February Half Term Holiday Fun

17th Feb - 21st Feb

Book early to secure your place

Soccer Camp

For kids 5-14 years

Sunderland

Day	Venue	Time	Price
Mon 17 - Wed 19 Feb	Goals Soccer Centre, Durham Road, SR3 4AG	10am-3pm	£20.00

3 day course

Girls Only at Sunderland

Day	Venue	Time	Price
Mon 17 - Tue 18 Feb	Castle View Enterprise Academy, Cartwright Road, SR5 3DX	10am - 3pm	£15.00

2 day girls only course

South Tyneside

Day	Venue	Time	Price
Thurs 20 - Fri 21 Feb	Mortimer Community College, Reading Road, NE33 4UG	10am-3pm	£15.00

2 day course

Girls Only at South Tyneside

Day	Venue	Time	Price
Thurs 20 - Fri 21 Feb	Mortimer Community College, Reading Road, NE33 4UG	10am - 3pm	£15.00

2 day girls only course

County Durham

Day	Venue	Time	Price
Mon 17 - Wed 19 Feb	Pelton Primary School, Ouston Lane, DH2 1EZ	10am - 3pm	£15.00*
Thurs 20 - Fri 21 Feb	Belmont Community Arts College, Buckinghamshire Road, DH1 2QP	10am - 3pm	£15.00

3 day course

2 day course

*Special price of **only £10** for Pelton Community Primary and Beamish Primary School pupils.

All the Foundation of Light courses above are led by professionally qualified SAFC coaches.

To find out more visit foundationoflight.co.uk or to book call 0191 551 5191

FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.

Registered Office: Sunderland Stadium of Light · Sunderland · SR5 1SU
Tel: 0191 551 5191 · Fax: 0191 514 7172 · foundationoflight.co.uk · @SAFCFoL

REGISTERED CHARITY NO. 1089333

Disability Multi-Sports

For young people, adults and their siblings

£10 per course

Innovative sports programme for young people and adults from five years old with a range of physical and learning disabilities.

This session will be full of fun football activities and small-sided games. It will provide all young people with fun, exciting and challenging football games and activities to help them not only develop their skills and techniques but also work on each individuals' gross motor skills, balance, coordination and technique. The small-sided games and activities also help to encourage teamwork, communication and confidence within each individual, building friendships amongst their peers.

Multi-Sport Coaching

Ideal for siblings too!

Sunderland

Day	Venue	Time	Price
Mon 17 - Tue 18 Feb	Castle View Enterprise Academy, Cartwright Road, SR5 3DX	10am - 1pm	£10.00

Little Dribblers

For kids aged 3-5 years

Fun Football Sessions

£3 per session

Date	Time
Tue 18 Feb	10am-11am
Thurs 20 Feb	10am-11am

A fun introduction to football for youngsters held at the Stadium of Light Stadium Way, Sunderland, SR5 1SU.

Big Day Out

£6 per session

Date	Time
Mon 17 Feb	10am-12am
Wed 19 Feb	10am-12am
Friday 21 Feb	10am-12am

Little Dribblers' Big Day Out, £6 per session, includes coaching, classroom activity and a mini Stadium tour.

To find out more visit foundationoflight.co.uk or to book call 0191 551 5191

For all our courses and sessions please remember to:

- Bring suitable indoor and outdoor clothing and footwear.
- Bring plenty of drinks.

The Foundation of Light takes safeguarding very seriously. All our staff have Enhanced CRB checks verified by Premier League and SAFC. We adhere to guidance and procedures for safer recruitment. The Foundation of Light reserve the right to cancel the course up to 48 hours before starting. All registered participants will be notified.