



MOUNT
KELLY
ENTERPRISES



Holiday Activities

Summer 2016

holidayactivities@mountkelly.com

01822 813164

www.mountkelly.com

Mount Kelly Enterprises
Parkwood Road
Tavistock
Devon
PL19 0HY

Art Summer School

11th to 15th July - Year 3 to Year 5
18th to 22nd July - Year 6 to Year 8



The Art Summer School is a creative and fun way to keep children entertained over the holidays. Learn new artistic skills and work with a varied selection of mediums. Come home with some fantastic pieces of art to treasure for a lifetime.

Age 7 to 13

Cost £100 - includes all materials

Time 10am to 2pm

Please bring a packed lunch

Location Prep Art Studio

Holiday Club

18th July to 5th August



The Holiday Club provides a varied programme of activities including arts, crafts, den-building, team games, exploring, cooking and swimming. Please ensure that children bring a coat, named sun cream, a hat, wellingtons, swimming costume and towel.

Age 3 to 9

Cost £15 per half day. £30 Full Day. 10% Sibling discount

Time 8am to 6pm

Please bring a large packed lunch with snacks and drinks

Location Pre-Prep

Sports Coaching Camp

1st to 12th August



Our new Sports Coaching Camp will run for two weeks over the summer holidays. Each day will consist of two coaching sessions in rugby, netball, football or cricket. The sessions will be lead by professional coaches who will deliver a programme of coaching to develop your child's sporting technique and teach them new skills. There is also a daily swimming session included.

Age	9+
Cost	£35 per day
Time	9am to 5pm

Please bring a packed lunch

Location The Adventure Centre (adjacent to the College)

Sports Coaching Camp

1st to 12th August

	Mon	Tues	Wed	Thu	Fri
1st – 5th Aug	Rugby	Rugby	Rugby	Netball	Netball
8th – 12th Aug	Football	Football	Football	Cricket	Cricket
	A daily swimming session is also included				

Lead Coach Profiles

Rugby - Jamie Fleming and George Fleming

Have spent many hours coaching at Exeter Chiefs rugby camps. Jamie was a contracted player for Exeter and is now a qualified PE teacher, he also plays for the Taunton Titans. George is also a qualified teacher and plays semi-professional rugby in Hong Kong

Netball - Naomi Philpott

Played in the England U17 Squad. County coach for four years. Satellite and County selector for three years and is a player coach in Plymouth League.

Football - Dave Leonard

Played for Preston North End, Yeovil Town, Tiverton and many local clubs. Holds the second highest award in football coaching and a licence diploma in football coaching. Dave Leonard has won every major honour in non-league football.

Cricket - Jarrad Waldron

Played for the Otago Volts professional team 2002-2003. Averaged 150 with the bat for North Otago in 2008-9 season. Played as a professional player coach at Aalborg club in Denmark. Employed by Otago Cricket as a one-on-one batting coach.

Adventure Days



1st to 19th August



Adventure Days are the perfect way to explore the great outdoors during the holidays. Choose from the action packed programme with activities to suit all. Our team of highly qualified and experienced instructors will guide participants on their outdoor adventure, helping to develop new skills, build confidence and take on new challenges, while of course having loads of fun!

Age 9 to 16

Cost £35 per day or £160 per week.

Time 9am to 5pm

Please bring a packed lunch

Location The Adventure Centre (adjacent to the College)

holidayactivities@mountkelly.com

In the words of Ralph Waldo Emerson
"Live in the sunshine, swim in the sea, drink the wild air..."

	Monday	Tuesday	Wednesday	Thursday	Friday
1st – 5th Aug	Raft building River walk Archery Team Games	Gorge walk Climbing and Abseiling	High Ropes Archery Bushcraft	Kayaking Team games Orienteering	Bog Run Day
8th – 12th Aug	Raft building River walk Tree climb + Jacobs Ladder	High Ropes Archery Bushcraft	Kayaking Team games Orienteering	Gorge Walk High Ropes	Tamar Open Canoe Trip
15th – 19th Aug	Kayaking High Ropes and Trapeze	Bog Run Day	Gorge walk Climbing and Abseiling	Kayaking Team games Orienteering	High Ropes Archery Bushcraft

Raft Building

Work with your team to build and race a raft around the lake. Then use it to explore the area or complete the lakeside orienteering challenge!

Archery

Learn to safely handle a bow and amaze yourself with your skill and accuracy. Then play some individual and team games based on your shooting ability.

Bog Run

Our unique Bog Run on Bodmin Moor is the wettest, muddiest and the most fun activity you will ever have in a wetsuit! Finish the day with a jump into a lake to rinse off.

Climbing and Abseiling

Stretch yourself on some of the magnificent granite outcrops in the area and enjoy the views of the local moor before an exhilarating abseil back to the start.

Bush Craft

Learn the basics of being in the outdoors! Firelighting, whittling wood and campfire cooking, as well as tree identification and wildlife surveying.

Gorge Walk

Forge you way against the current in the stunning Plym Valley . . . scrambling under and over boulders and sliding down the water shoots.

High Ropes

Stretch yourself on our High Ropes Courses. Whether you are working as a team to reach the top of the Jacobs Ladder or balancing across the Burma Bridge you will have a great time.

Paddle Sports Course



22nd to 26th August



The BCU Paddle Sports 5 Day Course will involve paddling on rivers, lakes and possibly a journey on the sea, providing lots of opportunities to work on skills whilst having lots of fun. The course focuses on canoeing and kayaking for the beginner or improver. Each paddler will receive a Paddlepower record card to track progress and enable movement onto the next stage in the scheme.

Age 9+

Cost £160 for the 5 day course

Time 9am to 5pm

Please bring a packed lunch

Location The Adventure Centre (adjacent to the College)

Swimming Crash Courses



2nd to 26th August



Swimming Crash Courses are run daily. The 30 minute sessions are held over four or five days in a row. This intensive and focused courses will help swimmers to strengthen their skills that may even enable them to move up an ASA - Learn to Swim Stage! All abilities are welcome.

Age	4 +
Cost	£28 for 4 x 30 minute sessions £35 for 5 x 30 minute sessions
Dates	August 2nd - 5th, 8th - 12th, 15th - 19th and 22nd - 26th
Time	9am, 9.30am and 10am
Location	Mount Kelly Swim Centre

Swim School



28th August to 3rd September



Swim School will help to improve competitive swimming performance by building up technique and improving your training approach. The fun week is packed full of swimming, gym, strength and conditioning, team sports, dodgeball and archery. Meet new, sporty friends from all over the UK. Applicants must be able to swim 400m comfortably. Free T-shirt!

More details can be found at www.mountkellyswimcentre.com

Age	8+
Cost	£295 (Non-Residential) £395 (Residential)
Location	Mount Kelly Swim Centre

Swim School



28th August to 3rd September



Swimming technique and skills will be the highest priority as well as ensuring an enjoyable and rewarding experience. Stroke development workshops are run in and out of the pool, on all four strokes.

- Coaching improvement of starts, turns and finishes
- Digital video analysis above and below water
- Understanding training - how to get the best out of sessions
- Pre & Post Pool routines
- Sports Psychology
- Sports Nutrition
- Comprehensive land training including:
 - Isokinetic Swim Benches
 - Circuit Training
 - Strength and Conditioning
- Gala on the final day

Pool Birthday Parties



Available throughout the year



Have a fun-filled swimming Birthday Party at the Mount Kelly Swim Centre!

Hire out the 25 metre pool exclusively for your party.

Small inflatable, toys, floats and a lifeguard provided.

Continue the party after your swim by hiring out the cricket pavilion or hall (charges apply). Enjoy your Birthday cake with your friends in the stunning grounds of Mount Kelly.

Age 4 +

Cost £60 per hour

Location Mount Kelly Swim Centre

Musical Theatre Course

Monday 8th August to Friday 12th August

Summer Musical Theatre Course



INTO THE WOODS

by Stephen Sondheim

A full week of singing, acting and musical theatre training leading to a studio performance with lighting and costume lead by Mount Kelly's Director of Music Julian Jensen and team. Suitable for all levels: tackle a solo role, develop your confidence in the ensemble or discover your inner 'Prince Charming' all within a fun and supportive environment!

Age 9 to 14
Cost £99 for 5 days
Time 10am to 4pm

Please bring a packed lunch

Location Wortham Hall (Prep)

Hockey Camp



Tuesday 23rd to
Thursday 25th August



Learn new hockey skills and techniques to improve your game at the summer hockey camp. Players are offered the chance to learn and develop from a team of experienced club and guest coaches. Players of any ability are welcome. A swimming session is included each day. Bring shin-pads. Gum Shields are recommended.

Includes a Free T-Shirt and a TK Keyring or TK Ball.

Download the booking form from www.tavistockhockeyclub.co.uk

Age 6 to 14

Cost £25 per day

Time 10am to 4pm

Lunch is provided. Please bring snacks and a drink

Location College Astro Turf

www.tavistockhockeyclub.co.uk

Holiday Activities Booking Form

Please indicate the Holiday Activities that you are booking by checking the box. For some activities you will need to confirm the exact dates that you are booking. Add the amount to pay. Complete the booking form overleaf for the Art Summer School, Holiday Club, Adventure Days, Sports Coaching Camp and the Paddle Sports Course.

<input type="checkbox"/>	Art Summer School £100 10am to 2pm 11 - 15 July Yr 3 to Yr 5		£
<input type="checkbox"/>	18 - 22 July Yr 6 to Yr 8		
<input type="checkbox"/>	Holiday Club £30 Full Day. £15 Half Day. 10% Sibling Discount 18 July - 5 August	Confirm Dates	£
<input type="checkbox"/>	Adventure Days £35 per Day. £160 per Week 1 - 5 August	Confirm Dates	£
<input type="checkbox"/>	8 - 12 August		
<input type="checkbox"/>	15 - 19 August		
<input type="checkbox"/>	Sports Coaching Camp £35 per Day 1 - 3 August Rugby	Confirm Dates	£
<input type="checkbox"/>	4 - 5 August Netball		
<input type="checkbox"/>	Sports Coaching Camp £35 per Day 8 - 10 August Football	Confirm Dates	£
<input type="checkbox"/>	11 - 12 August Cricket		
<input type="checkbox"/>	Paddle Sports Course £160 22 - 26 August		£
		Total	£

Payment Options

BACS Sort Code 60-21-49 Account No 32106017

Card payment accepted on 01822 813164

Cheques to be made payable to Mount Kelly Enterprises Ltd.

Submit form and payment to Mount Kelly Enterprises, Parkwood Road, Tavistock, PL19 0HY

Swimming Crash Courses £28 or £35 2 - 26 August Swim School £295 or £395 28 August - 3 September Pool Parties £60 per hour	Book on 01822 813170 or swim@mountkelly.com www.mountkellyswimcentre.com
Musical Theatre Course (Into the Woods) £99 8 - 12th August	Book on music@mountkelly.com
Hockey Camp £25 per day 23 - 25 August	Download the booking form from www.tavistockhockeyclub.co.uk

Holiday Activities Booking Form

Child's Name _____ Age _____ Male/Female

Address _____

Postcode _____

Email _____

We will email you to confirm your booking

Contact Number _____

Emergency Number _____

Parent/Guardian Name _____

Parent / Carer Consent

I, the Parent/Carer, give permission for the person named above to take part in the Mount Kelly Enterprises Holiday Activities. I agree to the staff member in charge acting on my behalf in all matters affecting the applicant. I understand all reasonable efforts will be made to contact me before taking any action, but this may not be possible. I confirm there are no medical or other reasons why the applicant cannot take part in these activities, I understand that every possible effort will be made to ensure the safety of the applicant during activities, but there is still an element of risk within these activities.

Has the applicant suffered from any medical condition, which could adversely affect his/her performance? If in doubt please give details below

Has the applicant any known allergies or suffers from Asthma or Hayfever?

Swimming Ability _____

I agree to occasional photographs being taken during activities for marketing purposes.

I confirm the information given is correct to the best of my knowledge.

Signed Parent/Carer _____ Date _____