

21st July – 31st August

SUMMER ACTIVITY TIMETABLE

THEMES:

Week 1: Summer

Week 2: Around the world

Week 3: Magical and mystical

Week 4: Space

Week 5: The deep sea / pirates

Week 6: The Wild West

MONDAY

9.15-10.15am  
Woodland Mini Beast Hunt  
(5+ years)

10.45-11.30am  
Mini Movers  
(1-4 years)

12.00-12.45pm  
Tennis Games  
(9+)

2.30-3.30pm  
Dodgeball  
(5+ years)

3.45-4.45pm  
Parachute Games  
(5+ years)

TUESDAY

9.00 - 10.00am  
Tennis Games  
(5+ years)

9.30-10.00am  
Aqua Splash  
(0-4 years)

10.30-11.30am  
Capture the Flag  
(5+ years)

11.45-12.30pm  
Pickleball games  
(9+)

1.45-2.30pm  
Tiny Tots Forest Nook  
(1-4 years)

3.00-4.00pm  
Arts and crafts  
(5+ years)

WEDNESDAY

9.00-10.00am  
Woodland Scavenger Hunt  
(5+ years)

10.15-11.00am  
Football Drills with Nathan  
(5+ years)

10.15-11.00am  
Tiny Tots Mini Football  
(1-4 years)

12.30-1.15pm  
Basketball Games  
(9+)

1.45-2.30pm  
Tiny Tots Craft  
(1-4 years)

3.00-4.00pm  
Arts and crafts  
(5+ years)

THURSDAY

9.15-10.15am  
Pickleball Games  
(5+ years)

10.45 – 11:30am  
Mini Multisport  
(1-4 years)

10.45-11.30am  
Padel Games  
(9+ years)

12.00-12.45pm  
Parachute Games  
(5+ years)

1.45-2.45pm  
Woodland Walk  
(5+ years)

3.00-4.00pm  
Games Room  
(5+ years)

FRIDAY

9.15-10.15am  
Golf Games  
(5+ years)

10.30-11.15am  
Tiny Tots Golf Games  
(1-4 years)

11.30-12.30am  
Table Tennis  
(9+ years)

1.30-2.30pm  
Athletics  
(5+ years)

3.00-4.30pm  
Cinema Club  
(5+ years)

SATURDAY

09.00-10.00am  
Hockey Games  
(5+ years)

10.45-11.30am  
Forest Nook  
(1-4 years)

12.00-12.45am  
Multisport  
(5+ years)

12.00-12.45pm  
Teen Functional Fitness  
(8+ years)

1.00-1.45pm  
Family Outdoor Bootcamp  
(8+ years)

1.45-2.45pm  
Woodland Walk  
(5+ years)

3.00-4.00pm  
Arts and crafts  
(5+ years)

17.30-18.15pm  
Teen Yoga  
(12+)

SUNDAY

09.15-10.15am  
Basketball Games  
(5+ years)

11.00-11.45am  
Tiny Tots Arts and Crafts  
(1-4 years)

1.00-2.00pm  
Arts and crafts  
(5+ years)

1.30-2.00pm  
Aqua Splash  
(0-4 years)

2.30-3.30pm  
Woodland Scavenger Hunt  
(5+ years)

KEY

Woodland Activity  
(5+ years)

Tiny Tots Activities  
(1-4 years)

Sports Activity  
(5+ years)

Arts & Crafts  
(5+ years)

9+ Activities

Pre-booking is essential.

All sessions are bookable online from 8am up to two days in advance. For any email bookings, please state the name and age of the child/children.

For ages 5+ ‘drop and go’ is available (a parental sign-in and sign-out will be required).

For ages 1-4, parental supervision is required (a parent must stay for the duration of the activity).

For all woodland activities and Forest Nook sessions, children should arrive with appropriate footwear and suitable clothing for the time of year.

Please note that all activity sessions are subject to change and cancellation at short notice due to weather conditions, staffing levels or room changes.

Please also note that if you are 5 or more minutes late, we are entitled to give your place to anyone waiting.

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PAVILION

Foxhills

# Why not book a fitness class while your children are enjoying the activities?

Here are the fitness classes that match up with timings...

## Monday

- 9.15-10:15am Woodland Mini Beast Hunt (5+ years)
- o **Pilates and stretch at 9:15-10:15**
- o **Zumba at 09:30-10:15**
- 12:00-12:45 Tennis games (9+)
- o **Strength on the gym floor at 12:00-12:45**
- 2:30-3:30pm Dodgeball (5+ years)
- o **Pilates at 14:30-15:30**

## Tuesday

- 10:30-11:30 – Capture the flag (5+ years)
- o **Total body workout at 10:35-11:20**

## Wednesday

- 9:00-10:00 Woodland scavenger hunt (5+ years)
- o **HIIT cycle at 09:15-10:00**
- o **Reformer pilates at 09:00-10:00**
- 10:15 – 11:00 football drills with Nathan (5+ years)
- o **Outdoor bootcamp at 10:15-11:00**
- 12:30-13:15pm Basketball games (9+ years)
- o **Barre concept at 12:30-13:15**

## Thursday

- 9:15-10:15 pickle ball games (5+ years)
- o **Fitness Pilates at 09:15-10:15**
- o **HIIT at 09:30-10:05**
- o **Rhythm cycle at 09:30-10:15**

## Friday

- 9:15-10:15 golf games (5+ years)
- o **Functional fitness at 09:30-10:15**

## Saturday

- 9:00-10:00 hockey games (5+ years)
- o **Legs, bums and tums at 09:00-09:55**
- o **Running club at 09:00-09:45**

## Sunday

- 9:15-10:15 basketball games (5+ years)
- o **Body conditioning at 09:15-10:00**