

Try Your Best and GO FOR GOLD!



Refreshments...

on sale in the Victory Hall and the Scout Hut
or bring your own picnic

You're on camera...

photographs courtesy of JLC Photography
video clips courtesy of Luke Foster
and the BBC has expressed an interest!

Please note that poor behaviour will not be tolerated
and offenders may be asked to leave the field.

*Ed Procter and the Somersham Carnival Committee would like
to give a huge THANK YOU to all the coaches and helpers who have
volunteered their time and skills to inspire you in sport today.
Have a happy day and a healthy future!*

Enjoy the rest of Carnival Week

Your Passport To
Sport in Somersham

Times and Locations

(subject to change)

**Saturday 16th June
Somersham Carnival**



Sport for All

A day of sport tasters for every age and ability



with Ed Procter

Come and try:

Zumba; **Tang So Doo**; Tennis; **Badminton**; Squash; **Table Tennis**;
Skatepark skills; **Wheelchair challenges**; Archery; **Cricket**; Tag Rugby; **Netball**;
Dancing; & lots more!

Different sports will be run by coaches throughout the day 8am - 4pm.
See carnival website and posters for confirmed timings and locations.



Fun Splash at Whitehall School pool

Family Fun Run

A 2km Fun Run for all.
Medals for winners in each age group.
Race numbers available in
Somersham Schools or the library
or contact Ed Procter on
07506 737308

£1 per sport or **£2.50** for a day ticket
to access **all sports**.
(family discounts available)

Meet the Medallists

Sporting Champions will be
available to share their secrets of
success and inspire your
sporting future!



Create your own
OLYMPIC TORCH
(no real flames)
for the Carnival Day Parade.
£1 per torch.
Crafts kindly organised by
First Step Playgroup
in the Scout Hut.
All ages welcome.

Contact Ed Procter on 07506 737308

www.somershamcarnival.org.uk

Name:

Details of Sports Taster Sessions are provided below, with a summary timetable and venues opposite. (Future sporting opportunities are indicated by →)

- Family Fun Run** – 9am. *Pre-register for Number.* A 2km Family Fun Run of laps around the playing field for all ages. Medals for best times in each age group. All Runners must have a Fun Run Number pinned to their front with emergency contact details completed. Register and collect Numbers in school playground, outside Bonnetts (Saturday morning) or from the library. The Fun Run starts at 9.15am. FREE entry. Bring an adult to run or cheer if you are under 12. *Ed Procter tel:07506 737308.*
- Zumba** – 8am or 2pm. *Drop-in.* Come and try this exciting new latin-inspired dance-fitness class. I guarantee you will leave smiling, sweating and wanting it to start all over again!
Lucy Leigh-Morgan tel:07817 720707 (→ Classes Saturdays 8-9am at Victory Hall)
- Zumba** – 9am. *Drop-in.* Every class feels like a party! Come join me and you'll see what I mean. You don't even have to know how to dance. Just move your body and follow my lead. It's easy!
Dawn Thompson tel:07773 555974 (→ Classes Saturdays 9-10am at Victory Hall).
- Table Tennis** – 10am. *Drop-in.* From Ping-pong to Hong Kong! Come along and learn some new skills. (→ Mondays at St Ives Table Tennis Club, St Ivo Recreation Centre)
- Swimming & Fun Splash** – every 30 min from 10am-1pm. *Pre-book.* A fun 30min session for children (age 4-12) to enjoy the pool at Whitehall School. Games, floats and a little tuition from an ASA Swimming Teacher. Lifeguards present. Children must be accompanied by a responsible adult while on the school grounds. Only six sessions available, limited spaces.
Rebecca Hutley tel:840966. (→ Pool available for hire by organised groups)
- Tang Soo Do** – 10am-11.30am. *Drop-in.* A Korean Martial Art of self defence. Through learning its combat orientated movements, one can achieve a high degree of mental and physical well-being. Come and try with 2nd Dan Black Belt tuition.
Colin Mann tel:841794. (→ Classes Tuesdays 7pm and Saturdays 10am at Victory Hall)
- Tennis** – 10am. *Drop-in.* Have a go.
(→ for training contact james@fitnesolutions.co.uk)
(→ to book tennis courts tel:741531)
- Rugby** – 10am. *Drop-in.* Bit rusty? Give it a try!
Claire & Nigel West. (→ training nights at St Ives Rugby Club tel:01480 464455)
- Archery** – 11am-1pm. *Drop-in.* Have a go shooting a target with the Jolly Archers. All ages welcome. Children must be accompanied by an adult.
John Gorman tel:07831 203888. (→ Jolly Archers Club, Wyton meets at Victory Hall in winter)
- Badminton** – 12pm. *Drop-in.* Nets in the hall and the garden.
(→ Wednesdays ladies at Victory Hall or St Ives Badminton Club at Recreation Centre)
- Netball** – 12pm. *Drop-in.* Age 10 years and over (including adults)
Clare Palmer tel:07931 964349
- Tag Rugby** – 12pm. *Drop-in.* A fun introduction to rugby for younger girls and boys.
Andy Kirby (→ for details of classes contact andy.k@rugbytots.co.uk)
- Squash** – 12pm. *Drop-in.* A chance to improve your squash skills. Go on, beat your boss next time! Complete beginners also welcome.
Steve Procter and Andy Down. (→ For future squash court bookings tel:741531)
- Cricket** – 11am Taster and 1.30pm Match. *Drop-in.* Come-and-try session at the Millennium sports field. Enjoy watching a cricket match between Somersham Cricket Club and Isleham.
- Wheelchair Challenges** – 1pm and 2pm. *Drop-in.* Come try manoeuvring a wheelchair – it's not as easy as it looks! Fun challenges for able and less able.
- Family Rounders** – 2pm. *Drop-in.* Come and play! All welcome, any age.
- Skatepark Skills** – 2pm-4pm. *Drop-in.* A chance to try the skate ramp. Skills and tips will be shared on the skate ramp and on smaller ramps on the tennis courts. Bring your own skates, skateboard, BMX or robust scooter. Helmet essential. Protective knee and elbow pads highly recommended, especially if you really want to challenge yourself! Text 07775 585713 to book.
- Street Dancing / Latin / Ballroom** – 3.30pm. *Drop-in.*
Debbie Kilworth 843593 (→ Classes Tuesdays at Victory Hall)

Sport for All

Somersham Carnival 2012

Saturday 16th June

Timetable and Venues

Time	Victory Hall	Tennis Courts	Norwood Playing Field		Squash Court (behind Victory Hall)	Millennium Pavilion	Whitehall School Pool
8 - 9am	Zumba						
9 - 10am	Zumba		Family Fun Run (Free event)				
10 - 11am	Tang Soo Do	Tennis	Rugby	Table Tennis	Cricket		Fun Splash 1
							Fun Splash 2
11am - 12pm				Archery			Fun Splash 3
							Fun Splash 4
12 - 1pm	Badminton	Netball	Tag Rugby	Squash	Cricket		Fun Splash 5
1 - 2pm		Wheelchair Challenges (outdoor)					
2 - 3pm	Wheelchair Challenges (indoor)	Skatepark Skills	Family Rounders	Zumba		Cricket Match	
3 - 4.30pm	Street Dancing Latin Ballroom						

Only £1 per Sport or £2.50 for a Day Ticket

See how many you can tick off in the day!

Certificate for participating in five sports or more