

# ACTIVITY DIARY - SUMMER 2022

|                      |                  |                   |           |               |                |                          |                  |                       |
|----------------------|------------------|-------------------|-----------|---------------|----------------|--------------------------|------------------|-----------------------|
| World Cup Skills Day | YMCA Olympic Day | Ultimate Nerf Day | Slime Day | Minecraft Day | Acro Dance Day | Crafty Arty Activity Day | Dance Fusion Day | Sporting Starlets Day |
|----------------------|------------------|-------------------|-----------|---------------|----------------|--------------------------|------------------|-----------------------|

|                             |  |  |  |  |  |  |  |  |
|-----------------------------|--|--|--|--|--|--|--|--|
| Wed 20 <sup>th</sup> July   |  |  |  |  |  |  |  |  |
| Thurs 21 <sup>st</sup> July |  |  |  |  |  |  |  |  |
| Fri 22 <sup>nd</sup> July   |  |  |  |  |  |  |  |  |
| Mon 25 <sup>th</sup> July   |  |  |  |  |  |  |  |  |
| Tues 26 <sup>th</sup> July  |  |  |  |  |  |  |  |  |
| Wed 27 <sup>th</sup> July   |  |  |  |  |  |  |  |  |
| Thurs 28 <sup>th</sup> July |  |  |  |  |  |  |  |  |
| Fri 29 <sup>th</sup> July   |  |  |  |  |  |  |  |  |
| Mon 1 <sup>st</sup> Aug     |  |  |  |  |  |  |  |  |
| Tues 2 <sup>nd</sup> Aug    |  |  |  |  |  |  |  |  |
| Wed 3 <sup>rd</sup> Aug     |  |  |  |  |  |  |  |  |
| Thurs 4 <sup>th</sup> Aug   |  |  |  |  |  |  |  |  |
| Fri 5 <sup>th</sup> Aug     |  |  |  |  |  |  |  |  |
| Mon 8 <sup>th</sup> Aug     |  |  |  |  |  |  |  |  |
| Tues 9 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Wed 10 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Thurs 11 <sup>th</sup> Aug  |  |  |  |  |  |  |  |  |
| Fri 12 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Mon 15 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Tues 16 <sup>th</sup> Aug   |  |  |  |  |  |  |  |  |
| Wed 17 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Thurs 18 <sup>th</sup> Aug  |  |  |  |  |  |  |  |  |
| Fri 19 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Mon 22 <sup>nd</sup> Aug    |  |  |  |  |  |  |  |  |
| Tues 23 <sup>rd</sup> Aug   |  |  |  |  |  |  |  |  |
| Wed 24 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Thurs 25 <sup>th</sup> Aug  |  |  |  |  |  |  |  |  |
| Fri 26 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Mon 29 <sup>th</sup> Aug    |  |  |  |  |  |  |  |  |
| Tues 30 <sup>th</sup> Aug   |  |  |  |  |  |  |  |  |
| Wed 31 <sup>st</sup> Aug    |  |  |  |  |  |  |  |  |
| Thurs 1 <sup>st</sup> Sept  |  |  |  |  |  |  |  |  |
| Fri 2 <sup>nd</sup> Sept    |  |  |  |  |  |  |  |  |



THE JUNCTION  
PART OF YMCA BOURNEMOUTH



# YMCAs

## SUMMER 2022 HOLIDAY ACTIVITIES

- For all 5 - 12 years
- Great Value
- Great Fun



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The Junction | Station Approach | Broadstone | BH18 8AX

AVAILABLE TO BOOK @ RECEPTION ...  
JUNIOR MEMBERS CAN NOW BOOK ONLINE



# SUMMER 2022 HOLIDAY CLUB FOR ALL 5-12 YEAR OLDS

**Booking Conditions:** Once booked, no refunds/credit notes will be issued for non-attendance. Transferring days once booked is not permitted.

## ACRO DANCE DAY

A fusion of dance and gymnastics moves taught by a professional dancer. Improve confidence, flexibility and fitness and learn some acrobatic tricks and movements.

To Include:

- Hula Hooping
- Tumbles
- Pyramids
- Ribbons & Scarfs

Mini performance at the end of the day to showcase the skills you have learnt for your parents to be amazed.

5+ YEARS



## DANCE FUSION DAY

A full day of dance incorporating the world's varying styles and techniques, all delivered with the latest music sounds ... plus a mini performance at the end of the day to showcase the skills learnt for mum/dad to be amazed ...

**Includes POM POM Cheerleading ...**

5+ YEARS



## SLIME DAY

Step into a slimey dreamland and get your hands sticky as you make your very own slime to keep.

Choose your own individual texture, colour and even smell.

**PLUS MUCH MORE IN THIS MESSY FUN DAY ...**

5+ YEARS



## SUMMER 2022 Intensive Swimming Lessons



### Ducklings/Ducklings Adv (2 ½ - 4 ½ yrs)

Children progress in fun and friendly atmosphere towards STA Awards.

**Time:** 16:00 - 16:30  
**Instructor:** Dawn Hill

### Fishes/Fishes Adv (4 + yrs)

Developing basic safety awareness, the 'class' scenario, basic movement and water confidence skills. Swimmers may use aids, e.g. woggles, floats etc ...

**Time:** 16:30 - 17:00  
17:00 - 17:30

**Instructor:** Dawn Hill

### Parent & Babe (3mths - 2 ½ yrs)

**Wednesdays | 15:30 - 16:00**

**Instructor:** Dawn Hill

**Session Fee:** £6.00 Mem/£7.00 Non-Mem  
**Booking Required | W/C 25.07 - W/C 22.08 inc**

### Frogs/Turtles (4 + yrs)

Developing safe entries including submersion travel up to 10 metres on their front & back, progress rotation skills and water safety knowledge. At this stage the swimmer will be assessed without the use of aids & support.

**Time:** 17:30 - 18:00  
**Instructor:** Dawn Hill

### Course Dates:

- 1 Monday 25 - Friday 29 July 2022
- 2 Monday 1 - Friday 5 August 2022
- 3 Monday 8 - Friday 12 August 2022
- 4 Monday 15 - Friday 19 August 2022
- 5 Monday 22 - Friday 26 August 2022

**Duration:** Monday - Friday | Five days

**Fees (per week):** Members £30.00  
Non Members £35.00

## WORLD CUP SKILLS DAY

Take part in a whole host of coaching drills designed to improve your all round ability in the worlds greatest game. Put these skills to the test in an afternoon of world cup matchplay.

To include:

- Prizes
- Shooting target drill
- Power shot with speed gun
- Penalty shoot out
- Yellow and red cards for matchplay

**PLUS AFTERNOON MATCHPLAY  
PLUS CROSS BAR CHALLENGE**

**WILL YOU BE PART OF THE WINNING TEAM?**

5+ YEARS



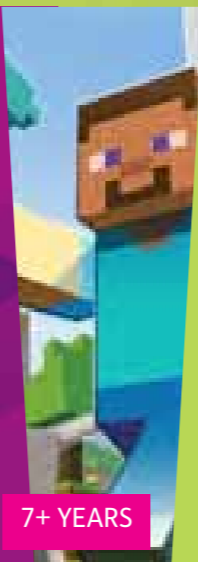
## MINECRAFT DAY

A FUN packed day including exploration, gathering, resources, crafting ... and combat.

- Be Your Best In Survival Mode
- Maintain Health & Hunger
- Minecraft Crafting Included
- Build Structures, Earthworks & Machines

**PLUS ... SEE YOUR 3D WORLD COME TO LIFE ... ON OUR 8FT SCREEN!**

7+ YEARS



## SPORTING STARLETS DAY

Love sports? Love to try new things? This is the day for you!!!

A fun packed day of activities for all, including netball, hockey, rhythmic gymnastics, poi spinning, aerobics session, parachute games, plus much more....

**C'MON ... YOU CAN DO IT ALL!!!**

5+ YEARS



## CRAFTY ARTY ACTIVITY DAY

This is a superb day for everyone to get together and let their creativity flow.

Activities can include:

- Cool Crafty Creation
  - Parachute Games
  - Sporting Events
  - FUN Fitness Sessions
  - 'Make Your Own'
  - Painting
  - PLUS much more ...
- A FUN PACKED DAY FOR ALL ...**

5+ YEARS



## ULTIMATE NERF DAY

Quite simply an all-action day designed to test individual ability and teamwork skills.

- Shooting Gallery
- Sniper Challenge
- Instructor K/O
- Flag Captures
- Grenade Target
- Game Play

**ALL SUPPLIED - Protetive Eye Wear | Bullets | Guns ...**

6+ YEARS



## YMCA OLYMPIC DAY

Ever changing events/challenges guaranteed to develop new skills, INSPIRE and to be FUN!

- Ryder Cup Golf
- Tennis Trials
- Basketball
- Hockey
- Team Relay
- Olympic Athletics
- Volleyball
- Fitness Obstacle Course
- Soccer Star Challenge
- 'Against The Clock' Games
- Ryder Cup Golf
- Curling
- Target Games
- Cricket
- Badminton
- Dodgeball
- Javelin

**Prize Ceremony @ 4.45pm each day!!!**

5+ YEARS



## DAILY FEES

Members £16.00  
Non Members £18.00

Junior Bronze/Gold Members  
**BOOK ONLINE - TODAY!!!**  
[www.thejunctionbroadstone.co.uk](http://www.thejunctionbroadstone.co.uk)

Non Members  
Bookable at Reception only

## OTHER INFO

- All activities start from 08:30 - 09:15 (registration) to 16:45 - 17:15 (collection)
- Packed lunch/mid morning snack/waterbased drinks (waterbottle/cap top) required
- Suitable sports clothing to be worn
- Waterproof jacket/clothing required
- Sun lotion/hat required



**FOR ALL 5-12 YEAR OLDS**

**Junior Bronze Membership**  
ONLY £20.00 per year | 0 - 15 Years

**SEE OVER FOR ACTIVITY DIARY**