

Join Fit For Sport this  
Easter Holiday at  
your local...

# Activity Camp



This Easter Holiday, nationwide Fit For Sport Activity Camps will be putting smiles on the faces of thousands of children!





Example Day	
AM	<ul style="list-style-type: none"> <li>★ Activity Challenge</li> <li>★ Multi Sports</li> <li>★ Easter Egg Hunt</li> <li>★ Arts &amp; Crafts</li> <li>★ Swim Time</li> <li>★ Eggstravagant Games</li> </ul>
	 <b>Lunch</b> 
PM	<ul style="list-style-type: none"> <li>★ Children's Choice</li> <li>★ Parachute Games</li> <li>★ Active Shake Up</li> <li>★ Egg &amp; Spoon Races</li> <li>★ Healthy Zone</li> <li>★ Outdoor Adventures</li> </ul>
* depending on venue	

**Our vision is for every child to...**

- Love being active and feeling healthy
- Move with confidence and feel successful
- Feel self-empowered and respectful of others

*"Excellent service. My daughters first time at a holiday club, the staff were very friendly and welcoming and she loved her time there"*

@fitforsportuk   
FitForSport.ffi   
#EveryChildActive

Ages, prices and activities vary depending on venue. Visit [www.fitforsport.co.uk](http://www.fitforsport.co.uk) for more info.

## BOOK NOW

Limited availability, book early to avoid disappointment!

[www.fitforsport.co.uk](http://www.fitforsport.co.uk)  
**0845 456 3233**

(Calls to 0845 number cost 3p per minute plus the customer's phone company access charge)

# Fitter Families

Commit your family to an active 2018!



Getting fit is all about making Simple changes to your everyday life. Sign up to our monthly Fitter Families Newsletter at [www.fitforsport.co.uk](http://www.fitforsport.co.uk) for lots of Simple, Achievable and Sustainable tips to help you and your family get started on your journey to an active 2018.

## Try Our Bugs Bunny Target Game

**Challenge:** To get as many objects into the targets!

**You will need:** Bean bags/balls/balloons or even screwed up paper to keep it simple. You will also need baskets/hoops or boxes as the target.

**How to play:**

- Arrange the target areas in an open space and create a target line for the bunnies to stand behind when throwing their objects.
- If you're using paper, crumple it up and get into teams – why not name them Bugs Bunny and Lola?
- On the command of 'GO', team Bugs has a set time to place as many of the objects as possible into the targets. Collect the objects and then it is team Lola's turn.
- The team with the highest score will be the winning team!



## EASTER EGG BREAKFAST POPSICLES

Keep healthy this Easter with these delicious Easter Egg Popsicles that will certainly hit the sweet spot.

For the full recipe visit [www.eatsamazing.co.uk/easter/healthy-easter-egg-breakfast-popsicles-recipe](http://www.eatsamazing.co.uk/easter/healthy-easter-egg-breakfast-popsicles-recipe).

Recipe courtesy of Eats Amazing.

Fit For Sport's charity partner, The Yellowball Foundation work to provide disadvantaged children access to sustainable activity programmes. For ways you can support please visit [www.yellowballfoundation.co.uk](http://www.yellowballfoundation.co.uk).



## Book two weeks in advance of any activity to receive our Early Pricing!

Pricing Structure, a reminder on how it works:

EARLY pricing applies if you book two weeks or more in advance of the start date of the activity

BASIC pricing applies if you book between two weeks and 48 hours in advance of the start date of the activity

LATE pricing applies if you book less than 48 hours before the start date of the activity

# BOOK NOW

Limited availability, book early to avoid disappointment!

[www.fitforsport.co.uk](http://www.fitforsport.co.uk)  
0845 456 3233

(Calls to 0845 number cost 3p per minute plus the customer's phone company access charge)