



Oldbury Holiday Activities

Welcome

Welcome to the Oldbury edition of the Holiday Activities Newsletter, it's a place for you to find lots of useful information for fun activities to keep your children happy and active over the school holidays.

A Summer of fun

Firstly, let us tell you about what we got up to this summer, there has been so much to do and so much fun has been had across Oldbury over the holidays. Eight different organisations provided activities right across the town, activities included young people improving their health through Gym membership, the opportunity to try their gymnastic skills, days out with community organisations and lots more.

Winter Activities

Christmas Day Visit to Frank Chapman Centre For Primary School age. Family Christmas trail/treasure hunt, make Christmas decorations and design a Christmas biscuit. Visit the grotto to see Santa.

Oldbury United Football For ages 5-13 years.
Sporting activities football sessions

Winter Wonderland For ages 6-12 years (up to 16 with SEND)
New & exciting activities for all the children to explore. Winter themed Arts & Crafts, glitter tattoos, and much more. A large selection of board games, inflatable target games and family game zone.

Bleakhouse Library Christmas Craft Workshops For Children aged 7+ years.
Join us for a Christmassy themed craft party! We'll be making and wrapping amazing presents to give to loved ones, playing party games, making decorations, crackers and jingle bells.

Sam's health and fitness suite For ages 12-16 years.
Enjoy weightlifting and fitness training. Using a wide variety of gym equipment, supervised by coaches

4 Community Trust For ages 4-12 years.
A variety of activities including dance, arts and crafts, cooking, sports and more!

Earls Gymnastics Christmas Camp For ages 5-12 years.
Varied throughout the day we will rotate across different apparatus

Visit the website to find more activities right across the borough
<https://holidayactivities.sandwell.gov.uk/>

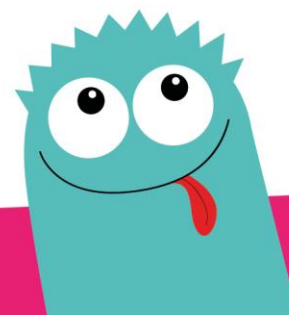
WOWs!

Some summer 'wow' moments in Oldbury include...

Children happy to be experiencing new activities and visiting new places

SEND Children enjoying activities and family days out

Young people having access to a wide variety of Gym equipment, all supervised by trained coaches.





Sam's Gym!

Lifting young people's spirits.

Oldbury Academy weightlifting club, Sam's health and fitness suite is an ideal place to go during the holidays and after school. A small gym with weightlifting sessions. The gym has a wide variety of gym equipment as well as weightlifting training all supported by trained coaches.

Sam runs sessions for 12 to 16-year olds, every day of the week between 3pm and 8pm as part of the HAF programme. Sam has a wealth of knowledge and experience, as well as enthusiasm, to pass on to young people about being healthy, staying fit and weightlifting.

The gym is used during term times in the day by classes of Oldbury Academy but after school and during the holiday it's a great place to come with friends and use the gym equipment with support from trained coaches.

The gym also helps young people not only increased fitness levels but build confidence. It helps them to develop new skills and provides opportunities to move forward into completions perhaps even to a commonwealth and Olympic games level.

Parent comment

My son has changed since he has been coming, it's really helped him, even his football coach has noticed, his fitness has improved.

Sam is passionate about health, fitness and working with young people. To get involved Just turn up at to Sam's gym to fill out a form and register for a session, it's that easy!

'Tis the season to have fun!

Our pick and mix menu means we have lots of activities to suit everyone including:

- Live festive panto
- Winter Wonderlands
- Holiday Clubs
- Multi Sports, football, dodgeball and more
- Winter arts, crafts and decoration making
- Learn an instrument, perform in a band
- And much, much more...

FEEL THE MAGIC THIS WINTER
AND GET BOOKING!

Simply complete the short, simple form to register.

FILL IN THE FORM HERE
[https://app.upshot.org.uk/
signup/62b2ae22/](https://app.upshot.org.uk/signup/62b2ae22/)



Already registered? Brilliant! You won't need to do this again. Simply wait for your email to say bookings are open.

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