



SuperSTARS

SUMMER HOLIDAY CAMPS 2025



- MULTI SPORTS
- FOOTBALL
- DANCE
- FASHION CAMP
- WOODWORK
- ARCHERY TAG
- CODING
- CROCHET
- DRONE SOCCER
- CARD MAKING
- OBSTACLE COURSE
- ZORBS
- LEGO
- CRAFTS
- QUILTING
- KNITTING
- LASER TAG
- WHAT WILL BE THE NEW TOP SPORTS
- WALKS IN THE NORTHWEST



WWW.SUPERSTARSCAMPS.CO.UK

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EMAIL : INFO@LITTLESUPERSTARS.CO.UK

ABOUT SUPERSTARS & OUR JOURNEY

Back in 2006 when I set up Superstars Holiday Club, I wanted to create a holiday club where children could try out lots of different sports. Not all children want to play football and at the time my children were young that was all that was on offer. I wanted children to have the opportunity to find their sport, one that they would enjoy and could excel at.

Fast forward to 2025 and we now have over 24 holiday club sites where we offer Multi Sports, Football and Dance as standard together with specialist camps such as Lego, Craft and Woodwork clubs. This year we are offering classes in Quilting and Card Making. We are always looking at new ideas of activities to offer so if your children have a desire to try something new that we don't offer, please get in touch.

Every child aged 5-13 is welcome at our holiday camps which we believe have the best staffing levels in the Northwest. All our team members have an enhanced DBS clearance certificate and have up-to-date safeguarding training. The children are cared for by qualified coaches, teachers, and teaching assistants. At least one member of staff will be first aid trained.

As a parent, I know how hectic the summer holidays can be. Six weeks can be a long time and your two-week summer break doesn't go that far. Our motto is RISE with Superstars. We aim to help develop and build your children's resilience, independence, sociability and being enthusiastic. We want to give your children a Summer they will remember and look back on with fond memories so that you won't feel guilty at having to get someone else to look after them. They will come out at the end of the day tired, happy and buzzing with ideas along with new friends.

If you've tried the rest, now come and try the best (in our opinion). We hope to see you soon.

Louise Nicholson
Managing Director
Superstars Holiday Club Limited



TEL: 01925 555859 - OPENING TIMES 9-5

HOW TO BOOK PAY

Booking your child onto a Superstars camps is quick and easy.

**Visit our website at
www.superstarcamps.co.uk
or by scanning this QR code.**

SCAN ME



The easiest way to find what you are looking for is to look through this brochure and decide what camps you want to book then scan the QR code on that camps page. This will take you to a booking page. If you have not booked with us before you will need to set up a free account.

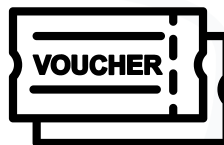
You can also view all the venues and find a camp you want to book or if you go to "book now" you will get a list of all the camps we are running but will need to scroll down to find it.

You will get an order confirmation on booking but your place is only confirmed once FULL payment is received. If payment is not made within 48 hours your booking will be cancelled automatically.

HOW TO PAY?

Payment to be made by the following:

- BACS - Superstars Holiday Club Limited SC 090128 Acc 75520923
- Card - platform fees are applied like Ticketmaster
- Tax Free Childcare Vouchers
 - regulator number 2634130
 - Post code WA4 3AE
 - You can find us under Superstars - Broomfields.
- Childcare Vouchers
 - Edenred-P20733833
 - Computershare-0017294017
 - Fideliti- no acc number needed
 - Care4- 42347974
 - Cooperative - No acc number needed
 - Kiddivouchers-No acc number needed
 - Pluxee (formerly Sodexo) - 820577
 - Enjoy benefits-No acc number needed
 - Busy Bees -No acc number needed
 - Faircare - SSHC0722
 - Bravo Benefits
- Student Childcare Grant
 - Account number CCG8883372 - you must register your child with our account number before making a booking



Some employers pay for childcare for their staff and you are now able to book through Bright Horizons (your employer must be registered through this scheme) - please email info@littlesuperstars.co.uk for further details.



SUPERSTARS



SUPERSTARSHOLCLUB

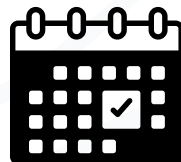
TO MAKE AMENDMENTS & REFUNDS

At Superstars we understand that plans can change so have made the refunds and cancellation easy and accommodating.

To amend your booking please email us at info@littlesuperstars.co.uk with your child's name and details of the change you want to make (eg venue, dates etc). To avoid delays please use the email address you have registered with us to make the changes.

Provided you request your amendments within the time limits shown we can change your booking without charge by -

Week 1 (21-25 July)- 23.59 on the 4th July 2025
Week 2 (28 Jul-1 Aug) - 23.59 on the 11th July 2025
Week 3 (4-8 Aug)- 23.59 on the 28th July 2025
Week 4 (11-15 Aug) 23.59 on the 25th July 2025
Week 5 (18-22 Aug)- 23.59 on the 1st August 2025
Week 6 (26-29 Aug)- 23.59 on the 8th August 2025



After the cut off dates shown the following rules apply:

You can move the booking to another date in the summer holidays up to 5pm on the day (Mon to Thurs) before your child is due to attend for a £5 admin fee. If you want to change the Mon following the weekend, then you must request the change by 5pm the Friday before since the office is closed over the weekend.

If you request a refund instead of an alteration, the £5 admin fee will be deducted from your refund.

If you miss the deadline for changing or amending your booking no exchange or refund will be given.



DAY ON A SUPERSTARS CAMP

0800-0930 Drop off time
anytime (HAF 0900-0930)

0930-1030 First session of
chosen activity

1045-1100 First Break



1100-1200 Second session of
chosen activity

1200-1245 Lunch Break



1245-1345 Third session of
chosen activity

1345-1400 Afternoon Break

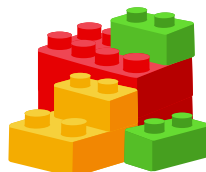


1400-1500 Fourth session of
chosen activity

**1500 onwards for pick ups -
ALL HAF picked up at 1500**

1500-1630 Dodgeball or
Lego Activity

1630 -1800 Late Pick Ups only
Board Games, Uno, Reading



EMAIL : INFO@LITTLESUPERSTARS.CO.UK

IMPORTANT INFORMATION

Opening Times

Most of our centres run from 08.00-16.30 offering late pick up as an add to 18.00 hours for £4 per child per day except Cardinal Newman & Oasis Harphur Mount Academy.

Due to restrictions on the venue, Cardinal Newman & Oasis Harphur Mount Academy runs from 9am-3pm without the possibility of a late pick up.

Drop off & Pick up Times are strict.

Morning Drop offs - 0800-0930

(except Cardinal and Oasis 0900-0930)

Pick Up - 1500-1800 onwards (Oasis and Cardinal finish at 1500)

If you miss the late pick time of 18.00 hours you will need to pay the coach directly £5 for every 15 minutes that you run over this time as the coaches are only paid until 18.00 hours and is no longer covered by Superstars.

Please ensure that children are dropped off by 09.30 and picked up from 1500 onwards so there are no disruption to the smooth running of the camps for everyone who are at Superstars Camps. It is also unfair to the children who turn up on time to be interrupted in their play as coaches go and let people in.

What do they need to bring?

- a refillable water bottle - childrens bottles will be refilled at regular intervals during the day
- packed lunch - lots of little things as children graze on them all day
- Sun hat - very important as children will be outside most of the day
- Suntan lotion so it can be applied by the children during the day at set times, or put 24 hour suntan lotion on your child before they arrive.
- Optional - We run a tuck shop selling £1.00 pick n mix bags (1 per child per day limit). If you want your child to have a bag of sweets, please pay in cash on the door in the morning. These sweets are then given at afternoon break.
- If the weather is overcast, we would recommend sending in a waterproof coat.

We do not allow fizzy drinks or energy drinks on site. Similarly, we ask that no nuts or nut products are included in packed lunches as other children may suffer from nut allergies.

Lost Property

Please email the office if you believe you have left anything behind and we will contact the venues on your behalf. Anything still left at our camps from Friday 29 August we give you a week to come forward then we pass the items to a local charity shop.

TEL: 01925 555859 - OPENING TIMES 9-5

IMPORTANT INFORMATION

NOT ALLOWED TO BE BROUGHT ON CAMP

We do not allow children to bring the following and must not be sent with your child or children under any circumstances:

- mobile phone - regardless of their age - this is not for compromise or how you perceive the reason as this is a safeguarding issue along with Superstars staff not being responsible for loss or damage.
- handheld game consoles
- Pokemon cards or any card whereby children swap them
- Any form of toys that is precious to the child that may be come accidentally lost.

Clothing

Please send your child in appropriate clothing for sports activities and the weather. Football boots are not necessary and Heelys cannot be worn at any time at any venue. If the weather is warm, please send them in with suntan lotion and a hat as the children will be outside. If the weather is overcast, please include a waterproof coat.

Medication

Children must be in good health and free from any infectious illness or disease. Any medication your child needs to take must be labelled with your child's name and dosage requirements with timings clearly stated. Without this information the medication will not be administered. Please speak to the coach when dropping off your children so they are aware that your child needs to take medication.

Please ensure your contact details are up to date on your account so that we have the correct details should we need to contact you.

Behaviour on Camp

Whilst we very rarely have to stop a child from attending, we will take this course of action where a child refuses to comply with safety rules, is disruptive or behaves in an inappropriate manner, failing to respect others or causing others distress. We will always discuss any issues with your child's behaviour before this step is taken unless there are safety concerns.

Comments & Concerns

Feedback is always welcome. You may have suggestions of activities your child would like to try or you may have worries or concerns. Please get in touch with us on 01925 555859 or by emailing the office at info@littlesuperstars.co.uk.

We cannot put things right if you don't tell us something is wrong.



SUPERSTARS



SUPERSTARSHOLCLUB

GREAT SANKEY PLAYScheme

Superstars Holiday Club delivers the playscheme on behalf of Great Sankey Parish Council and have done for the last 7 years. The sessions run for the entire 6 weeks and due to the fact this is heavily subsidised by the council only parents and children living under Warrington Borough Council may book and attend the sessions.

Superstars Playscheme runs from 0930-1230 and children need to come along with a snack for the break and a refillable water bottle which will be replenished during the session.

Drop Off Time - 0930-0945 only

Pick Up Time - 1230 only

Venues :

- Whittle Hall Community Centre WA5 3UA
- Tim Parry Community Centre WA5 3NY

The price is £4 per session, runs Monday to Friday except for Bank Holiday Monday

21-25 July

Tim Parry Centre

Sports, Lego & Board Games

28 Jul - 1 Aug

Tim Parry Centre

Sports, Crafts & Board Games

4-8 Aug

Whittle Hall Community Centre

Sports, Lego & Board Games

11-15 Aug

Whittle Hall Community Centre

Sports, Crafts & Board Games

18-22 Aug

Whittle Hall Community Centre

Sports, Lego & Board Games

26-29 Aug

Whittle Hall Community Centre

Sports, Crafts & Board Games

SCAN ME



To book please
scan the QR code



WWW.SUPERSTARSCAMPS.CO.UK

HOLIDAY ACTIVITIES & FOOD PROGRAMME

Superstars receives regular funding from the government to provide FREE sessions for ALL families in receipt of Benefit Related Free School Meals, which is known as HAF. At the time of publishing this brochure we have not had every centre confirmed but we are confident that we will be able to provide 09.00 -15.00 timed sessions at the centres below. Children booked into the HAF sessions will receive a hot meal or sandwich option along with a piece of fruit and snacks.

HAF children can take part in the following sessions for FREE within the Superstars Programme - Multi Sports, Football, Dance, Laser Tag, Zorbs, Archery Tag, Inflatable Obstacle Course, Lego along with if spaces available on Crochet, Quilting and Knitting days

Venue	Council	How to book	Confirmed
St Edwards	Liverpool	www.eequ.co.uk	No
Cloughwood	West Cheshire	www.eequ.co.uk	No
Rudheath	West Cheshire	www.eequ.co.uk	No
Knutsford	East Cheshire	Superstars Booking System	No
Orford	Warrington	www.eequ.co.uk	No
Cardinal Newman	Warrington	www.eequ.co.uk	No
Hawkey Hall	Wigan	E vouchers issued through schools	Yes
St Marys	Wigan	E vouchers issued through schools	Yes
Unsworth	Bury	E vouchers issued through schools	No
Barlow	Manchester	www.mcraction.com	Yes
Cheetham	Manchester	www.mcraction.com	Yes
Oasis	Manchester	www.mcraction.com	Yes
Maghull	Sefton	Superstars Booking System	No

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MULTI SPORTS, FOOTBALL & DANCE

Multi Sports

Each Day, Superstars delivers 4 different Multi Sport options for children at each of our Venues. They are changed daily to give children plenty of variety along with children having the opportunity of developing on sports they may already play or try, along with trying sports they may never have heard off.

- Dodgeball
- Pickleball
- Spikeball
- Volleyball
- Hockey
- Lacrosse
- Handball
- Basketball
- Athletics
- Ultimate Frisbee
- Rugby
- Tennis
- Badminton
- Cricket
- Non Stop Cricket
- Danish Longball
- Rounders
- Baseball
- Team Building
- Street Racket
- Fencing
- Archery
- Boccia
- Bowling
- Curling
- TriGolf
- Crazy Golf
- Boxing
- Netball
- American Football



Football

Superstars delivers each day four sessions of football whereby children will learn and develop on the following aspects of the game

- Dribbling
- Passing
- Turning
- Gamemanship
- Ball Mastery
- Fitness
- Shooting
- Defending

along with playing matches and tournaments

Dance

Superstars delivers each day four sessions of dance whereby children will learn different routines along with dance games.

Many of the routines are carefully choreographed to be fun using current music that many of the children will know and love. Various dance games are also used throughout the sessions to keep everyone engaged

TEL: 01925 555859 - OPENING TIMES 9-5

SPECIALIST DAYS

Every venue will get one day of the following activities whereby all children will get the opportunity of having a go. These sessions are included in the price except for Drone Soccer and Card Making whereby you will need to make a separate booking - QR code next to description. To see when and where everything is delivered look on the individual venue centre page with what's happening on what day.

Large Inflatable Obstacle Course

Our amazing Large Inflatable Obstacle Course which we believe is the only one in the country which is the length of a half a football pitch and is talk of the summer time and time again will be out again this summer.. Every child on the camp gets plenty of time on and off the obstacle course, which normally takes place in the morning.

In the Afternoon, Superstars will offer for a Parent and child session from 1315-1445. It this session gets booked up we will offer a further session of 1500-1630 for £4 per child. Children must be occupied by an adult. Here is the QR code to book your child - make sure you book the right venue.

SCAN ME



Laser Tag

Very Popular Activity is Laser Tag

Children will take part in two different games of Laser Tag on the day.

Children will be split into groups by their ages so they get the best out of the time.

The guns Superstars use are commercial guns which you would use if you went to Centre parcs, or laser tag indoor centre and are high quality (u cannot buy these on amazon)

Hids will be made of equipment at each centre.

Remember you can even hire Superstars to deliver a birthday party of Laser Tag.



SUPERSTARS



SUPERSTARSHOLCLUB

SPECIALIST DAYS

Zorbs

Children love crashing into each other whilst playing football

Children can run into each other at speed and bouncing right off. Be a game of human bowling or Zorb Football, children will be sure to have a blast in our zorbs. The legs are running freely with a large inflatable suit

These sessions take place in small groups of 10 across the day

The sessions are very energetic look at the chart to see what day the venues are running this activity later in the brochure



Archery Tag

A take on Dodgeball instead using archery sets that are specifically designed with with foam tips - non lethal.

Children will initially learn how to use the bow and arrows by aiming them at targets.

Children will then be split into small groups and take part in short games of either dodgeball or hitting targets.

Children have to have dynamic moves, teamwork and clever decisions to get the best out of this game.



SPECIALIST DAYS

Drone Soccer

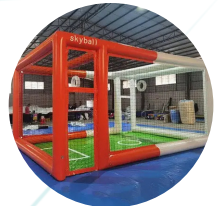
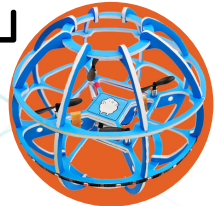


Children will try out the new action packed game that will initially teach children how to fly a drone, along with going in and out of obstacles - best way to describe is Robotic Quidditch.

In the afternoon children will play the games of drone soccer whereby children will battle it out in our unique arena and have to get their coloured drone through their goal or should I say hoop.

Children must be 7 and over to take part.

The day costs £35 per child and must be booked on a separate booking system. Please follow this QR code - make sure you book the right venue



Card Making



Children aged from 6 years and above can take part in these sessions learning how to make their own individual cards using the following techniques:

- Embossing
- Stamping
- Laying
- Ink Blending

SCAN ME



Children will come home with 6 different cards and fantastic ideas for them to creative further cards for the future.

The day costs £35 and must be booked on a separate booking system. Please follow this QR code - make sure you have the right venue.

LEGO CAMP

Calling All Master Builders and those that want to be set challenges, Superstars are amazing sessions. Children can decide on drop off on the week if they want to take part in the lego sessions or not. There is no separate booking system

Each day will be broken down as follows with a daily theme:

- Morning Warm Up Sessions whereby they will be introduced to the theme of the day and start off with
 - Build an item from 15 pieces
- 1st Session of Lego of part of daily theme
- 2nd Session of Lego of part of daily theme

In the afternoon will be a 20 piece challenge and then

- 3rd session of Lego of part of the daily theme
- 4th session of Lego of part of the daily theme

Some of the sessions will be STEM Based and some will be just for FUN, if I am honest its all fun when playing with Lego.

Children will get the opportunity to do a 'Show and Tell' to their peers so they can show off what they have created and their adaptation to the theme of the day.

An Example of the day may be:

THEME - Transport

Make a 15 piece item that can get you from A to B

1st session - Build a Family car that can transport 10 people

2nd session - Build a Super yacht for your family to live on

What Superstars love about Lego, there is no right or wrong answer its all part of the children's imagination coming to life with the pieces they have to play with



TEL: 01925 555859 - OPENING TIMES 9-5

EARLY BIRD DISCOUNTS - 2025/2026

**OCTOBER
HALF TERM**

**10% OFF FINISHES at
2359 HRS ON FRI 3 OCT 2025**

**BLACK
FRIDAY
VOUCHERS**

**LAUNCHES 10 NOVEMBER UNTIL
28 NOVEMBER - 30% FOR VOUCHERS
FOR 2026 ONLY**

**FESTIVE
HOLIDAYS**

**10% OFF FINISHES at
2359 HRS ON FRI 5 DEC 2025**

**FEBRUARY
HALF TERM**

**10% OFF FINISHES at
2359 HRS ON FRI 30 JAN 2026**

**EASTER
HOLIDAYS**

**10% OFF FINISHES at
2359 HRS ON FRI 6 MAR 2026**

**LAUNCH
SUMMER
PROGRAMME**

**FIRST TWO WEEKS OF LAUNCH
20% OFF**

**MAY/JUNE
HOLIDAYS**

**10% OFF FINISHES at
2359 HRS ON FRI 8 MAY 2026**

**SUMMER
HOLIDAYS**

**10% OFF FINISHES at
2359 HRS ON FRI 26 JUNE 2026**



SUPERSTARS



SUPERSTARSHOLCLUB

CRAFT WEEK

Superstars has created a week of Crafts for children to make various items using different crafting techniques.

Children must be aged 8 and over as these sessions are not aimed at younger children.

Children will use the following materials

- Jesmonite resin - make a tray and coaster - which they will decorate
- Air drying clay to make a bowl or plate
- Macrame to make a Keyring
- Decorate a hessian bag
- Bracelet making
- Basket weaving
- Mod Roc
- Rock Art
- Using a Cricut Machine

SCAN ME



Children will bring home what they have made on Friday at the end of the week

There are only 12 places on each week so that children will get the attention needed to be able to create what they would like to create. All Materials are included.

The Price is £175 for the week and children are booked for the week and we cannot accept individual days.

If you wish to book your child onto the week, please follow the chart below and use the QR code to take you straight to the Craft Week booking page - please make sure you book the correct week

28 July	Maghull	St Peters	Sankey	Cloughwood	Ashton	St Marys
4 August	St Edwards	Standish	Culcheth	Upton	Cheetham	
11 August	St Bedes	Hawkey	Barlow	Rudheath	Manor	
18 August	Unsworth	Sutton	Orford	Broomfields	Navigation	



FASHION CAMP WEEK

Fashion Camp is back and is available at all centres except Cardinal Newman and Oasis Harphur Mount, so please make sure when booking you choose the correct venue with the correct week

The breakdown of the week will be as follows:

Monday	Tuesday	Wednesday	Thursday	Friday
Learn how to hand sew and make a simple item	Cut pattern out with choosen Material	Carry on making their choosen creation	Carry on making their choosen creation	Upcycle a piece of clothing
Learn how to use a sewing machine	Start putting together their creation	Carry on making their choosen creation	Tie Dye T-shirt	Get ready for fashion show at 4pm

All materials are included and children will be able to choose their material from our haberdashery department. Children will make one of the following - Dress or shorts and top set or hoodie or board shorts.

Children must be aged 8 and over and the price for the week is £175

Please use the QR code to take you straight to the booking system



28 July	St Bedes	Hawkley	Barlow	Rudheath	Manor	
4 August	Lydiate	Sutton	Orford	Broomfields	Navigation	Unsworth
11 August	Maghull	St Peters	Sankey	Cloughwood	Ashton	St Marys
18 August	St Edwards	Standish	Culcheth	Upton	Cheetham	



EMAIL : INFO@LITTLESUPERSTARS.CO.UK

WOODWORK WEEK

Woodwork Week is back as well for 2025 and we are in our third year of running for children aged from 5 year old upwards.

Children will learn how to use various tools to make some creations.

The tools they will use

- Hand saw
- Hand drills
- Screw driver
- Hot glue gun
- Hammer.
- Workbench

SCAN ME



Children will be taught Health & Safety and the importance of using safety goggles and gloves along with using their listening skills. Children will be fully supervised throughout the activities.

Here is an example of last years creations.



Woodwork Camp will run at all sites except Oasis & Cardinal Newman. The Price is £160 for the week. Please use the QR code to take you directly to the woodwork camp booking system and make sure you book the correct venue.

28 July	St Edwards	Standish	Culcheth	Upton	Cheetham	
4 August	St Bedes	Hawley	Barlow	Rudheath	Manor	
11 August	Lydiate	Sutton	Orford	Broomfields	Navigation	Unsworth
18 August	Maghull	St Peters	Sankey	Cloughwood	Ashton	St Marys

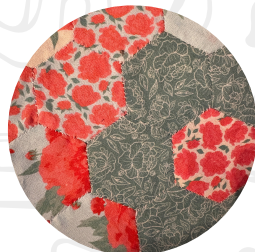
TEL: 01925 555859 - OPENING TIMES 9-5

QUILTING - TWO DAYS

Two Day Quilting course or known as English Paper Piercing teaches children how to use small bits of material to make a unique creation.

Children will learn how to cut and stick together hexagons. Children will then use a whip stitch to sew them together to make small hexagon flowers which they can put together to either make coasters or a small mat dependent on speed and ability.

These sessions are aimed at Children aged 8 and over and are priced at £65 for the two days



CODING - TWO DAYS

Two Day Coding Course teaching children basic coding easy for kids to learn and experiment with new concepts of Artificial Intelligence and Robotics in a fun and engaging manner using our coding software

The Focus will be on

- Coding using block and python
- Robotics
- Artificial Intelligence
- Self Driving technology

These sessions are aimed at children aged 7 and over. The price for the two days is £70 per child. Please use the QR code to take you to the booking system.



SUPERSTARS



SUPERSTARSHOLCLUB

CROCHET - TWO DAYS

Two Day Crochet Course teaching children basic stitches of crochet whereby children will learn to make one of the following:

- a flower
- a head band
- Coaster

Children will go home with their own crochet hook to help them carry on with this relaxing hobby, you never know what they could create next.

These sessions are aimed at children aged 8 and over. The price for the two days is £65 per child. Please use the QR code to take you to the booking system.

SCAN ME



KNITTING - TWO DAYS

Two Day knitting Course teaches children basic knitting of cast on and cast off along with the stitches of knit and purl where by children will either learn to knit a

- Square to make an animal
- Scarf
- Head band

All children will go home with their own knitting needles so they can carry on with their new found hobby

These sessions are aimed at children aged 8 and over. The price for the two days is £65 per child. Please use the QR code to take you to the booking system.



SCAN ME



WHAT WILL BE THE NEXT TOP SPORTS?

Currently, the top sports in the UK are predictably Football, Rugby and Cricket in that order.

In recent years Padel has become one of the fastest growing sports. It combines elements of tennis and squash and is easy to pick up, even for beginners. It uses smaller courts than tennis and the ball speed is slower meaning that it's less intimidating than traditional racket sports and low impact. It's often played in doubles making it a sociable game.

Tennis clubs, leisure centres and dedicated padel facilities are investing in courts to meet the growing demands.

The top emerging sports for women and girls to try in 2025 are:

- Teqball.
- Drone Racing.
- FootGolf.
- Parkour/Free running.
- Pickleball.
- Climbing and Bouldering.
- Esports.

Just to add a bit of detail to these sports:

Teqball is played with a football and a curved table of a similar size to a table tennis table. The game can be played between 2 or 4 players (singles or doubles) and a match consists of the best of 3 sets. Each set is played until a player has 12 points. The ball is to be returned with a maximum of 3 touches by any body part except the hands or arms. In doubles the ball must be passed between team members before being returned.

There is an annual Teqball World Championship which has been running since 2017.



Footgolf is a hybrid game which is essentially golf played with a football. The ball is kicked rather than struck with a club. The player who finishes with the fewest shots wins. The game is often played on golf courses or on specially built courses. Since footballs can't be propelled as far as golf balls the courses are smaller. Compared to golf, footgolf is quicker to play, faster to learn and cheaper in terms of equipment.

Parkour is an athletic training discipline or sport in which practitioners (called traceurs) attempt to get from one point to another in the fastest and most efficient way possible, without assisting equipment and often while performing feats of acrobatics. It involves running, climbing, flipping, swinging, vaulting, jumping, rolling or whatever is suitable for a given situation. This sport can be carried out alone or others and is often carried out in urban spaces. Many new films show characters free running such as Eggsy in Kingsman.



Pickleball is a racket or paddle sport in which 2 players (singles) or 4 players (doubles) hit a hollow perforated ball with a smooth-faced paddle over a net. Aspects of the game resemble both tennis and table tennis on a doubles badminton court but pickleball has its own specific rules, paddles and court lines. The growing popularity of the sport has been attributed to its appeal to a wide range of ages and fitness levels, its short learning curve and its low startup costs.



Esports are electronic sports or the organised, competitive playing of video games with the formation of structured tournaments and leagues. In the UK esports is classified as a game, not a sport. In some countries where mind games are classified differently, esports are recognised as a sport.

We will not be adopting Esports on our holiday clubs but if anyone has tried any of these sports and thinks they're worth a go, please get in touch with the office by emailing us at info@littlesuperstars.co.uk . Who knows, maybe next year we will be able to offer them.

SuperStars PARTIES

- ◆ MultiSports
- ◆ Basketball
- ◆ Minor Games
- ◆ Laser Tag
- ◆ Football
- ◆ Crafts

- ◆ Lego
- ◆ Soft Play
- ◆ Sports Day
- ◆ Builders
- ◆ Bouncy Castles
- ◆ Obstacle Course
- ◆ Cinema Parties

Your one
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for all of
your
party
needs

✉ info@littlesuperstars.co.uk



SuperstarsCamps.co.uk



01925 555859

ALL THE DETAILS

Please find your local centre and the table will tell you what is on each day. At all centres we have running the following activities Multi Sports, Football & Dance (except AKS Lytham whereby first two weeks has the Multi Sports & Football) unless otherwise stated

Included in the price are the following activities:

- Zorbs
- Laser Tag
- Inflatable Obstacle Course
- Archery Tag
- Lego Week

Any specialist activities need to be booked separately. Superstars has limited spaces available on courses, and once they are full we are unable to add extra spaces. Also if the specialist courses are not available at your preferred centre, be aware that there may be a centre close by where the course may be running

When booking make sure you have the right venue. We are unable to change any days around after the amendments and cancellation dates have passed so check your booking as it comes through automatically when you make a booking on your email system.....LETS HAVE A FABULOUS SUMMER

ST BEDES HIGH SCHOOL, L39 4TA

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

ST ANNES ROAD
ORMSKIRK. L39 4TA

SCAN ME



	MON	TUE	WED	THU	FRI
21-25 Jul	NOT RUNNING	NOT RUNNING			
28 Jul - 1 Aug	FASHION CODING	FASHION CODING	FASHION	FASHION	FASHION
4 - 8 Aug	WOODWORK	WOODWORK DRONE	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK
11-15 Aug	CRAFT OBSTACLE COURSE	CRAFT	CRAFT	CRAFT	CRAFT LASER
18-22 Aug	LEGO CARD MAKING	LEGO	LEGO	LEGO ZORBS	LEGO
25-29 Aug	BANK HOLIDAY		ARCHERY		

AKS LYTHAM - FY8 1DT

DANCE EVERYDAY
EXCEPT 28 JULY WEEK

PRICE
£25 PER DAY OR
£110 FOR THE WEEK

ADDRESS:

CLIFTON DRIVE,
LYTHAM. FY8 1DT

SCAN ME



	MON	TUE	WED	THU	FRI
7-11 July	MS FOOTBALL LASER TAG	MS FOOTBALL	MS FOOTBALL	MS FOOTBALL	MS FOOTBALL
14-18 July	MS FOOTBALL	MS FOOTBALL	MS FOOTBALL DRONE	MS FOOTBALL	MS FOOTBALL
21-25 July	CODING	CODING	CODING	CODING	CODING
28 Jul-1 Aug	LEGO CROCHET	LEGO CROCHET	LEGO	LEGO	LEGO OBSTACLE COURSE
4 - 8 Aug	FASHION KNITTING	FASHION KNITTING	FASHION	FASHION LASER	FASHION
11-15 Aug	WOODWORK QUILTING	WOODWORK QUILTING	WOODWORK	WOODWORK	WOODWORK
18-22 Aug	LEGO	LEGO	LEGO	LEGO	LEGO
25-29 Aug	BANK HOLIDAY		CARD MAKING		



MAGHULL HIGH SCHOOL, L31 7AW

	MON	TUE	WED	THU	FRI
21-25 Jul	NOT RUNNING	NOT RUNNING			
28 Jul - 1 Aug	CRAFT ZORBS	CRAFT	CRAFT	CRAFT ARCHERY	CRAFT
4 - 8 Aug	LEGO	LEGO	LEGO QUILTING	LEGO QUILTING	LEGO CARD MAKING
11-15 Aug	FASHION CODING	FASHION CODING	FASHION DRONE	FASHION	FASHION
18-22 Aug	WOODWORK	WOODWORK OBSTACLE COURSE	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK
25-29 Aug	BANK HOLIDAY	LASER TAG			

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

ORMONDE DRIVE,
LIVERPOOL. L31 7AW



ST EDWARDS COLLEGE, L12 1LF

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

NORTH DRIVE,
LIVERPOOL. L12 1LE



	MON	TUE	WED	THU	FRI
21-25 Jul				OBSTACLE COURSE	
28 Jul - 1 Aug	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK LASER	WOODWORK CARD MAKING	WOODWORK
4 - 8 Aug	CRAFT	CRAFT ZORBS	CRAFT	CRAFT	CRAFT ARCHERY
11-15 Aug	LEGO KNITTING	LEGO KNITTING	LEGO	LEGO	LEGO
18-22 Aug	FASHION CODING	FASHION CODING	FASHION	FASHION DRONE	FASHION
25-29 Aug	BANK HOLIDAY				

SUTTON LEISURE CENTRE, WA9 5AU

	MON	TUE	WED	THU	FRI
21-25 Jul					
28 Jul - 1 Aug	LEGO	LEGO ZORBS	LEGO CROCHET	LEGO CROCHET	LEGO ARCHERY
4 - 8 Aug	FASHION	FASHION	FASHION CODING	FASHION CODING	FASHION
11-15 Aug	WOODWORK CARD MAKING	WOODWORK	WOODWORK	WOODWORK DRONE	WOODWORK
18-22 Aug	CRAFT	CRAFT	CRAFT OBSTACLE COURSE	CRAFT	CRAFT
25-29 Aug	BANK HOLIDAY		LASER TAG		

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

ELTON HEAD ROAD, ST HELENS. **WA9 5AU**



ST PETERS COFE PRIMARY SCHOOL, WA12 9UR

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

BIRLEY STREET, NEWTON LE WILLOWS **WA12 9UR**



	MON	TUE	WED	THU	FRI
21-25 Jul			CODING	CODING	OBSTACLE COURSE
28 Jul-1 Aug	CRAFT	CRAFT DRONE	CRAFT	CRAFT LASER	CRAFT
4 - 8 Aug	LEGO QUILTING	LEGO QUILTING	LEGO ZORBS	LEGO	LEGO
11-15 Aug	FASHION ARCHERY	FASHION	FASHION	FASHION	FASHION
18-22 Aug	WOODWORK	WOODWORK CARD MAKING	WOODWORK KNITTING	WOODWORK KNITTING	WOODWORK
25-29 Aug	BANK HOLIDAY				

HAWKLEY HALL HIGH SCHOOL, WN3 5NY

	MON	TUE	WED	THU	FRI
21-25 Jul				ARCHERY TAG	
28 Jul - 1 Aug	FASHION	FASHION	FASHION	FASHION	FASHION
4 - 8 Aug	WOODWORK	WOODWORK CARD MAKING	WOODWORK DRONE	WOODWORK	WOODWORK
11-15 Aug	CRAFT	CRAFT OBSTACLE COURSE	CRAFT	CRAFT	CRAFT
18-22 Aug	LEGO LASER	LEGO	LEGO	LEGO	LEGO ZORBS
25-29 Aug	BANK HOLIDAY				

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

CARR LANE, WIGAN.
WN3 5NY



STANDISH HIGH SCHOOL, WN6 ONX

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

KENYON ROAD,
STANDISH, WIGAN.
WN6 ONX



	MON	TUE	WED	THU	FRI
21-25 Jul				CARD MAKING	
28 Jul - 1 Aug	WOODWORK	WOODWORK	WOODWORK	WOODWORK	WOODWORK
4 - 8 Aug	CRAFT OBSTACLE COURSE	CRAFT	CRAFT	CRAFT	CRAFT LASER TAG
11-15 Aug	LEGO CROCHET	LEGO CROCHET	LEGO	LEGO ZORBS	LEGO
18-22 Aug	FASHION	FASHION ARCHERY	FASHION CODING	FASHION CODING	FASHION DRONE
25-29 Aug	BANK HOLIDAY				

GREAT SANKEY HUB, WA5 3AA

	MON	TUE	WED	THU	FRI
21-25 Jul				KNITTING	
28 Jul - 1 Aug	CRAFT	CRAFT LASER	CRAFT CODING	CRAFT CODING	CRAFT
4 - 8 Aug	LEGO ZORBS	LEGO	LEGO	LEGO ARCHERY	LEGO
11-15 Aug	FASHION	FASHION	FASHION	FASHION	FASHION
18-22 Aug	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK DRONE	WOODWORK	WOODWORK
25-29 Aug	BANK HOLIDAY	CARD MAKING	OBSTACLE COURSE		

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

LINGLEY GREEN AVENUE,
GREAT SANKEY,
WARRINGTON. **WA5 3AA**

SCAN ME



ORFORD JUBILEE HUB, WA2 8HE

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£22 PER DAY OR
£105 FOR THE WEEK**

ADDRESS:

ORFORD, JUBILEE WAY,
WARRINGTON. **WA2 8HE**

SCAN ME



	MON	TUE	WED	THU	FRI
21-25 Jul				LASER TAG	ARCHERY TAG
28 Jul - 1 Aug	LEGO KNITTING	LEGO KNITTING	LEGO ZORBS	LEGO	LEGO
4 - 8 Aug	FASHION DRONE	FASHION	FASHION	FASHION	FASHION
11-15 Aug	WOODWORK	WOODWORK CARD MAKING	WOODWORK CODING	WOODWORK CODING	WOODWORK
18-22 Aug	CRAFT	CRAFT	CRAFT	CRAFT OBSTACLE COURSE	CRAFT
25-29 Aug	BANK HOLIDAY				

CULCHETH HIGH SCHOOL, WA3 5HH

	MON	TUE	WED	THU	FRI
21-25 Jul					
28 Jul - 1 Aug	WOODWORK OBSTACLE COURSE	WOODWORK	WOODWORK	WOODWORK	WOODWORK LASER
4 - 8 Aug	CRAFT CODING	CRAFT CODING	CRAFT	CRAFT	CRAFT
11-15 Aug	LEGO	LEGO ARCHERY	LEGO CROCHET	LEGO CROCHET	LEGO
18-22 Aug	FASHION	FASHION	FASHION CARD MAKING	FASHION	FASHION
25-29 Aug	BANK HOLIDAY	DRONE SOCCER			

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£22 PER DAY OR
£105 FOR THE WEEK**

ADDRESS:

WARRINGTON ROAD,
CULCHETH, WARRINGTON.
WA3 5HH

SCAN ME



CARDINAL NEWMAN HIGH SCHOOL, WA4 1RX

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£12 PER DAY OR
£55 FOR THE WEEK
RUNS 0900-1500**

ADDRESS:

20 BRIDGEWATER AVENUE,
WARRINGTON. WA4 1RX

SCAN ME



	MON	TUE	WED	THU	FRI
21-25 Jul					DRONE
28 Jul - 1 Aug				OBSTACLE COURSE	
4 - 8 Aug			LASER		CARD MAKING
11-15 Aug		ZORBS			ARCHERY
18-22 Aug	LEGO	LEGO	LEGO	LEGO	LEGO
25-29 Aug	BANK HOLIDAY				

BROOMFIELDS LEISURE CENTRE, WA4 3AE

	MON	TUE	WED	THU	FRI
21-25 Jul				DRONE	
28 Jul - 1 Aug	LEGO	LEGO CARD MAKING	LEGO OBSTACLE COURSE	LEGO	LEGO
4 - 8 Aug	FASHION	FASHION LASER	FASHION CODING	FASHION CODING	FASHION
11-15 Aug	WOODWORK ZORBS	WOODWORK	WOODWORK	WOODWORK ARCHERY	WOODWORK
18-22 Aug	CRAFT	CRAFT	CRAFT	CRAFT	CRAFT
25-29 Aug	BANK HOLIDAY				

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

BROOMFIELDS ROAD,
WARRINGTON.
WA4 3AE

SCAN ME



UPTON HIGH SCHOOL, CH2 1NN

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

ST JAMES AVENUE, UPTON,
CHESTER. CH2 1NN

SCAN ME



	MON	TUE	WED	THU	FRI
21-25 Jul					LASER
28 Jul - 1 Aug	WOODWORK QUILTING	WOODWORK QUILTING	WOODWORK	WOODWORK ZORBS	WOODWORK
4 - 8 Aug	CRAFT	CRAFT	CRAFT	CRAFT	CRAFT
11-15 Aug	LEGO CODING	LEGO CODING	LEGO CARD MAKING	LEGO	LEGO
18-22 Aug	FASHION DRONE	FASHION	FASHION	FASHION ARCHERY	FASHION OBSTACLE COURSE
25-29 Aug	BANK HOLIDAY				

CLOUGHWOOD ACADEMY, CW8 1NU

	MON	TUE	WED	THU	FRI
21-25 Jul					
28 Jul - 1 Aug	CRAFT CODING	CRAFT CODING	CRAFT ARCHERY	CRAFT	CRAFT
4 - 8 Aug	LEGO CARD MAKING	LEGO	LEGO	LEGO DRONE	LEGO
11-15 Aug	FASHION	FASHION	FASHION OBSTACLE COURSE	FASHION	FASHION
18-22 Aug	WOODWORK	WOODWORK LASER	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK ARCHERY
25-29 Aug	BANK HOLIDAY	ZORBS			

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

STONES MANOR LANE,
HARTFORD, NORTHWICH.
CW8 1NU



RUDHEATH HIGH SCHOOL, CW9 7DT

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

MIDDLEWICH ROAD,
RUDHEATH, NORTHWICH.
CW9 7DT



	MON	TUE	WED	THU	FRI
21-25 Jul					
28 Jul - 1 Aug	FASHION	FASHION	FASHION ARCHERY	FASHION	FASHION DRONE
4 - 8 Aug	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK	WOODWORK OBSTACLE COURSE	WOODWORK
11-15 Aug	CRAFT	CRAFT	CRAFT LASER	CRAFT	CRAFT
18-22 Aug	LEGO	LEGO ZORBS	LEGO QUILTING	LEGO QUILTING	LEGO CARD MAKING
25-29 Aug	BANK HOLIDAY				

MANOR PARK PRIMARY WA16 8DB

	MON	TUE	WED	THU	FRI
21-25 Jul			CODING	CODING	
28 Jul - 1 Aug	FASHION	FASHION	FASHION CARD MAKING	FASHION	FASHION
4 - 8 Aug	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK	WOODWORK	WOODWORK OBSTACLE COURSE
11-15 Aug	CRAFT	CRAFT	CRAFT	CRAFT LASER	CRAFT DRONE
18-22 Aug	LEGO QUILTING	LEGO QUILTING	LEGO ZORBS	LEGO	LEGO
25-29 Aug	BANK HOLIDAY	ARCHERY			

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

MANOR PARK NORTH,
KNUTSFORD. **WA16 8DB**



OASIS ACADEMY HARPUR MOUNT, M9 5XR

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£12 PER DAY OR
£55 FOR THE WEEK
RUNS 0900-1500 ONLY**

ADDRESS:

ALFRED STREET,
HARPHUREY,
MANCHESTER. **M9 5XR**

	MON	TUE	WED	THU	FRI
21-25 Jul				ZORBS	
28 Jul - 1 Aug	CARD MAKING				
4 - 8 Aug		ARCHERY	OBSTACLE COURSE		
11-15 Aug	LEGO	LEGO LASER	LEGO CROCHET	LEGO CROCHET	LEGO



NAVIGATION ROAD PRIMARY SCHOOL, WA14 1NG

	MON	TUE	WED	THU	FRI
21-25 Jul	NOT RUNNING	NOT RUNNING	NOT RUNNING	NOT RUNNING	NOT RUNNING
28 Jul - 1 Aug	LEGO LASER	LEGO OBSTACLE COURSE	LEGO QUILTING	LEGO QUILTING	LEGO ZORBS
4 - 8 Aug	FASHION	FASHION	FASHION ARCHERY	FASHION	FASHION
11-15 Aug	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK	WOODWORK CARD MAKING	WOODWORK OBSTCLE COURSE
18-22 Aug	CRAFT	CRAFT DRONE	CRAFT CODING	CRAFT CODING	CRAFT
25-29 Aug	BANK HOLIDAY				

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:
**HAWARDEN ROAD,
ALTRINCHAM. WA14 1NG**



ASHTON UPON MERSEY HIGH SCHOOL, M33 5BP

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:
**CECIL AVENUE, SALE.
M33 5BP**



	MON	TUE	WED	THU	FRI
21-25 Jul			OBSTCALE COURSE		
28 Jul - 1 Aug	CRAFT	CRAFT	CRAFT	CRAFT	CRAFT
4 - 8 Aug	LEGO LASER	LEGO	LEGO KNITTING	LEGO KNITTING	LEGO ZORBS
11-15 Aug	FASHION	FASHION	FASHION ARCHERY	FASHION	FASHION
18-22 Aug	WOODWORK	WOODWORK	WOODWORK	WOODWORK CARD MAKING	WOODWORK
25-29 Aug	BANK HOLIDAY		DRONE		

ST MARYS HIGH SCHOOLS, M29 7EE

	MON	TUE	WED	THU	FRI
21-25 Jul					CARD MAKING
28 Jul - 1 Aug	CRAFT	CRAFT	CRAFT DRONE	CRAFT	CRAFT
4 - 8 Aug	LEGO	LEGO OBSTACLE COURSE	LEGO	LEGO	LEGO
11-15 Aug	FASHION LASER	FASHION	FASHION CODING	FASHION CODING	FASHION ZORBS
18-22 Aug	WOODWORK CROCHET	WOODWORK CROCHET	WOODWORK ARCHERY	WOODWORK	WOODWORK
25-29 Aug	BANK HOLIDAY				

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£20 PER DAY OR
£95 FOR THE WEEK**

ADDRESS:

MANCHESTER ROAD,
ASTLEY, TYLDESLEY.
M29 7EE

SCAN ME



THE BARLOW HIGH SCHOOL, M20 6BX

MULTI SPORTS, FOOTBALL + DANCE EVERYDAY

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

PARRS WOOD ROAD,
MANCHESTER. M20 6BX

SCAN ME



	MON	TUE	WED	THU	FRI
21-25 Jul	NOT RUNNING	NOT RUNNING	NOT RUNNING		
28 Jul - 1 Aug	FASHION	FASHION ARCHERY	FASHION CODING	FASHION CODING	FASHION
4 - 8 Aug	WOODWORK KNITTING	WOODWORK KNITTING	WOODWORK CARD MAKING	WOODWORK	WOODWORK
11-15 Aug	CRAFT DRONE	CRAFT	CRAFT	CRAFT OBSTACLE COURSE	CRAFT
18-22 Aug	LEGO ZORBS	LEGO	LEGO	LEGO LASER	LEGO
25-29 Aug	BANK HOLIDAY				

CHEETHAM HILL SPORTS CLUB, M8 4HF

	MON	TUE	WED	THU	FRI
21-25 Jul					ZORBS
28 Jul - 1 Aug	WOODWORK ARCHERY	WOODWORK	WOODWORK CARD MAKING	WOODWORK	WOODWORK
4 - 8 Aug	CRAFT CODING	CRAFT CODING	CRAFT	CRAFT	CRAFT
11-15 Aug	LEGO	LEGO DRONE	LEGO KNITTING	LEGO KNITTING	LEGO
18-22 Aug	FASHION OBSTCALE COURSE	FASHION	FASHION	FASHION	FASHION LASER
25-29 Aug	BANK HOLIDAY				

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

CATHERINE ROAD,
MANCHESTER. M8 4HF

SCAN ME



UNSWORTH SPORTS CLUB, BL9 6BX

**MULTI SPORTS,
FOOTBALL + DANCE
EVERYDAY**

**PRICE
£25 PER DAY OR
£110 FOR THE WEEK**

ADDRESS:

32 POLE LANE, UNSWORTH,
BURY. BL9 8QL

SCAN ME



	MON	TUE	WED	THU	FRI
21-25 Jul		OBSTACLE COURSE			
28 Jul - 1 Aug	LEGO	LEGO	LEGO CROCHET	LEGO CROCHET	LEGO CARD MAKING
4 - 8 Aug	FASHION ARCHERY	FASHION	FASHION	FASHION	FASHION DRONE
11-15 Aug	WOODWORK	WOODWORK	WOODWORK QUILTING	WOODWORK QUILTING	WOODWORK
18-22 Aug	CRAFT CODING	CRAFT CODING	CRAFT LASER	CRAFT	CRAFT
25-29 Aug	BANK HOLIDAY		ZORBS		

5 MILE WALKS IN THE NORTH WEST

It's generally agreed that walking is good for you. It can improve heart health, blood sugar control, mood and boost your immunity. Walking 4-5 miles a day can improve your lifespan. With these health benefits in mind here are a few 5 mile walks you might want to try in the Northwest of England and all achievable for most families. Remember just because they maybe out of area, children love the fun of going on public transport and taking a picnic its all part of the fun and the adventure of making memories that children will remember for years to come.

A 5-mile walk will take approximately 1 hour and 40 minutes based on the British Heart Foundation's estimate of the average person walking at a rate of 20 minutes per mile. Obviously, it also depends on how easy the walking is if it's flat or hilly.

The Northwest includes a varied landscape covering beaches, lakes, forests and cities. It includes the counties of Cumbria, Lancashire and Cheshire and the cities of Manchester and Liverpool.

Cumbria

The Lake District is situated in Cumbria and offers many opportunities for hill walking. It is home to the lovely towns of Ambleside, Kendal, Grassmere, and Keswick to name just a few. On a warm sunny day there are not many places in the world that are more beautiful than the Lake District. It's just that we don't seem to get that many sunny days there or at least not while I'm there.

Please see the link below for ideas of walks in the lakes and other activities that the whole family can take part in.

The easiest way to get to the Lake District by train is to take a train to Oxenholme Lake District. There are local trains from Oxenholme to Kendal, Staveley and Windermere. There is also a direct train from Manchester to Windermere.



5 MILE WALKS IN THE NORTH WEST

Lancashire

The Ribble Valley in Lancashire has a lovely 5.3 mile walk that will take you to where the 3 rivers of the Calder, Hodder and Ribble meet. Please see the link below for further details.

The closest train station for the Ribble Valley is the Ribble Valley or Clitheroe stop.

Blackpool, also located in Lancashire boasts Blackpool illuminations which provide an opportunity to marvel at the illuminated promenade (from late August to early November) whilst walking and absorbing the magical atmosphere. The full length of the illuminations is approximately 5 miles.

For those that prefer a walk along the beach there is the Blackpool coastal path. If you start at the North Pier and follow the path all the way to Squires Gate you can take in the panoramic views and sea air whilst covering about 6 miles.

There is also Stanley Park which has well-manicured lawns and a boating lake. The circular route is about a 2 mile walk so is suitable for all fitness levels. Whilst you will be able to view a variety of bird species at Marton Mere Nature Reserve and Wyre Estuary Country Park offers a variety of walking trails through woodlands, meadows and along the estuary.

Visit the following link QR code for suggestions of further walks in and around Blackpool.



The best train station to go to when visiting Blackpool is the Blackpool North station. There are regular trains to and from many destinations including Preston, Wigan, Manchester, Liverpool, Bolton, Blackburn, Leeds and York.

Cheshire

There are a variety of walks in Cheshire including the national trust property at Tatton Park and Delamere Forest. There are also lots of lovely little villages like Little Budworth and a castle at Beeston.

There are many walking trails at Delamere Forest that are suitable for all levels of fitness. Please have a look at the QR code to plan your day

The forest is served by Delamere train station.



5 MILE WALKS IN THE NORTH WEST

The Sandstone Trail covers 34 miles between Frodsham and Whitchurch. For those that like a challenge the trail can be covered in 2-3 days with stop overs on the way. There are also smaller circular routes around the sandstone trail that can be taken. Please see the QR code below.



There are train stations at both Frodsham and Whitchurch.

The Sankey Valley Park in Warrington offers lots to explore (see the link below) and for those living in Grappenhall and Thelwall the second link below shows walks from 1.8 miles up to 8.5 miles in length.

The nearest train station to access Sankey Valley Park and Grappenhall is Warrington Central station. You would then need to get a bus to your destination from the bus station which is further down the road from Warrington Central train station.

There is also the Trans Pennine trail that links the North and Irish seas passing through the Pennines along rivers and canals through some of the most historic cities in the North of England. See the link below for details. Here is a QR code for further details



Manchester

The website visitmanchester.com provides 11 trails around Greater Manchester including walks around Dunham Massey the national trust property, Goyt valley in Stockport and the South Pennine Water Trail in Rochdale.

The closest train station to Dunham Massey is either Altrincham or Hale and you would need to catch a bus the rest of the way. The train station you would need to go to Goyt Valley is Whaley Bridge. Littleborough or Smithy Bridge train stations are on the South Pennine Water Trail.

5 MILE WALKS IN THE NORTH WEST

There is also the Chorlton Ees nature reserve and don't forget Sale Water park where you can do a one-hour circular walk as well as open water swimming.

The closest tram station to Chorlton Ees is Sale and the closest tram station to Sale Water park is the Sale Water Park stop.

The Trans Pennine Trail and Bridgewater canal provide miles of walks further details of which can be found on the visitmanchester.com website.

The Peak District can be easily accessed from Manchester and is vast starting in the northwest near Manchester and stretching south to Sheffield covering parts of Derbyshire, Staffordshire, Cheshire and South and West Yorkshire. The only town within the peak district is Bakewell.

Walks in and around the Peak District can be found using the link on QR code

The Hope Valley Line between Manchester and Sheffield (Northern Railway) gives direct access to the peak district with stations. Grindleford, Hathersage, Bamford, Hope and Edale.



Liverpool

There are many walks and parks in Liverpool including Sefton Park with the famous Park House, a fabulous glass panelled building that has been fully restored.

The closest train station to Sefton Park is St Michaels station which is a short walk away.

Calderstone Park is a 94-acre park with woodlands, lake and fields as well as boasting beautiful Japanese and old English gardens. There is a grade II listed building, the Masion House which can be explored together with a wood play area for the children and an ice cream parlour.

The closest train station to Calderstone Park is Mossley Hill and then it's a 1.1 mile walk from there.

Croxteth Park has a circular trail of 5.8km that is graded as an easy walk taking on average 1 hour 33 minutes to complete. There is a hall there which you can visit and farm animals. You may also catch the miniature railway which is open at weekends and on bank holidays.

The closest train station to Croxteth Park is Liverpool Lime Street and you would then need to catch a bus.

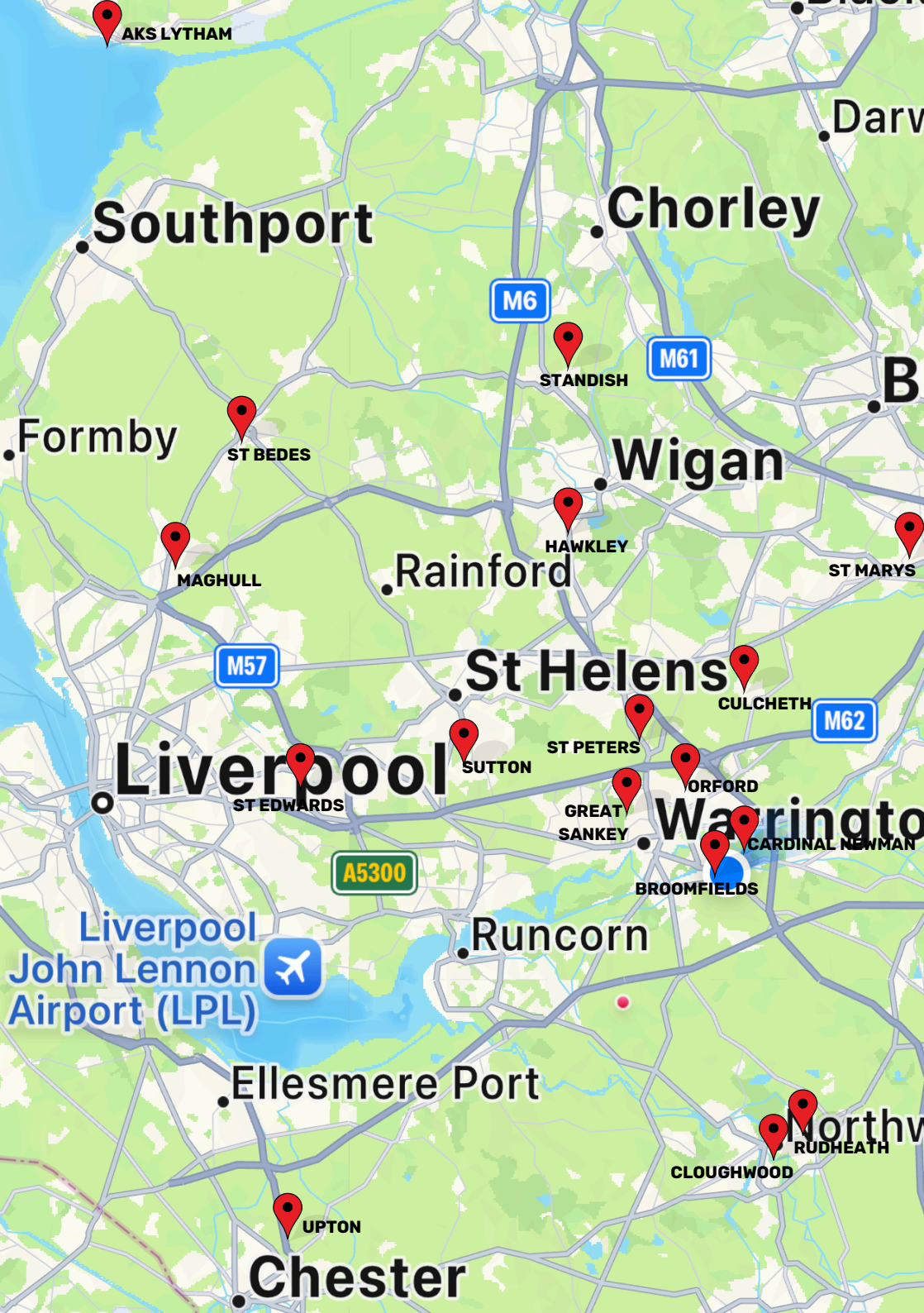
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