February Half Term

Holiday Football Fun

Courses available at various locations

see inside for more information

Book early to secure your place

Featuring

Fun Football Courses,
Girls' only Football,
Disability Programme,
Little Dribblers
& much more!

FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

For boys and girls from 3-14 years

To book a session call 0191 551 5191

www.foundationoflight.co.uk

Soccer Courses

For kids aged 5-14 years

£15 per course

Our two-day soccer courses are fun and enjoyable and run at a number of locations throughout Washington, Sunderland and Durham.

Your children will learn new skills, tricks and techniques through small-sided games, competitions, challenges and coaching.

Plus, all participants will receive SAFC certificates and have the chance to win prizes, trophies and medals.

Goals Soccer Centre Durham Road, Sunderland, SR3 4AG

Date	Time	Session	Age	Price
18th Mon - 19th Tues	10am - 3pm	Soccer	5-14	£15
21st Thurs - 22nd Fri	10am - 3pm	Soccer	5-14	£15
21st Thurs - 22nd Fri	10am-3pm	Girls' Soccer	5-14	£15

Girls' only sessions here

St. Roberts of Newminster School Biddick Lane, Washington, NE38 8AF

Date	Time	Session	Age	Price
21st Thurs - 22nd Fri	10am - 3pm	Soccer	5-14	£15

Belmont Community Arts College Buckinghamshire Road, DH1 2QP

Date	Time	Session	Age	Price
18th Mon - 19th Tues	10am - 3pm	Soccer	5-14	£15

There will be a penalty prize inflatable goal at this holiday course.

Pelton Community School Ouston Lane, Pelton, Chester-le-Street

Date	Time	Session	Age	Price
21st Thurs - 22nd Fri	10am - 3pm	Soccer	5-14	£15*

There will be a penalty prize inflatable goal at this holiday course.
* Special price of **only £10** for Pelton Primary School and Beamish Primary School pupils.

To book any of the courses featured call 0191 551 5191.
Lines are open Monday to Friday, 9am-5pm.

Disability Football

For young people, adults and their siblings

£10 per course

ENCOURAGING:
TEAMWORK
COMMUNICATION
CONFIDENCE

Innovative sports programme for young people and adults (and their siblings) from five years old with a range of disabilities 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.

Columbia Grange School Washington, NE38 7NY

Date	Time	Session	Age	Price
18th Mon - 19th Tues	10am - 1pm	Disability Football	from 5	£10

Ideal for siblings too!

Our courses & sessions

Please remember to:
- Bring suitable indoor and outdoor clothing and footwear.
- Bring a packed lunch and plenty of drinks.

Our Coaches

All the Foundation of Light courses are led by professional FA qualified SAFC coaches and your children will be supervised throughout.

All our staff have Enhanced CRB checks verified by Premier League and SAFC. We adhere to guidance and procedures for safer recruitment.

Little Dribblers

For kids aged 3-5 years

£3 per session

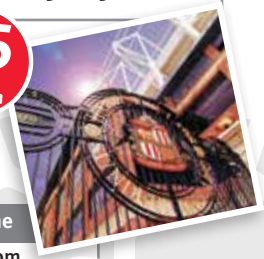
A fun introduction to football for youngsters held at the Stadium of Light Stadium Way, Sunderland, SR5 1SU.

Fun Football Sessions

Date	Time
18th Monday	10.30-11.30am
18th Monday	1.30-2.30pm
19th Tuesday	10.30-11.30am
21st Thursday	10.30-11.30am
21st Thursday	1.30-2.30pm
22nd Friday	10.30-11.30am

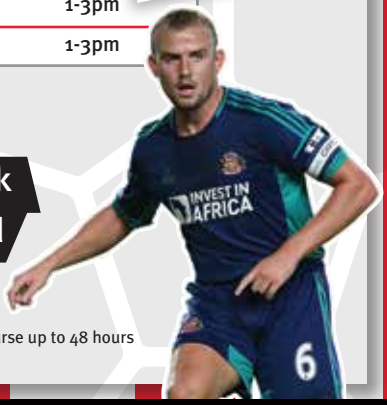
Big Day Out

£5 per session



Little Dribblers' Big Day Out, £5 per session, includes coaching, classroom activity and a mini Stadium tour.

Date	Time
19th Tuesday	1-3pm
22nd Friday	1-3pm



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

The Foundation of Light reserve the right to cancel the course up to 48 hours before starting. All registered participants will be notified.

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
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REGISTERED CHARITY NO. 1089333