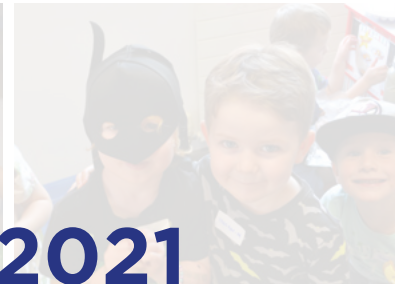




Club **EXCEL**

Multi Activity Camps

Aldenham, Bushey, Elstree, St. Albans, Harpenden,
Hemel Hempstead & Bishop's Stortford



2021



clubexcel.co.uk | 01923 469 475

WELCOME TO CLUB EXCEL

HERTFORDSHIRE'S LARGEST CHILDREN'S
HOLIDAY CAMP PROVIDER!



A VERY WARM WELCOME to Club Excel as we celebrate our 22nd year as Hertfordshire's most experienced day camp provider.

Whether this is the first time you have considered Club Excel for your child's school holiday childcare and entertainment, or you're returning for another year, we would like to take this opportunity to welcome you to our programme for the upcoming year.

With more than 22 years experience bringing fun-filled day camps to Hertfordshire, the heart of what we do at Club Excel is providing a welcoming, safe, secure and happy environment for your child to spend time during their school holidays. Your peace of mind is also at the forefront of consideration for our team of DBS checked staff and all concerned at our Ofsted registered camps.

We understand that camp can be as daunting as it is exciting for children joining us for the first time, and indeed for parents as well. So every day starts with a greeting to put your child at ease, introducing them to an environment that marries healthy entertainment, sports and activities, with a supportive approach in which they can make new friends, learn new skills and grow in confidence.

As always our range of indoor and outdoor activities take place in beautiful locations across Hertfordshire. The superb facilities and acres of playing fields are fundamental to the Club Excel experience, and each year locations are carefully chosen or reassessed to make sure they continue to offer the standards that we hold dear.

We look forward to welcoming you and your child to Club Excel in 2021.

Need to know:

- For children from 3 - 13 years of age
- Extended day available from 8.30 a.m. – 5.30 p.m.
- Ofsted registered with 22 years experience
- Caring, qualified and experienced team
- Childcare vouchers and 15 Free hours accepted

*New for 2021

- New venues in Kings Langley, Harpenden, and Bishop's Stortford
- Now accepting 15 Free Hours childcare
- Artist's studio now running at both Aldenham and Beaumont during the summer
- New laser tag system for Multi Activity and Xtreme

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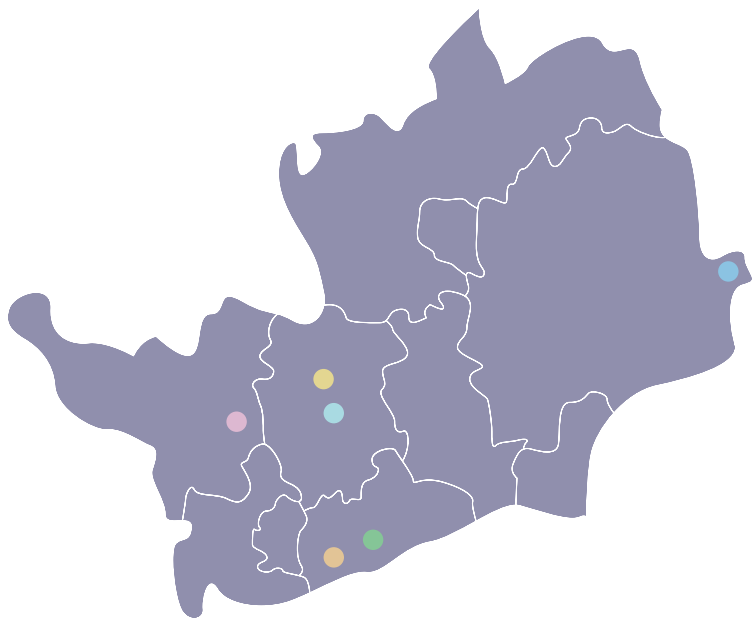
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2021 VENUES



EASTER EARLY BIRD DISCOUNTS AVAILABLE UNTIL 15TH FEBRUARY

SUMMER EARLY BIRD DISCOUNTS AVAILABLE UNTIL 3RD MAY

Aldenham School

Aldenham Rd, Elstree, WD6 3AJ

A wonderful old school with many Hogwarts elements, but also fantastic modern facilities. Set within 110 acres, Aldenham has a huge sports hall, which means rain definitely doesn't stop play! Sports pitches galore, a variety of classrooms, a standalone theatre and, with the advantage of an exciting Go Kart track, there is something to please everyone at this excellent site.

Abbot's Hill School

Bunkers Lane, Hemel Hempstead, HP3 8RP

***NEW 2021** Abbot's Hill is an independent school with picturesque grounds and excellent facilities. Children will get the chance to take part in a number of awesome activities from sports and games in the Dame Kelly Holmes sports centre, giant inflatables or wide games on the expansive lawns and even swimming!

Beaumont School

Austen Way, St Albans, AL4 0XB

Beaumont School is an intrinsic part of the community in the east of St Albans, which it has served for over 70 years. The school has a fantastic new sports facility which will offer every child an excellent opportunity to play a wide variety of games. Whether it's football or performing arts, Beaumont has great facilities that will ensure your child has an amazing summer!

Birchwood School

Parsonage Lane, Bishop's Stortford, CM23 5BD

***NEW 2021** Birchwood High School in Bishop's Stortford has fantastic new facilities including a large sports hall, a 3G pitch, fitness studio, netball and basketball courts, a dance studio, theatre room, extensive fields and even an outdoor woodland area perfect for adventurers big and small, Birchwood is the perfect place to have an amazing summer.

St Hilda's School (Bushey)

High Street, Bushey WD23 3DA

A small school in a convenient location in Bushey. The Good Schools Guide described St Hilda's as "Tardis-like" for all the fantastic facilities they have which include a superb self-contained nursery. Creatively used grounds include hard and grass play areas, a woodland spinney and an adventure playground. St Hilda's is part of the Aldenham Foundation.

St Hilda's School (Harpenden)

28 Douglas Rd, Harpenden AL5 2ES

***NEW 2021** An Independent day school in Harpenden town centre. St Hilda's is a vibrant, happy community where every child is valued for their individuality and where all strive to achieve the very best that they can. The school benefits from fantastic drama and sporting facilities including an outdoor swimming pool.

MINI CAMP

Ofsted
raising standards
improving lives

AGES 3-4



Designed specifically for children aged 3 to 4 years old, our Mini Camps are perfect for those attending a day camp for the first time or who are not yet in Reception.

Knowing that large groups of older children can be daunting for little ones, our Mini Camp is set in a dedicated area, tailored to their needs and entertainment. We provide a safe environment designed to make children feel secure and relaxed as they enjoy child-led, play-based activities throughout the day. Children are guided by our qualified members of staff, who ensure they are both supported and have the space to explore, learn and let their imaginations run wild. All children within our mini camp will be appointed a key worker who will help your child settle into camp as well as support their individual needs. Facilities allow for a range of both indoor and outdoor activities with lots of variation to keep children entertained throughout the day.



MY DAUGHTER ATTENDED MINI CAMP FOR THE FIRST TIME ON HER OWN, I WAS DELIGHTED THAT ALL THE STAFF MADE HER FEEL SO WELCOME WHEN WE ARRIVED - SHE CAME OUT SAYING SHE MADE LOTS OF FRIENDS. TARA W

Easter: Aldenham, Beaumont, Birchwood & St. Hilda's (Bushey)

Summer: Abbot's Hill, Aldenham, Beaumont, Birchwood & St. Hilda's (Bushey & Harpenden)

ACTIVITIES

- Arts and Crafts
- Talent Show
- Bouncy Castle
- Cake/Biscuit Decorating
- Dough Modelling
- Messy Play
- Musical Movement
- Nature Trails
- Parachute Games
- Party Games
- Treasure Hunts
- Themed Weeks
- Sports... Football, Athletics, Assault Course
- Wacky Races
- Occasional Fancy dress Friday



WE NOW ACCEPT 15 & 30 FREE HOURS CHILDCARE. IF YOU HAVE ANY SPARE HOURS YOU CAN USE THEM WITH US! PLEASE CALL THE OFFICE ON 01923 469475

MULTI ACTIVITY

Junior: School years Reception - Year 1

Senior: School years Years 2 - 4

Our Multi Activity Camps are the perfect opportunity for children to make new friends, learn new skills and grow in confidence. With Junior camps available for children aged 5 to 7, and Senior camps for those aged 7 to 9, children are guided by our energetic and enthusiastic team, who encourage them to take part in activities that stimulate and entertain. Tailored to the abilities of each age group, our range of indoor and outdoor facilities foster group as well as individual development, all the while focusing on ensuring children feel happy, healthy and have fun. From sports to competitions, games, tournaments, quizzes and prizes, every day has something different to offer. So whether your child prefers climbing walls and go karting or swimming and obstacle courses, you can guarantee they will have plenty of fun-filled stories to tell you when you collect them at the end of the day.



Easter: Aldenham, Beaumont, Birchwood, Abbot's Hill & St. Hilda's (Bushey)

Summer: Aldenham, Beaumont, Birchwood, Abbot's Hill & St. Hilda's (Bushey & Harpenden)

ACTIVITIES

- Athletics
- Archery
- Arts and Crafts (Seniors only)
- Bombardier
- Basketball
- Bouncy Castle
- Bungee Run
- Climbing Wall
- Crab Football
- Disc golf
- Gladiator
- Go Karts
- Hand Ball
- Inflation Assault Course
- King Pin
- Kwick Cricket
- Laser Tag
- Nerf
- Planet Breaker
- Powerball
- Rip Tag
- Soft Archery
- Sumo
- Swimming (Abbot's Hill & St. Hilda's summer only)
- The Gauntlet
- Tug of War
- Ultimate Dodgeball
- Uni Hoc
- Ultimate Frisbee
- Wide Games
- Wrecking Ball
- Zombie Tag
- Zorb Football

PERFORMING ARTS & CRAFTS

School years Reception - Year 2

Dancing, acting, arts and crafts are the order of the day at our Performing Arts and Crafts Camps. For children of this age, this is the place where every day is a chance to let creativity flow. Here, your child's imagination can run wild amongst kindred spirits, making new friends and developing their skills all at once.

Our dance classes have a reputation for being lots of fun, but they will also help your child to develop their coordination, strength and concentration as they learn new routines. Meanwhile, drama sessions cover key performance techniques and arts and crafts provide time and space to try out a range of inspiring skills. In addition, children will have the chance to take part in a range of games and activities including lots of lunchtime entertainment complete with competitions and prizes.



AGES 5-7

Easter: Aldenham, Beaumont, Birchwood, Abbot's Hill & St. Hilda's (Bushey)

Summer: Aldenham, Beaumont, Birchwood, Abbot's Hill & St. Hilda's (Bushey & Harpenden)



THEATRE WORKSHOP

School years 2 - 7

If your child has a passion for the performing arts they will gain confidence as well as new skills in dance and drama, guided by professional dance and performance artists. Developing creative techniques through fun and games, at our Theatre Workshops your child will have the chance to make like-minded friends and learn upbeat routines. Our team will encourage their imagination, innovation and ideas, giving them a rewarding platform for self-expression.

Ensuring there's something for everyone, each day will focus on different themes and performance outcomes, culminating in in-house performances where children can show off what they've learned.



Easter: Aldenham, Beaumont, Birchwood & Abbot's Hill

Summer: Aldenham, Beaumont, St. Hilda's (Harpenden), Birchwood & Abbot's Hill



MY CHILDREN ADORED THE LEADERS, THEY WERE SO GREAT AT ENSURING MY GIRLS HAD A SUPER FUN DAY. DANA S



FOOTBALL



School years Reception - Year 7

Providing first class football facilities where boys and girls of all abilities can develop their skills, our Football Camps offer fun and fair play for everyone from beginners to up and coming pros.

These sport specific camps are a wonderful opportunity for children who are just beginning to show a passion for football as well as those who are avid fans of the beautiful game. They are a chance to develop techniques, make new friends, and understand the true meaning of good sportsmanship over the school holidays.

Guided by our skilled and caring members of staff as well as our FA qualified coaches, technical skill is combined with innovative games, training and competition including a daily afternoon tournament where they can show off their new skills. Every day there is also the chance to win competitions and prizes in an environment that nurtures children in a healthy approach to competition, team work and a caring and respectful attitude towards their peers.



Easter: Aldenham, Beaumont & Birchwood

Summer: Aldenham, Beaumont & Birchwood

ACTIVITIES

Junior Footballers (Reception - Year 2)

- Inflatible Shoot-out
- Games & Races
- King of the ring
- Quizzes
- Jail time
- Skills school
- Penalty Shoot-outs
- Tournaments
- Zorb Football



Senior Footballers (Year 3 - Year 7)

- Wembley Doubles
- Football Golf
- Football Tennis
- World Cup & Champions League Tournaments
- Skills School
- Soccer AM challenges
- Panna tournaments
- Penalties, Free Kick & 1 on 1 Competitions
- Zorb Football

XTREME

School years 4 - 7

Xtreme Camps offer a wide and varied range of activities and adventures. Here, children can grow in confidence, independence and skill whilst making new friends and learning to work as a team. Putting all that energy of theirs to good use over the holidays, our team understands that at these ages children are eager for a little more independence, but still need the right level of guidance and respect to flourish and stay safe. Our team is uniquely skilled at coaching children with plenty of praise and encouragement, serving as excellent role models in a fun and supportive environment. Here your child's days will be filled with challenges and entertainment that help them to develop their talents and interests, in an environment that offers cutting edge indoor and outdoor facilities as well as beautiful grounds. One thing's for sure, at Xtreme your child will never be bored and will have lots to share with you when they come home.



IT TAKES ME BACK TO WHEN I WAS A CHILD – LOTS OF OUTDOOR GAMES AND ACTIVITIES. VERY IMPRESSED WITH THE STAFF WHO GOT THE BALANCE JUST RIGHT. DANIEL R

AGES 8-12

Easter: Aldenham, Beaumont, Birchwood & Abbot's Hill

Summer: Aldenham, Beaumont, Birchwood & Abbot's Hill



ACTIVITIES

- Archery
- Base Hunter
- Bombardier
- Bungee Run
- Climbing Wall
- Disc Golf
- Gladiator
- Go Karts
- Hand Ball
- Inflatable Assault Course
- Invasion Games
- Jousting
- Kabaddi
- King of the Ring
- Laser Tag
- Mad Ball
- Meteor
- No Mans Land
- Powerball
- Rip Tag
- Soft Archery
- Sumo
- Spike Ball
- Swedish Long Ball
- Swimming (Abbot's Hill & Harpenden summer only)
- The Gauntlet
- Tug of War
- Ultimate Frisbee
- Water Polo (Edge Grove)
- Wrecking Ball
- Xtreme Dodge Ball
- Zorb Football



ARTIST'S STUDIO

School years 4 - 7

From future fashion designers to the next Picasso, Artists' Studio is the newest addition to Club Excel, providing the tools, the guidance and the inspiration for young artists to really express themselves.

For children who love art, the passion doesn't end when they walk out of the classroom at the end of term. Our summer programme is an opportunity for them to develop a range of artistic skills from drawing and painting to arts and crafts in an environment with all the facilities to really get stuck in.

Crafting a solar system, styling the next high-street trends, collage, jewellery-making and more, budding artists will be able to create to their heart's content, bringing home a new masterpiece every day so they can show and tell you what they've been up to.



Easter: Aldenham

Summer: Aldenham & Beaumont

ACTIVITIES

- Jewellery Making
- Canvas Painting
- Secret Journal Making
- Fashion Designing
- Nature Creations
- Mosaic Making
- Collaging
- ...and more!





CRICKET CAMP



This camp is aimed at young cricketers or those with less experience, looking to learn the game.
Typically you will have been playing for less than a year and maybe haven't joined a cricket club yet.
The purpose of these sessions is to help players prepare for hard ball cricket and have fun. The camp is played with soft balls.

Prices
1 day £35.00 - 2 days £68.00
3 days £99.00 - 4 days £126.00
call us for 5 or more days

Provisional dates for Summer 2021
26th to 29th July
2nd to 5th August

Times
9:30am to 3.30pm

Ages
7-11 yrs

Venue
Aldenhams School

www.excel sport.co.uk - 0208 9508526 - info@excel sport.co.uk

PARENTS INFO

Once you've made your booking we'll send you full confirmation details. We've listed some information below but remember we're always on the end of a phone for any additional queries you might have.

REGISTRATION

Morning registration is a chance for you to advise us of any special requirements or little idiosyncrasies your child may have. Then your job is done and we take over. You can be assured when you leave your child in our very capable hands that they will have an amazing time with us and will be returned to you at the end of the day tired, but extremely happy.

LUNCHTIME

Time for your child to eat the packed lunch you have provided. Each lunchtime our camp staff put on superb entertainment. For many of our campers it's one of the best times of their day, seeing their favourite coaches going head-to-head in silly contests and games. It's a chance for children to relax a little after a busy morning, but not for long because they also have the chance to join in the fun, games and talent competitions, with lots of prizes to be won each and every day.

OUR TEAM

As we work with children throughout the year we are able to employ a number of dedicated specialists who have been handpicked for their child-friendly skills. The atmosphere on camp is created by a team who really enjoy working with children and are able to create a safe and caring atmosphere whilst keeping fun at the centre of everything.

SWIMMING (ABBOT'S HILL, ST HILDA'S HARPENDEN & BUSHEY SUMMER ONLY)

All pool activities are supervised by qualified lifeguards. All children are given an ability test when they first enter the water. Any child not meeting the required level will have to wear armbands that we provide. Swimming is optional; children not wishing to swim will be able to take part in alternative activities.

STAFF TO CHILD RATIOS

We keep to very strict staff to child ratios of 1:8 for the under 8's and 1:12 for over 8's. Of course there are always additional staff on hand for any eventuality, ensuring that we are able to fulfil a child's needs at all times.

OFSTED REGISTRATION

Ofsted is appointed by the Government to regulate child care providers. To comply with Ofsted regulations and to obtain a License, providers must show a high level of care, prove that all staff are checked with the Disclosure and Barring Service and undertake regular inspections. We deliver the EYFS at all venues.

POLICIES & PROCEDURES

Our dedicated team work year-round with energy and enthusiasm. We work closely with both 'Young in Herts' and Ofsted to keep abreast of all changes regarding child care and apply the highest standards of care and safety that any parent would expect.

Health and hygiene are constantly monitored and fire, incident and accident procedures are known to all staff and strictly adhered to. Policies and procedures are available for viewing at the camp office by prior arrangement.

INSURANCE

Your child, whilst with us, is covered under our Public Liability Insurance. Company Insurance Certificates and Registration Certificates are available for viewing at the camp office by prior arrangements.

CHILDCARE VOUCHERS, TFC & 15 FREE HOURS

As an Ofsted registered provider we are very happy to accept Childcare Vouchers, 15 Free Hours and TFC as payment for any of our camp programmes.

CHANGES TO YOUR BOOKING

You can change dates providing we have space and you request your change via email at least 7 days before your child starts camp. If there is a difference in price you will need to cover this cost. If you have booked a full week you cannot move individual days to another week unless you pay the appropriate rate. If we are unable to offer you alternative dates then cancellation charges will apply.

CANCELLATIONS

Any cancellations must be notified in writing and are subject to the following charges. If received up to 28 days prior to the start of booking a full credit will be held by Club Excel for future courses. If received up to 7 days prior to the start of booking a credit less 25% will be held by Club Excel for future courses. No credit will be given after 7 days. Missed days cannot be credited or refunded. Credits can only be used to book future Club Excel courses and are not transferrable to Excel Sport or Excel Swim.

Please see our website for full Terms & Conditions www.clubexcel.co.uk

WHAT TO BRING TO CAMP

PACKED LUNCH AND WATER BOTTLE

All children should bring a packed lunch containing non-perishable goods and drinks for morning and afternoon breaks to keep them fuelled throughout their fun packed day. (Fresh fruit and drinks are provided for children attending Mini Camp). We do have lots of children attending our camp's with various allergies so to be extra safe we please ask that you do not bring anything onto camp that contains nuts. A small ice pack is also advisable during hot weather.

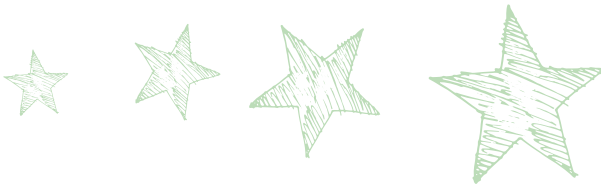
A refillable water bottle is essential. The children will have opportunities to refill it when required. Please name all your items so we can easily return them if they accidentally get left behind.

SUN CREAM AND SUN HAT

When our beautiful British weather requires please pack sun cream/protection that is clearly named. We want all of the children to be outdoors enjoying the sunshine so we need to keep them protected. We also advise that children bring a sun hat or cap as well.

FOOTBALL

We know how important the game is to our superstar footballer's so no matter the weather the game will continue outdoors on our spacious field & all weather astro pitches or indoors in our large sports hall's. Therefore, please ensure your children come with trainers/astro trainers. They may in addition bring football boots, but this is not a requirement. We also ask that children come with shin pads and a lightweight waterproof jacket.



WHAT TO WEAR / SPARE CLOTHING

Children should dress in loose, comfortable clothing appropriate for the weather conditions. They should also wear comfortable trainers, no loose sandals or flip-flops. As children take part in a wide variety of activities, we ask you not to send them in clothes you wish to remain unspoilt.

Please ensure your child leaves all valuables at home as staff are not able to look after children's possessions. We ask that you pack a spare set of clothes and underwear just in case.

Accidents can happen so a change of clothes, easily accessible in their bag, helps your child to quickly change and carry on with their fun day!

TUCK MONEY (AGES 5+)

We have a small tuck shop on site as a special treat for children. The tuck shop is optional but if you are happy for your child to bring a small amount of money with them please place it safely in a named purse/wallet. We suggest just 50p - £1 to spend. The tuck shop will have a small selection of drinks, fruit bars, ice lollies, sweet's, and chocolates to buy.

N.B If your child has special dietary requirements, allergies or follows Kosher diet then we suggest you pack snacks for morning and afternoon break times. Whilst children are still welcome to buy from the tuck shop it is important that they can make safe choices.

SWIMMING

(AVAILABLE AT ABBOTS HILL, ST. HILDA'S HARPENDEN & BUSHEY ONLY)

If you have booked a venue with a pool and you would like your child to have the option to swim then a swimming kit should be brought in each day. We have fully qualified lifeguards that will swim test all children and provide swimming aids where needed.

Activities that have a swimming option: Multi Activity, Performing Arts and Crafts and Xtreme.

Venues with pools: Abbots Hill (Easter and Summer) St Hilda's Bushey and Harpenden (Summer only)



2021 PRICES



TO RECEIVE A MULTIPLE DAY DISCOUNT,
DAY'S MUST BE BOOKED WITHIN THE SAME WEEK

	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS
MINI CAMP	£38	£76	£109	£138	£160
ALL OTHER ACTIVITIES	£35	£70	£99	£126	£149

EASTER EARLY BIRD DISCOUNTS

Available until 15th February

SUMMER EARLY BIRD DISCOUNTS

Available until 3rd May

To see our Early Bird pricing please visit www.clubexcel.co.uk

CAMP HOURS

9:30AM - 3:30PM

Extended morning from 8:30AM additional £3 per day

Extended afternoon until 5:30PM additional £6 per day

WANT TO BOOK EARLY TO SECURE THE CHEAPEST RATE BUT NOT SURE ON YOUR PLANS YET?

We appreciate plans change, especially after the year we've had, we could all do with a holiday! This is why we make it as easy as possible to change dates, providing we have space and you request your change via email at least 7 days before your start date. If there is a price difference you will need to cover this cost.



TO USE 15 & 30 FREE HOURS
PLEASE CALL THE OFFICE

EASTER CAMP DATES 2021



	29th March - 1st April	6th April - 9th April	12th April - 16th April
Aldenham School, WD6 3AJ	✓	✓	✓
Beaumont School, AL4 0XB	✓	✓	
St. Hilda's School, Bushey, WD23 3DA	✓	✓	
Abbots Hill School, HP3 8RP	✓	✓	
Birchwood School, CM23 5BD	✓	✓	

YOU CAN BOOK IN EITHER OF THE FOLLOWING WAYS...

1. Our quick and easy **online booking system via our website** www.clubexcel.co.uk - we accept childcare vouchers online too
2. Give our friendly team a **call** on **01923 469475**

For any booking enquiries please e-mail info@clubexcel.co.uk



NOT ALL ACTIVITIES WILL BE AVAILABLE ON ALL DATES.
PLEASE VISIT OUR WEBSITE FOR FURTHER INFORMATION

TO REVIEW OUR 2021 HALF TERM DATES PLEASE VISIT OUR WEBSITE WWW.CLUBEXCEL.CO.UK OR CALL US ON 01923 469475

SUMMER CAMP DATES 2021

NOT ALL ACTIVITIES WILL BE AVAILABLE ON ALL DATES.
PLEASE VISIT OUR WEBSITE FOR FURTHER INFORMATION

	12th July - 16th July	19th July - 23rd July	26th July - 30th July	2nd August - 6th August	9th August - 13th August	16th August - 20th August	23rd August - 27th August	31st August - 3rd September
Aldenhams School, WD6 3AJ	✓	✓	✓	✓	✓	✓	✓	✓
Beaumont School, AL4 OXB		✓ (Thurs & Fri only)	✓	✓	✓	✓		
St. Hilda's School, Bushey, WD23 3DA	✓	✓	✓	✓	✓	✓	✓	✓
Abbots Hill School, HP3 8RP			✓	✓	✓	✓		
Birchwood School, CM23 5BD			✓	✓	✓	✓	✓	
St. Hilda's School, Harpenden, AL5 2ES			✓	✓	✓	✓	✓	

YOU CAN BOOK IN EITHER OF THE FOLLOWING WAYS...

1. Our quick and easy **online booking system via our website** www.clubexcel.co.uk - we accept childcare vouchers online too
2. Give our friendly team a **call** on **01923 469475**

For any booking enquiries please e-mail info@clubexcel.co.uk

CAMP HOURS

9:30AM - 3:30PM

Extended morning
from 8:30AM
additional £3 per day

Extended afternoon
until 5:30PM
additional £6 per day

EASTER EARLY BIRD DISCOUNTS

Available until 15th February

SUMMER EARLY BIRD DISCOUNTS

Available until 3rd May

To see our Early Bird pricing
please visit www.clubexcel.co.uk

SWIMMING AVAILABLE FOR CHILDREN AGED 5+ AT
ABBOT'S HILL AND ST. HILDA'S HARPENDEN
& BUSHEY SUMMER ONLY!



TERM TIME SWIMMING LESSONS

Quality Lessons for children from aged 3 upwards, all abilities catered for in small class sizes.

By working within Swim England structured guidelines our aim is to maximise your child's potential whilst not losing sight that all children are individuals and progress at their own rate.

Teaching the basic principles of swimming from an early age (minimum age 3) ensures that these techniques can be advanced as the child develops helping them to achieve higher and higher results.

The skills that your child learns with us will stay with them for life, and in some instances, may even save their lives or the lives of others.

Excel Swim is at the forefront of children's swimming coaching in this area and delivers sessions in a fun and safe way. This winning combination is the perfect way for your child to learn and develop their swimming technique.

Term time

Mondays - Fridays

from 4.30pm at St Hilda's

Saturdays 8.30am - 4.00pm at St Hilda's

Sundays 9.00am - 12 noon at St Hilda's

For enquiries please call the Swim Team on 01923 537828 or visit our website to register via our website www.excelswim.co.uk



SWIMMING CRASH COURSES

Holiday Swimming Crash Courses achieve great results. If your child is a beginner or an improver, an intensive swimming course helps swimmers to become more confident and master some of the more challenging aspects of certain strokes.

All sessions take place on weekdays and last for 30 minutes.

CHILDREN'S CRASH COURSES

Beginner:

Will improve water confidence through a range of fun activities each day.

Improver:

Designed to improve stroke development and increase stamina.

- From ages 3 upwards
- Qualified & friendly Level 2 Teachers
- All staff DBS checked
- Attendance must be for the whole week
- 5 Day Course £50.00 / 4 Day Course £40.00



EXCEL
Swim

Expert Swimming Tuition

 01923 537828

 **Swim England**
Swim School Member



Developing through sport - Be the best you can be

Weekly Football Coaching Sessions



FREE TRIAL for new customers

Daily Sessions

from 3 to 14 yrs

Girls Only Sessions

Goalkeeping

1-2-1 sessions



Half Term Football & Multi Activity Camps

After School Clubs and much more

0208 9508526

info@excelsport.co.uk

www.excelsport.co.uk



Fully Qualified Coaches - Fun/Structured Sessions
Watford Aldenham Borehamwood St Albans London Colney Northwood





Excel Sunday League

The Excel Sunday League provides a great introduction into the world of team play football.

At this stage we want to develop each and every participant in a more competitive environment. Our ethos remains the same: to provide football for children of all standards, to build confidence, learn new skills and above all have plenty of fun.

Our highly qualified team of coaches are dedicated and experienced in meeting all of the children's football needs. Unlike other Leagues we coach players during the matches thus continuing to develop each player both individually and within a team.

If you would like to be considered for a team in the Excel Sunday League, please register for the trial day in May via the website.

The trial is free of charge and open to everybody. However we cannot guarantee selection for everyone.

Matches begin in September and take place on Sunday afternoons during the 2021/22 football season.

Adam Lustigman
League Co-ordinator

www.excelsport.co.uk



**CURRENT
SCHOOL
YEARS 1-8**



REGISTER ONLINE NOW

To register please visit www.excelsport.co.uk and click on Sunday League 'Register for Trials'

For further information please check the website or contact Adam

e: adam@excelsundayleague.co.uk
m: 0787-6683665 | w: 020-8958-4458



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