



IPSWICH FIT

Activities at Whitton Sports Centre Summer 24

Week 1	Day	Date	Time	Activity	Age range	Included in £6 summer iCard?
	Monday	22.07.24	11:00 - 12:00	Arts & Crafts	5-12yrs	YES
	Monday	22.07.24	12:15 - 13:45	Roller Skating	5+yrs	YES
	Monday	22.07.24	14:00 - 15:30	Outdoor Football	7-14yrs	No
	Monday	22.07.23	15:00 - 16:00	Trampolining	5-16yrs	No
	Monday	22.07.23	16:00 - 17:00	Trampolining	5-16yrs	No
	Monday	22.07.23	17:00 - 18:00	Trampolining	5-16yrs	No
	Monday	22.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Monday	22.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Tuesday	23.07.24	09:00 - 10:30	Bouncy Play	3-7yrs	YES
	Tuesday	23.07.24	11:00 - 12:00	Frisbee Golf	5-16yrs	YES
	Tuesday	23.07.24	13:00 - 14:30	Move & Make	6-16yrs	No
	Tuesday	23.07.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Tuesday	23.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Tuesday	23.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	24.07.24	11:00 - 12:00	Jiu Jitsu	5-10yrs	No
	Wednesday	24.07.24	12:00 - 13:00	Jiu Jitsu	11-16yrs	No
	Wednesday	24.07.24	16:00 - 17:30	Roller Skating	5+yrs	YES
	Wednesday	24.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Wednesday	24.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Thursday	25.07.24	09:00 - 11:00	Boccia	5-16yrs	YES
	Thursday	25.07.24	10:00 - 14:30	Bikeability Day 1 (Course 1)	9-11yrs	No
	Thursday	25.07.24	14:30 - 15:30	Lets Dance!	5-16yrs	No
	Thursday	25.07.24	15:30 - 16:30	Lets Dance!	5-16yrs	No
	Thursday	25.07.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Thursday	25.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Thursday	25.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	26.07.24	10:00 - 14:30	Bikeability Day 2 (Course 1)	9-11yrs	No
	Friday	26.07.24	13:00 - 14:00	Tag Rugby	5-8yrs	No
	Friday	26.07.24	14:00 - 15:30	Basketball	7-14yrs	No
	Friday	26.07.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Friday	26.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Friday	26.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	26.07.27	17:00 - 18:00	Junior Soccer 4-7yrs	4-7yrs	No
	Friday	26.07.24	18:00 - 19:00	Junior Soccer 8-12yrs	8-12yrs	No



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Week 2						
	Monday	29.07.23	12:15 - 13:45	Roller Skating	5+yrs	YES
	Monday	29.07.23	15:00 - 16:00	Trampolining	5-16yrs	No
	Monday	29.07.23	16:00 - 17:00	Trampolining	5-16yrs	No
	Monday	29.07.23	17:00 - 18:00	Trampolining	5-16yrs	No
	Monday	29.07.23	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Monday	29.07.23	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Tuesday	30.07.24	09:00 - 10:30	Bouncy Play	3-7yrs	YES
	Tuesday	30.07.24	12:30 - 14:00	Basketball	7-14yrs	No
	Tuesday	30.07.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Tuesday	30.07.24	14:15 - 15:15	Indoor Football	7-14yrs	No
	Tuesday	30.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Tuesday	30.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	31.07.24	16:00 - 17:30	Roller Skating	5+yrs	YES
	Wednesday	31.07.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Wednesday	31.07.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Thursday	01.08.24	14:30 - 15:30	Lets Dance!	5-16yrs	No
	Thursday	01.08.24	15:30 - 16:30	Lets Dance!	5-16yrs	No
	Thursday	01.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Thursday	01.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Thursday	01.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	02.08.24	13:00 - 14:30	Rollerskating	5+yrs	YES
	Friday	02.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Friday	02.08.24	14:30 - 15:30	Multi-Sports	7-14yrs	No
	Friday	02.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Friday	02.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	02.08.24	17:00 - 18:00	Junior Soccer 4-7yrs	4-7yrs	No
	Friday	02.08.24	18:00 - 19:00	Junior Soccer 8-12yrs	8-12yrs	No



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Week 3						
	Monday	05.08.24	11:00 - 12:00	Arts & Crafts	5-12yrs	YES
	Monday	05.08.24	12:15 - 13:45	Roller Skating	5+yrs	YES
	Monday	05.08.24	15:00 - 16:00	Trampolining	5-16yrs	No
	Monday	05.08.24	16:00 - 17:00	Trampolining	5-16yrs	No
	Monday	05.08.24	17:00 - 18:00	Trampolining	5-16yrs	No
	Monday	05.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Monday	05.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Tuesday	06.08.24	09:00 - 10:30	Bouncy Play	3-7yrs	YES
	Tuesday	06.08.24	13:00 - 14:30	Move & Make	6-16yrs	No
	Tuesday	06.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Tuesday	06.08.24	11:00 - 12:00	Frisbee Golf	5-16yrs	YES
	Tuesday	06.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Tuesday	06.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	07.08.24	11:00 - 12:00	Jiu Jitsu	5-10yrs	No
	Wednesday	07.08.24	12:00 - 13:00	Jiu Jitsu	11-16yrs	No
	Wednesday	07.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Wednesday	07.08.24	16:00 - 17:30	Roller Skating	5+yrs	YES
	Wednesday	07.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Wednesday	07.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Thursday	08.08.24	10:00 - 14:30	Bikeability Day 1 (Course 2)	9-11yrs	No
	Thursday	08.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Thursday	08.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Thursday	08.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	09.08.24	13:00 - 14:00	Tag Rugby	5-8yrs	No
	Friday	09.08.24	10:00 - 14:30	Bikeability Day 2 (Course 2)	9-11yrs	No
	Friday	09.08.24	14:00 - 15:30	Basketball	5-12yrs	No
	Friday	09.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Friday	09.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Friday	09.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	09.08.24	17:00 - 18:00	Junior Soccer 4-7yrs	4-7yrs	No
	Friday	09.08.24	18:00 - 19:00	Junior Soccer 8-12yrs	8-12yrs	No



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Week 4						
	Monday	12.08.24	12:15 - 13:45	Roller Skating	5+yrs	YES
	Monday	12.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Monday	12.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Tuesday	13.08.24	09:00 - 10:30	Bouncy Play	3-7yrs	YES
	Tuesday	13.08.24	12:30 - 14:00	Basketball	7-14yrs	No
	Tuesday	13.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Tuesday	13.08.24	14:15 - 15:15	Indoor Football	7-14yrs	No
	Tuesday	13.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Tuesday	13.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	14.08.24	13:00 - 15:00	Boccia	5-16yrs	YES
	Wednesday	14.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Wednesday	14.08.24	16:00 - 17:30	Roller Skating	5+yrs	YES
	Wednesday	14.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Wednesday	14.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Thursday	15.08.24	14:30 - 15:30	Lets Dance!	5-16yrs	No
	Thursday	15.08.24	15:30 - 16:30	Lets Dance!	5-16yrs	No
	Thursday	15.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Thursday	15.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Thursday	15.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	16.08.24	13:00 - 14:30	Rollerskating	5+yrs	YES
	Friday	16.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Friday	16.08.24	14:30 - 15:30	Multi-Sports	7-14yrs	No
	Friday	16.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Friday	16.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	16.08.24	17:00 - 18:00	Junior Soccer 4-7yrs	4-7yrs	No
	Friday	16.08.24	18:00 - 19:00	Junior Soccer 8-12yrs	8-12yrs	No



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Week 5						
	Monday	19.08.24	11:00 - 12:00	Arts & Crafts	5-12yrs	YES
	Monday	19.08.24	12:15 - 13:45	Roller Skating	5+yrs	YES
	Monday	19.08.24	14:00 - 15:30	Outdoor Football	7-14yrs	No
	Monday	19.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Monday	19.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Tuesday	20.08.24	09:00 - 10:30	Bouncy Play	3-7yrs	YES
	Tuesday	20.08.24	11:00 - 12:00	Frisbee Golf	5-16yrs	YES
	Tuesday	20.08.24	13:00 - 14:30	Move & Make	6-16yrs	No
	Tuesday	20.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Tuesday	20.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Tuesday	20.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	21.08.24	11:00 - 12:00	Jiu Jitsu	5-10yrs	No
	Wednesday	21.08.24	12:00 - 13:00	Jiu Jitsu	11-16yrs	No
	Wednesday	21.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Wednesday	21.08.24	16:00 - 17:30	Roller Skating	5+yrs	YES
	Wednesday	21.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Wednesday	21.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	21.08.24	10:00 - 14:30	Bikeability Day 1 (Course 3)	9-11yrs	No
	Thursday	22.08.24	14:30 - 15:30	Lets Dance!	5-16yrs	No
	Thursday	22.08.24	15:30 - 16:30	Lets Dance!	5-16yrs	No
	Thursday	22.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Thursday	22.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Thursday	22.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Thursday	22.08.24	10:00 - 14:30	Bikeability Day 2 (Course 3)	9-11yrs	No
	Friday	23.08.24	13:00 - 14:00	Tag Rugby	5-8yrs	No
	Friday	23.08.24	14:00 - 15:30	Basketball	7-14yrs	No
	Friday	23.08.24	14:00 - 15:00	Junior Group Gym Induction	12-15yrs	YES
	Friday	23.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Friday	23.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	23.08.24	17:00 - 18:00	Junior Soccer 4-7yrs	4-7yrs	No
	Friday	23.08.24	18:00 - 19:00	Junior Soccer 8-12yrs	8-12yrs	No



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Week 6						
	Tuesday	27.08.24	09:00 - 10:30	Bouncy Play	3-7yrs	YES
	Tuesday	27.08.24	12:30 - 14:00	Basketball	7-14yrs	No
	Tuesday	27.08.24	14:15 - 15:15	Indoor Football	7-14yrs	No
	Tuesday	27.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Tuesday	27.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Wednesday	28.08.24	11:00 - 12:00	Jiu Jitsu	5-10yrs	No
	Wednesday	28.08.24	12:00 - 13:00	Jiu Jitsu	11-16yrs	No
	Wednesday	28.08.24	16:00 - 17:30	Roller Skating	5+yrs	YES
	Wednesday	28.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Wednesday	28.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Thursday	29.08.24	14:30 - 15:30	Lets Dance!	5-16yrs	No
	Thursday	29.08.24	15:30 - 16:30	Lets Dance!	5-16yrs	No
	Thursday	29.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Thursday	29.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	30.08.24	13:00 - 14:30	Rollerskating	5+yrs	YES
	Friday	30.08.24	14:30 - 15:30	Multi-Sports	7-14yrs	No
	Friday	30.08.24	15:30 - 16:30	Junior Gym	12-15yrs	YES
	Friday	30.08.24	16:30 - 17:30	Junior Gym	12-15yrs	YES
	Friday	30.08.24	17:00 - 18:00	Junior Soccer 4-7yrs	4-7yrs	No
	Friday	30.08.24	18:00 - 19:00	Junior Soccer 8-12yrs	8-12yrs	No