

### **SSG Celestials Football Club – Timetable**

<b>ACTIVTY</b>	<b>DAY</b>	<b>TIME</b>	<b>VENUE</b>	<b>AGES</b>
Football	Monday	5.30pm- 6.30pm	Biggleswade Academy, Mead End, Biggleswade, Bedfordshire, SG18 8JU	Primary & Secondary
Football Skills, Multi Skills & Creative Movement	Wednesday	5.20pm – 6.20pm	Great Barford Primary School, Silver Street, Great Barford, Bedfordshire, MK44 3JU	Primary
Football	Wednesday	6.30pm – 7.30pm	Great Barford Primary School, Silver Street, Great Barford, Bedfordshire, MK44 3JU	Primary & Secondary
Youth Club & Parent/Carer Cafe	Friday	5.30pm – 7.00pm	Raleigh House, Ampthill Road, Bedford, MK42 9HE	8 – 14 years (younger children welcome to the café area with adult)
Football	Sunday	10.00am – 11.00am	Kempston Academy, Hill Rise, Kempston, Bedford, MK42	Primary & Secondary

**Football @ SSG Celestials FC:** All of our teams undertake training to provide a fun, inclusive experience and develop their physical skills at a personal level allowing for a wide range of abilities. There is no competitive matches in leagues and cups, and players will be placed in a team we feel best suits them and in line with children/young people of similar playing ability. We have a wide range of football equipment to make the training sessions really fun, creative and accessible for everyone.

**Football Skills, Multi-Skills & Creative Movement @ SSG Celestials FC:** We have developed a carefully blended session allowing children with higher needs a less structured session with a combination of physical activities to cater for a wide range of interests and preferences. The football and multi skills games will offer an exciting selection of engaging and inclusive activities for all children to improve their football skills, as well as a range of other

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aspects of core skills to support their general development. The creative movement have been introduced to focus on children's general movement and mobility which will provide a different style of activities for them to take part in. It will focus on a combination of dance and gymnastics movements. They will engage the children with fun games and creative movement routines with lots of exciting equipment and plenty of music.

**Fitness Fun @ SSG Celestials FC:** A fun filled session centralised around strength, conditioning, and general movement exercises where the whole body is the focus. The young people will get to learn how to perform basic exercise correctly under the guidance of a qualified and experience fitness personal trainer using a range of exciting fitness equipment including kettlebells, slam balls, battle ropes, dumbbells, resistance bands, fitness hurdles and ladders and much more. Sessions will be tailored to the abilities and needs of the young people involved and will be full of fun challenges and enjoyable activities.

**Youth Club & Parent/Carer Cafe @ SSG Celestials FC:** The 'off the ball' youth club is a short break style provision provided in collaboration with our parent company SSG Services. Parents and Carers can leave their children with the SSG Services team for one and a half hours during which time they will get to take part in a range of games and activities including arcade style games, board games, computer games on the big screen, arts and crafts projects, quiz nights, cooking, baking and food craft and a wide range of theme-based activities. The club aims to provide a social experience that is not sport based and helps children and young people mix together and develop their social skills with like-minded individuals.

Parents can leave the children and young people while they undertake other tasks, or they can stay on site in our separate 'pop up' parent/carers café for a hot drink and sweet treat with other grown up. Smaller children are welcome to accompany parents and carers in the café.

Children and young people need to be low to no SEND to attend the youth club under standard supervision ratios

### **More Information**

The first two sessions are free of charge for both new and existing members.

Dates are advised on registration. And we only operate in term time.

While our club is fully inclusive for children and young people with SEND & mental health issues, siblings, family members and friends are all welcome to be part of what we offer. As we state we try to be fully inclusive.