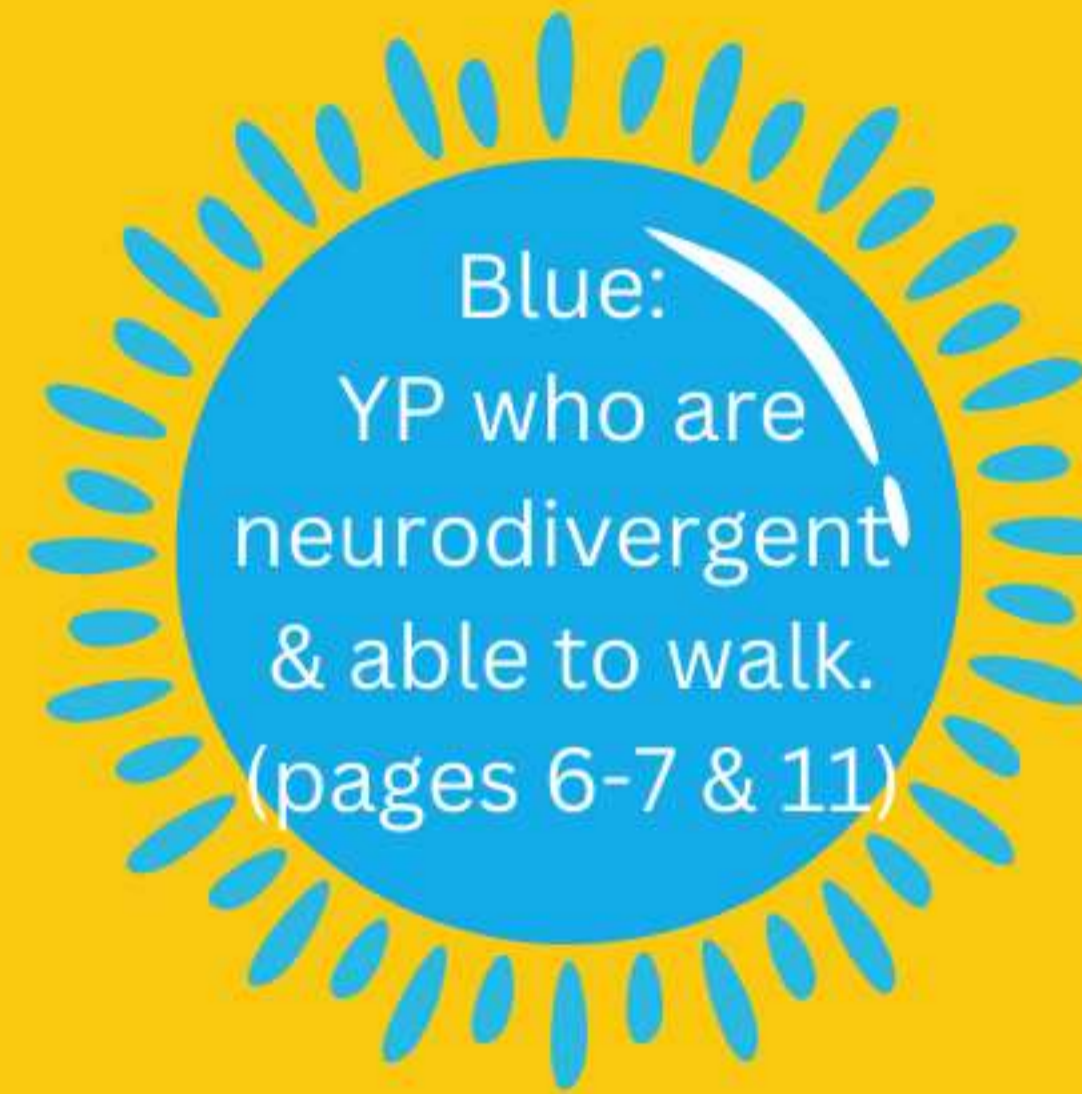
Nova Sports Full Summer Calendar



Weeks 1 - 3



Green:
YP with a physical disability. Suitable for manual wheelchair and powerchair users. (pages 4-5)



Blue:
YP who are neurodivergent & able to walk. (pages 6-7 & 11)



Yellow:
Open to ALL YP with additional needs. (pages 8 - 10)



	Monday 22nd July	Tuesday 23rd July	Wednesday 24th July	Thursday 25th July	Friday 26th July	Saturday 27th July	Sunday 28th July
1		Bouldering	Mendip Adventure Day	Sport in the Park			
		Family Hydrotherapy	Skiing (beginners)				
		Football in Yeovil					
	Monday 29th July	Tuesday 30th July	Wednesday 31st July	Thursday 1st Aug	Friday 2nd Aug	Saturday 3rd Aug	Sunday 4th Aug
2	Adaptive Skiing	Football in Frome		Sport in the Park	Wheelchair Basketball in Bristol		Frame Running
		Family Hydrotherapy		Paddleboarding			
		Wheelchair Basketball in Yeovil					
	Monday 5th Aug	Tuesday 6th Aug	Wednesday 7th Aug	Thursday 8th Aug	Friday 9th Aug	Saturday 10th Aug	Sunday 11th Aug
3	Somerset Cricket SEN Multi-Sports Camp in Frome	Bouldering	Mendip	Sport in the Park			
		Family Hydrotherapy	Skiing (experienced)	Adaptive Surfing			
		Multi-Sports in Yeovil		Surfing			



Nova Sports Full Summer Calendar



Weeks 4 - 6

Green:
YP with a physical disability. Suitable for manual wheelchair and powerchair users. (pages 4-5)

Blue:
YP who are neurodivergent & able to walk. (pages 6-7 & 11)

Yellow:
Open to ALL YP with additional needs. (pages 8 - 10)



	Monday 12th Aug	Tuesday 13th Aug	Wednesday 14th Aug	Thursday 15th Aug	Friday 16th Aug	Saturday 17th Aug	Sunday 18th Aug
4	Somerset Cricket SEN Multi-Sports Camp in Yeovil	Football in Frome	Adaptive Sailing	Sport in the Park		Superhero Triathlon	
		Family Hydrotherapy		Paddleboarding			
		Football in Yeovil					
	Monday 19th Aug	Tuesday 20th Aug	Wednesday 21st Aug	Thursday 22nd Aug	Friday 23rd Aug	Saturday 24th Aug	Sunday 25th Aug
5	Somerset Cricket SEN Multi-Sports Camp in Bath	Family Hydrotherapy	Mendip	Sport in the Park	Wheelchair Basketball in Bristol		
				Adaptive Surfing			
				Surfing			
	Monday 26th Aug	Tuesday 27th Aug	Wednesday 28th Aug	Thursday 29th Aug	Friday 30th Aug	Saturday 31st Aug	Sunday 1st Sept
6		Football in Frome	Adaptive Sailing	Sport in the Park			Frame Running
		Family Hydrotherapy					
		Multi-Sports in Yeovil					

HOW TO BOOK!



1

Download the **Spond App**

2

Make an account (parent/carer) as a **Guardian**.

3

Add your child as a **Member**. If you have multiple children add them each as separate members (under your account as their Guardian).

4

Use code **WAFPI** to join Nova Sports Group.

5

Email **bookings@novasportsandcoaching.co.uk** the activities you would like to book (child's name, activity name and date).

6

You will be sent an invite to the activity via the Spond app. Once you have accepted the invite and paid your booking is **confirmed**.

Young people with a Physical Disability ONLY

Who are these activities for? Young people of all ages who have a physical disability (including manual & electric wheelchair users). Not available to non-disabled siblings due to limited spaces.

ADAPTIVE SURFING

Dates: 8th Aug & 22nd Aug

Time: 11:30 & 14:30 & 16:30

Venue: The Wave, Bristol, BS35 5RE

Cost: £30

Extra info: Must be able to lie on front and lift head up and roll over onto their back in the water. Beach wheelchair available for transfers into the water.



ADAPTIVE SKIING

Dates: Monday 29th July

Time: 1hr lesson between 11:30 - 15:30

Venue: The Snow Centre, St Albans Hill, Hemel Hempstead, HP3 9NH

Cost: £40 per person

Extra info: Hoist available for use. All ages welcome.



Young people with a Physical Disability ONLY

Who are these activities for? Young people of all ages who have a physical disability (including manual & electric wheelchair users) and their siblings.

ADAPTIVE SAILING

Dates: 14th August and 28th August

Time: 13:00 - 15:00

Venue: Baltic Wharf, Cumberland Road, Bristol BS1 6XG

Cost: £20 per person

Extra info: Spaces for those with a physical disability including manual and electric wheelchair users. Hoist available to transfer into the boat. Boat fits one young person and instructor in. Sailing lasts approximately 30 minutes per person.



FRAME RUNNING (TRIKES WELCOME)

Dates: 4th August and 2nd September

Time: 13:00 - 14:30

Venue: Cycle Track, Odd Down Sports Ground Chelwood Drive, Bath, BA2 2PR

Cost: £5 per family or free for BFRC members

Extra info: Bring along the WHOLE family with bikes/trikes/scooters. All ages welcome.



Young People who are neurodivergent and able to walk ONLY.

Who is it for? Young people who are neurodivergent and able to walk independently. For any young person who needs a smaller group and inclusive coaches, no diagnosis necessary, Siblings welcome!

SURFING

Dates: 8th Aug & 22nd Aug

Time: 13:30 - 16:00

Venue: The Wave, Bristol, BS35 5RE

Cost: £25 / **Ages:** 7 - 18 year olds

Extra info: Must be able to swim 25m unaided. No parent/carers can go in the water.



BOULDERING

Dates: 23rd July & 6th Aug

Time: 9:30 - 10:30

Venue: Frome Boulder Rooms, The Cotton Works, Vallis Road, Frome, BA11 3EN

Cost: £10 per person

Ages: 7 - 18 year olds



PADDLEBOARDING

Dates: 1st Aug & 15th Aug

Time: 14:00 - 16:00

Venue: Original Wild, Victoria Bridge, Bath, BA2 3FL

Cost: £20

Ages: 7 - 18 year olds



Young People who are neurodivergent and able to walk ONLY.

Who is it for? Young people who are neurodivergent and able to walk independently. For any young person who needs a smaller group and inclusive coaches, no diagnosis necessary, Siblings welcome!

MENDIP ADVENTURE DAY

24th July 10:30 - 15:00

Tobogganing, Active archery & Axe throwing

7th August 10:30 - 15:00

Low ropes course & Caving
(This day involves a lot of walking!)

21st August 10:00 - 15:00

Frisbee golf, Air rifle shooting and Bushcraft

Venue: Mendip Activity Centre,
Lyncombe Drive, BS25 5PQ

Cost: £25 / **Ages:** 7 - 16 year olds



SKIING

24th July 15:30 - 17:00

For beginners.

7th Aug 15:30 - 17:00

For experienced skiers who can use the drag lift.

Venue: Mendip Activity Centre,
Lyncombe Drive, BS25 5PQ

Cost: £20

Ages: 7 - 18 year olds

FOOTBALL

Astro pitch, Frome Sport and Fitness, BA112SA

30th July, 13th & 27th Aug
10:00 - 11:30

Yeovil Rec Centre, BA21 4AW

23rd July & 13th Aug
13:30 - 15:00

Cost: £10 / **Ages:** 10 - 16 year olds



Open to ALL children with additional needs

Who is it for? All children with additional needs and their siblings.

WHEELCHAIR BASKETBALL

Bucklers Mead Academy, Yeovil, BA21 4NH

Tuesday 30th July

13:30 - 15:00

Centre for Sport, UWE, Bristol, BS16 1QY

Friday 2nd Aug & Friday 23rd Aug

10:00 - 11:30

Ages: 8 - 16 year olds / **Cost:** £5



Extra info: Must be able to transfer into a sports wheelchair and push wheels independently. No hoist available.

FAMILY HYDROTHERAPY

Family free play sessions with toys and music.

Dates: 23rd July, 30th July, 6th Aug, 13th Aug, 20th Aug & 27th Aug

45 minutes pool time | **Cost:** £20 per family (of up to 5).

Time: Between 9:30 - 11:30

Venue: Harry's Hydro, Critchill School, Frome, BA1 14LB

Extra info: Must be one adult in the pool for every child/adult who cannot independently swim competently and confidently. Hoists and changing beds available.



Open to ALL children with additional needs

Who is it for? All children with additional needs and their siblings.

SPORT IN THE PARK

A fun multi-sports session in the sun (we hope!). Coaches will provide different equipment and games each week. Free play and socialising between young people will also be facilitated and encouraged.

Dates: 25th July, 1st Aug, 8th Aug, 15th Aug, 22nd Aug & 29th Aug

Time: 10:00 - 11:30

Venue: Victoria Park, Frome

Ages: 7 - 16 year olds

If 1:1 is needed parent/carer must stay to assist.

Cost: £5



Superhero Triathlon - Saturday 17th Aug

Join Team Nova in Windsor for this super fun and inclusive triathlon.

You can take part as an individual, family or a team of 3!

There are 3 distances to choose from: Sprint, Half or Full.

Date: 17 August 2024

Venue: Dorney Lake, Eton College Rowing Centre, Windsor, SL4 6FJ

More info here:

www.superheroseries.co.uk/superhero-tri-2024-1



Organised by Somerset Cricket Foundation.
Supported by Nova Sports coaches.
Book via the QR code below.



SEN MULTI-SPORTS CAMP

FOR YOUNG PEOPLE WITH ADDITIONAL NEEDS AND THEIR SIBLINGS AGED 9 - 12

This multi-sports camp is an exciting way for kids to play, learn skills and make new friends.

SCAN TO BOOK BEFORE 22ND JULY!

JOIN US:

MONDAY 5TH AUGUST
10AM - 2PM

FROME CRICKET CLUB, BA11 2AH

FOR MORE INFO:

STEVE.GASS@SOMERSETCRICKETFUNDATION.ORG

FREE SESSION!

USE CODE:
LCESL



DYNAMOS CRICKET



SEN MULTI-SPORTS CAMP

FOR YOUNG PEOPLE WITH ADDITIONAL NEEDS AND THEIR SIBLINGS AGED 9 - 12

This multi-sports camp is an exciting way for kids to play, learn skills and make new friends.

SCAN TO BOOK BEFORE 5TH AUGUST!

JOIN US:

MONDAY 19TH AUGUST
10AM - 2PM

HAMPSET CRICKET CLUB, BATH, BA2 2BL

FOR MORE INFO:

STEVE.GASS@SOMERSETCRICKETFUNDATION.ORG

FREE SESSION!

USE CODE:
MIEYM



DYNAMOS CRICKET