June and July Courses: Timetable quick reference

Below is a list of times and locations of our Soccer courses.
For full details please call one of our team on 0191 551 5191.

Soccer Courses (from 5 yrs)

Sunderland & South Tyneside

Academy of Light, Cleadon SR6 7UN

Day	Programme	Time	Date	Age	Cost
Monday	Ultimate Football	5.30 - 7.00pm	9 Jun	5-11	£5
Monday	Ultimate Football	5.30 - 7.00pm	16 Jun	5-11	£5

Farringdon Community Academy, SR3 3EL

Day	Programme	Time	Date	Age
Tues	Foundation Futsal	5.30 - 7.00pm	6 May - 17 June	7-11

For £30 Block bookings available (6 weeks)

Seaham Leisure Centre, SR7 8NP

Day	Programme	Time	Date	Age
Tues	Little Skills	5.00 - 6.00pm	6 May - 8 July	4-6
Tues	Little Skills	5.00 - 6.00pm	6 May - 8 July	7-11

For £25 Block bookings available (10weeks)

Goals Soccer Centre, SR3 4AG

Day	Programme	Time	Date	Age	Cost
Thursday	Little Skills	5.00 - 6.00pm	5 Jun - 10 Jul	5	£18
Thursday	Little Skills	5.00 - 6.00pm	5 Jun - 10 Jul	6	£18
Thursday	Little Skills	5.00 - 6.00pm	5 Jun - 10 Jul	7	£18
Friday	Little Skills	5.00 - 6.00pm	6 Jun - 11 Jul	5-7	£18
Friday	**Girls Only**	**5.00 - 6.00pm**	**Ongoing**	**5-13**	**£3**
Saturday	Saturday Football	10.00 - 11.00am	Ongoing	5-13	£3

For £18 Block bookings available (6 weeks)

Pay & play sessions

Durham

Belmont Community School, DH1 2QP

Day	Programme	Time	Date	Age	Session
Monday	Evening Football	5.00 - 6.00pm	Ongoing	5-14	£3
Saturday	Saturday football	10.30 - 11.30am	Ongoing	6-10	£3

Pay & play sessions

Little Dribblers (3-5yrs)

Day	Venue	Time	Dates	Cost
Monday	Doxford Park Community Centre, SR3 2ND	5.30 - 6.30pm	2 Jun - 7 Jul	£18
Monday	Chester Le Street One Point Hub, DH3 3QH	4.00 - 5.00pm	2 Jun - 7 Jul	£18
Tuesday	Bethany City Church, Bede Tower, SR2 7EA	4.00 - 5.00pm	3 Jun - 8 Jul	£18
Tuesday	Stadium of Light, SR5 1SU	5.00 - 6.00pm	3 Jun - 8 Jul	£18
Wednesday	Washington Millenium Centre, NE37 2QD	5.15 - 6.15pm	Ongoing	£1.50
Wednesday	Bethany City Church, Bede Tower, SR2 7EA	5.00 - 6.00pm	4 Jun - 9 Jul	£18
Thursday	Bethany City Church, Bede Tower, SR2 7EA	4.00 - 5.00pm	5 Jun - 10 Jul	£18
Thursday	Hedworthfield CA, NE32 4QD	400 - 5.00pm	5 Jun - 10 Jul	£18
Saturday	Belmont Community School, DH1 2QP	9.30 - 10.30am	7 Jun - 11 Jul	£18
Saturday	Doxford Park Community Centre, SR3 2ND	9.00 - 10.00am	7 Jun - 11 Jul	£18
Saturday	Castle View Enterprise Academy, SR5 3DX	9.30 - 10.30am	7 Jun - 11 Jul	£18
Saturday	**Castle View Enterprise Academy, SR5 3DX**	**10.30 - 11.15am**	**7 Jun - 11 Jul**	**£18**
Saturday	**Castle View Enterprise Academy, SR5 3DX**	**11.15am - 12.00**	**7 Jun - 11 Jul**	**£18**
Saturday	**Washington Millenium Centre, NE37 2QD**	**9.30 - 10.30am**	**7 Jun - 11 Jul**	**£1.50**

For £18 Block bookings available (6 weeks)

Pay & play sessions

For the younger kids 18-36mths

Pay & play sessions

Disability Football

For young people, adults and their siblings

Day	Venue	Time	Dates	Cost
Saturday	Seaburn Centre, Whitburn Rd, Sunderland SR6 8AA	9.00 - 10.00am	Ongoing	£2

£2 per session

For more information or to book any of the courses featured call 0191 551 5191.

Lines are open Monday to Friday, 9am-5pm.

The Foundation of Light reserve the right to cancel the course up to 48 hours before starting.

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.

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REGISTERED CHARITY NO. 1089333