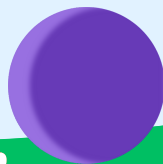


Summer Sports & Leisure Programme 2023



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SUMMER SPORTS & LEISURE PROGRAMME 2023

1. WORKING IN PARTNERSHIP

GSLA organise the Summer Sports & Leisure Programme ("the Programme") for the children and young people of Gibraltar. The GSLA fund, manage, and co-ordinate the Programme through their Sports Development and Training Unit and Facilities Teams. They also work in partnership with voluntary sports and leisure associations, the Department of Culture, Gibraltar Museum and the Youth Service amongst others to ensure a varied programme of activities throughout the summer. The Programme will run between Tuesday 11th July and Wednesday 23rd August, 2023.

2. ACTIVITIES ORGANISED BY THE GSLA

All activities organised by the GSLA are free of charge, all equipment unless stated is also provided. Sessions will take place as from Tuesday 11th July and run until Wednesday 23rd August 9am to 12:30pm. Please visit the GSLA Website www.gsla.gi for further information.

Sports Train: A programme of sporting activities including fitness and fun for children and young people aged between 7 and 14. Held weekday mornings 9am to 12:30pm. On Fridays those children aged 9 and over who wish to participate in swimming session at the Lathbury Sports Complex are required to bring swimwear and a change of clothes.

Children's Corner: A programme of fun and age appropriate sporting activities for children aged 5 and 6 years. This year they will be able to attend Monday to Friday 9am - 12:30pm.

Stay and Play Programme: Tuesday 11th July to Wednesday 23rd August. A programme of sporting activities, arts, music and continued learning for children with special needs. Held weekdays 9am to 1pm. (Referrals from St. Martins School only).

Family Fun: A programme of sporting and fun activities for all the family. Badminton, table tennis, darts, climbing, padel tennis and padel boarding. Wednesday evenings, 8pm to 10pm starting from Wednesday 19th July to Wednesday 16th August 2023.

SUMMER SPORTS & LEISURE PROGRAMME 2023

GSLA SPORTS LEADERSHIP LEVEL 1 AWARD.

This practical leadership course is aimed at 14 to 15 year olds. It introduces those taking part to leadership and organisational skills that are developed through organising and leading sport. Fantastic for developing confidence and experiential learning.

Monday 17th to Friday 21st July, culminating in a practical assessment.

This is a practical leadership course, learning through organising and leading sport and fun games. The course runs at the Bayside Sports Complex MUGA 10am to 1pm.

Core Modules include:

- Planning, leading and evaluating.
- Communication, verbal and non-verbal.
- Identifying leadership skills.
- Planning and leading activities.
- Fair play in sport.
- The role of the official.
- Voluntary work to support six sessions.

For further info and to book contact the GSLA Sports Development & Training Unit on email gsla.gionline@gmail.com

GSLA SPORTS LEADERSHIP LEVEL 2 AWARD.

A 40 hour course aimed at learning organisational, communication and motivational skills through sharing good practice in Sports Leadership. This Award focuses on learning through practice and mentoring leaders through sports leadership. The leadership award will run from Monday 3rd July to Monday 10th July 9am to 1pm.

Course modules include:

- Organisation and planning progressive sessions.
- Coaching and communication methods.
- Organising events and competitions.
- Adapting games and skills learning for all levels.
- Fitness for Sport.
- Umpiring and official's roles.
- Opportunities in Sport.

For further info and to book contact the GSLA Sports Development & Training Unit on email gsla.gionline@gmail.com

3. WHAT PARENTS/GUARDIANS NEED TO KNOW

What to wear and what you need?

Children and young people need to wear loose comfortable clothing, trainers and protection against the sun (e.g. sun cream and a cap). Children should be encouraged to eat breakfast before attending and bring along water/drink.

Water

Our commitment to the environment has led us to not utilising single use plastic water bottles. Access to potable water where they can refill their bottles will be available. It is really important that your child brings along their own drinks bottle and has their named clearly written on their bottle.

Parental Consent

All children and young people taking part on the programme must register online or bring along a signed copy of the parental consent form to their first session please see back page and GSLA website www.gsla.gi.

Contact details whilst your child is on the programme

Telephone number provided on the parental consent form must be manned for the duration of the child's participation on all elements of the Programme.

SUMMER SPORTS & LEISURE PROGRAMME 2023

Photographs/Press coverage

Children participating in the Programme may be photographed by approved local media and their images may be published in the local press, GSLA social media platforms and in future promotion of the Summer Sports and Leisure activities. Please contact the Sports Development Unit on info@gsa.gi if you do not want your child's images to be displayed in local media and on GSLA approved social media sites.

Charges

All activities provided by GSLA are free of charge, however some sports associations and leisure providers may charge for participation in their coaching clinics and summer camps. These associations have committed to reinvest fees into the development of their junior programmes.

Booking

You may need to book onto activities organised by the Sports Associations, so please take note of contact details.

SUMMER SPORTS & LEISURE PROGRAMME 2023

4. ACTIVITIES ORGANISED IN PARTNERSHIP WITH SPORTS ASSOCIATIONS

Basketball

The Chus Mateo Academy in conjunction with GABBA will be organising a Summer Basketball Camp for 8-16 year olds from:

·Tues 11th to Sat 15th July, 9am to 1pm and 3pm to 6pm

Quality coaches from Real Madrid together with Chus Mateo, Senior Real Madrid Club Coach will be running the camp. Children receive quality coaching for 3 hours followed by lunch. Afternoon sessions will include competitions and leisure activities.

Her World Her Rules – 24th July to 28th July

A fee will be charged.

To register and for further information visit the link below <http://www.chusmateoacademy.com>

Canoeing

Canoeing and SUP Summer Camp at the Bayside Sports Complex Boathouse will be on offer from Mon 17th July to Fri 21st July, 9.30am to 12pm. All taking part must be able to swim at least 50m. Canoes available on a first come first served basis.

No need to book just turn up.

Beach Volleyball

Coaching and fun games for youngsters 10 years and over at the Europa Pool Beach Volleyball Courts:

·Tues 11th July to Sat 15th July 10am to 12 noon.

Children are to wear cap and sunscreen, bring a towel and bathing costume.

To register and for further information contact volleyballgibraltar@gmail.com.

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Cricket

Gibraltar Cricket will be organising the following summer camps at the Europa Point Sport Complex:

Every Tues and Thurs from 18th July to 17th August.

5 to 7 year olds 9am to 10.30am

7 years and over 9am to 12.30pm

To register and for further information email info@gibraltarcricket.com.

E-Sports

Esports Summer Training Camp will organise the following events:

1. FIFA 23 Summer Camp – 17th July – 21st July, 6pm – 8pm.

2. Rocket League Summer Training Camp – Weekly sessions from 10am to 12pm.

3. Fortnite Summer Training Camp – Weekly sessions from 10am to 12pm.

4. Top Secret – Join our summer spy school. Learn social engineering, code breaking and counter intelligence.
24th July – 28th July.

5. Digital Art Summer Classes – Weekly sessions covering areas such as collages, patterns, typography and Mock-Ups.
To register and for further information contact 54072197.

Gymnastics

Gymnastics and activity camp from 4 years and older at the Europa Point Sports Complex from Mon 10th July to Wed 26th July, 9am – 2pm.

DROP OFF 8.45am-9am

9am Register and outside time

Drinks and toilet break

10am-12noon Gymnastics

12 noon-1pm lunch

1pm-2pm activity

2pm home

Children must have neat tied up hair, no jewellery.

All gymnasts to bring water for the day and a packed lunch. No nuts in case of allergies.

Prizes, certificates and medals at the end of the week. A fee will be charged

For further information contact tel 56000772 or email info.grga@yahoo.co.uk

Facebook: Gibraltar Rhythmic Gymnastics

GFA Summer Camp

GFA Summer Camp at Europa Point Sports Complex

Tuesday 11th July – Friday 14th July (Week 1)

Monday 17th July – Friday 21st July (Week 2)

Nursery (1-3 years old) 09.15-10.15am (Parental supervision needed)

Reception – Year 3 9am-10.30am

Year 4 – Year 10 10.45am-12.15pm

Registration will open on Wednesday 28th June.

To register and for further information contact email: info@gibraltarfa.com

Ju Jitsu

The Ju Jitsu Academy International Association will be hosting Ju Jitsu Self Defence classes for children aged 5 to 15 years old at the Bushido Ju Jitsu Academy International Association Headquarters located at North Jumpers Bastion, Rosia Road.

Starting on Wednesday 12th July 2023, thereafter every Monday and Wednesday morning until the end of July from 10.am to 11.30am both days.

Children will be required to wear shorts, t-shirt and bring a water bottle to drink during breaks.

This course is designed to create awareness of the dangers of bullying and how to avoid danger without the use of violence for the youngest in our community. An official certificate will be presented at the end of the self-defence awareness anti-bullying course to all students.

The children will be photographed during the training for promotional purposes. If any parents do not want to have their child photographed, please inform Master Tony.

A fee will be charged.

To register and for further information contact 54011007 or email anthonybushido58@live.co.uk.

Brazilian Jiu Jitsu

Brazilian Jiu Jitsu lessons for kids, two times a week as from Tuesday 11th July to Friday 28th July:

Monday/Wednesday

Tuesday/Thursday

Age groups:

1. 4 to 6 years old – 10am to 10.45am
2. 7 to 10 years old – 10.45am to 11.30am
3. over 10 years old – 11.30am to 12.30pm

From 10am – 11am at the Bayside Sports Complex

Comfortable, close-fitting sports clothing (if possible rash guards)

To register and for further information contact gibaltarbjja@gmail.com or via whatsapp. +34 665 07 54 19 - Professor - Margarita

Lichkova

Social media:

https://www.instagram.com/gibraltar_bjja/

<https://www.facebook.com/groups/GibraltarBrazilianJuiJitsu>

Netball

Netball Summer Camps at the Bayside Sports Complex:

· Mon 31st July to Wed 2nd August, 10am to 12pm - Junior Development Camp – (Yr 2 – Yr 11), at the Tercentenary Sports Hall.

· Mon 7th to Fri 11th August 10am to 1pm – National Academy Players and Performance Academy Camp – U17s - U15's (Yr 9 – Yr 11), at the Tercentenary Sports Hall.

· Mon 14th to Fri 18th August 10am to 12.50pm – Performance Pathway Camp – U153s and U15's (Yr 7 – Yr 11), at the MUGA (Multi Use Games Area)

Fundamentals of netball movement and ball skills, mini competitions and much more with the Gibraltar Netball Association (GNA) qualified coaches and volunteers.

To register and for further information contact gibnetball.devacademy@gmail.com

Link to register:

https://docs.google.com/forms/d/e/1FAIpQLSfNseSo3eXCujZ5kFtH0f_TX48vyTrE7krCmRigsO2e3qf7MQ/viewform?usp=sf_link

Volunteer assistance coaches are to get in contact with Lizanne on lizannepardo@yahoo.com

Padel Tennis

Padel Junior Coaching Summer Camp from 11th July to 14th July 2023, 9am to 10am and 10am to 11am daily. Ages 6 years and over. Bayside Sports Complex Padel Courts.

Padel Rackets will be provided by the Association to those who do not have their own.

To register and for further information contact association@padel.gi or tel +350 54021733.

Website www.padel.gi

Facebook: Gibraltar Padel Tennis Association

Instagram: Gibpadel_gpta

RLSS Rookie Lifeguard Summer Camp

RLSS Gibraltar will be organising RLSS Rookie Lifeguard Stage 1 Gold Award from Mon 31st July to Fri 4th August 10am to 12.00pm at the GSLA Pool – Course fee £25.

All taking part must be between the ages of 10 and 14 years and must be able to swim a minimum of 200 metres. A maximum of 12 places are available. All candidates must bring swimwear.

To register and for further info contact Norbert Sene on email nnsene@gibtelecom.net or mobile 58009197

Sailing

There will be sailing sessions during the summer and these will be announced on the facebook page Royal Gibraltar Yacht Club Sailing News.

Table Tennis

Introduction course games and fun activities for 11 – 13 year olds at the Bayside Sports Complex MUGA Hall.
Mon 24th July – Wed 26th July 10am to 12pm.

Children are to wear T-shirts, shorts, trainers and bring their own drink/snack.

To register and for further information contact johnjacks@gtta.gi.

Facebook - www.facebook.com/GibraltarTableTennisAssociation

Tennis

Gibraltar Tennis Association will be hosting Coaching Clinics at Sandpits Lawn Tennis Club for 5 to 15 year olds.
July and August 10am to 11am and 11am to 12noon.

Children can be registered as from Tuesday 11th July until Friday 18th August from 4pm to 5:30pm.

There will be a fee per class.

To register and for further information contact Tel 54006579 or 54003911.

FOR FURTHER INFO CHECK THE GSLA WEBSITE WWW.GSLA.GI.

E-MAIL INFO@GSLA.GI OR TEL 20076522

Walks Through History

The Gibraltar National Museum will once again be offering the very popular 'Walks Through History' during the summer. Walks aimed at 9 to 12 year olds will take those involved back in time making history come alive as they tour different parts of Gibraltar.

Some of the events will be structured as hands-on workshops where children will learn how past cultures produced ceramics, hunted for food and expressed themselves in art. They will even get the chance to become archaeologists for a day as they learn how to excavate a site from a real archaeologist!

Parents, or guardians, are welcome to accompany children but there is a maximum limit of 15 children per group. Bookings are on a 'first come, first served' basis and any COVID-19 restrictions that may be in place at the time, following any instruction from Public Health Gibraltar, will need to be adhered to.

For further info contact walks@gibmuseum.gi or Tel 200 74289.

Full details on each walk/workshop will be available from the Gibraltar National Museum and on our web and social media pages closer to the dates.

Website: www.gibmuseum.gi

Facebook: @TheGibraltarMuseum

Twitter/Instagram: @GibraltarMuseum

Pedal Ready

Level 1 Cycling one-day course will take place daily at Bayside/Westside School forecourt primarily geared for children in Year 6, but efforts will be made to accommodate children of various ages. The sessions will be held from:

Monday 7th to Friday 11th August, 9am – 12noon

The session will include cycling skills, learning to mount a bicycle and push off safely whilst being able to look over your shoulders for dangers such as traffic and pedestrians. They will also learn how to hand signal, which includes being able to ride one handed.

Emergency braking will also be taught. They will also have an understanding as to how a bicycle works, how to change gears if applicable and the general maintenance of their bike. The course will also touch upon traffic signs, the Highway Code and having an understanding of riding a bicycle on a road at the end of the session. The kids will have a chance to play games involving the bicycles.

Kids will also be provided with a certificate.

Children must know how to ride a bicycle and attend with a fit for purpose bicycle, which includes working brakes and pumped up tyres. A helmet will also be required to be worn. All efforts will be made to provide a bicycle to those that do not have one. Waiver forms will also need to be signed by parents/ guardians prior to the commencement of the course if the child wishes to participate.

To register and for further information contact Janine via email MT@gibraltar.gov.gi.

SUMMER SPORTS & LEISURE PROGRAMME 2023

6 CULTURE AND LEISURE ACTIVITIES

Happy Crafting Summer Workshops

Our world full of fun, colour and creativity! This year's program will be held at the Arts and Craft shop (above Cafe Solo) for 4 to 12 year olds on:

Mon 10th July - Friday 25th August 10.30am to 1.30pm

There will be different projects everyday from painting, drawing, puppet making, cardboard sculptures, weaving, printing, batiks, shell crafts, rock painting, sand and pebble art, mixed media, decoupage, and much more. Lunch and drinks provided.

To register and for further information contact Teresa on WhatsApp 54006059

Or Facebook HappyCraftingWorkshops.

Get Crafty

Using art and design resources such as recycled, natural materials, pre-loved fabrics and accessories to be creative will be held at the Youth Centre, Line Wall Road for 11 to 14 year olds. There will be optional photography opportunities throughout the week and an optional showcase on Thursday 7th September at our Time to Shine patio show.

Monday 17th to Friday 21st July, 10am to 12:30pm.

Children are to wear comfortable and old clothing (may get paint etc. on clothes)

In addition, all four of Gibraltar's Youth Clubs will be open at a variety of times and days to suit Young People throughout the summer including collaboration work with the Royal Gibraltar Regiment. Youth Clubs will be offering a variety of projects and offsite activities. If

you would like full details please check out the Gibraltar Youth Service Website www.youth.gi.

To register and for further information email: sarah.wadsworth@gibraltar.gov.gi or WhatsApp: 54084260

www.youth.gi, Instagram and Facebook.

SUMMER SPORTS & LEISURE PROGRAMME 2023

Art Tours & Workshops at GEMA Gallery Montagu Bastion

Our world full of fun, colour and creativity! This year's program will be held at the Arts and Craft shop (above Cafe Solo) for 4 to 12 year old's.

The Gibraltar Cultural Services will be offering the following activities:

1. Fine Arts Gallery Casemates, Thursday 13th July 11:00am 'Dance & Movement Workshop' with Giovanna Garzon ages 7-12
A fun, upbeat dance and movement workshop where children will learn how to work as part of a team and step out of their comfort zones.

2. GEMA Gallery, Thursday 20th July 11:00am 'Frame Your Family' Art Workshop with Gabriella Martinez ages 6-10
An art workshop/ craft class where participants will make a family collage using photos and scissors. A fun & creative session.

3. GEMA Gallery, Thursday 27th July 11:00am Art Workshop with Cristina Rodriguez ages 8-12
An aboriginal art painting workshop inspired by local marine life. Learn the traditional dotting technique to create intricate designs. A hands-on workshop perfect for beginners and those looking to develop their skills

4. Summer Storytelling sessions will be on tour for the summer taking young people to outdoor areas and other interesting venues for 3 – 7 year olds.

Commonwealth Park – Tuesday 4th July 10am

GEMA Gallery – Tuesday 11th July 10am

Campion Park- Tuesday 18th July 10am

Mario Finlayson National Art Gallery – Tuesday 25th July 10am

Booking is essential for all events, more details on
20043709 or email mfnationalgallery@culture.gov.gi

GCS is also supporting the MindSpace Project with their Summer Programme which features cultural initiatives like Gallery visits and the Street Art Mural Walk.

Tuesday 11th July - Friday 21st July from 09:30am - 12:30pm

For further details, summercamp@themindspaceproject.org

Sports Train Age Group Locations! 2023

Monday:

Lathbury Sports
Complex:
11+

Bayside Sports
Complex:
5-6
7-8
9-10

Tuesday:

Lathbury Sports
Complex:
11+

Bayside Sports
Complex:
5-6
7-8
9-10

Wednesday:

Lathbury Sports
Complex:
9-10

Bayside Sports
Complex:
5-6
7-8
11+

Thursday:

Lathbury Sports
Complex:
9-10

Bayside Sports
Complex:
5-6
7-8
11+

Friday:

Lathbury Sports
Complex: 5-6 7-8 9-10
11+



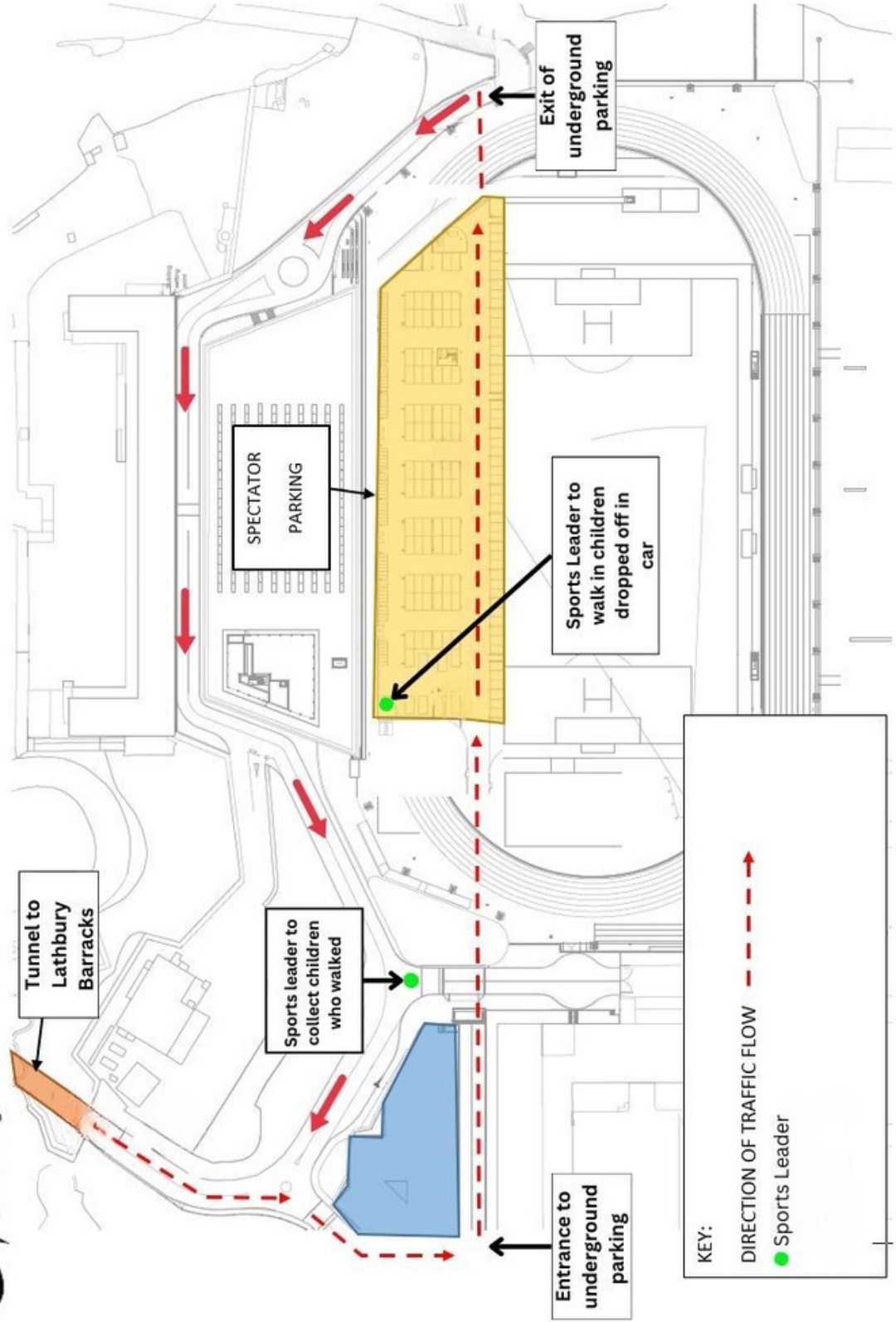
Any amendments to the schedule will be communicated to the children as well as on our social media platforms.

FOR FURTHER INFO CHECK THE GSLA WEBSITE WWW.GSLA.GI,
E-MAIL INFO@GSLA.GI OR TEL 20076522

OUR VALUES



Lathbury Sport's Complex



SUMMER SPORTS & LEISURE PROGRAMME 2023

11. Parental Consent Form.

Name of child, age, contact name & Tel No (Must be available during your child's participation in the programme)

| | NAME OF CHILD | AGE | CONTACT NAME | TELEPHONE NUMBER |
|---|---------------|-----|--------------|------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

Does your child have a medical condition that may affect their participation in the programme?

If so, please give details _____

Does your child access the LSF unit? No ☐ Yes ☐

If so, does your child require additional support? No ☐ Yes ☐ _____

Please ensure your child/children bring(s) this form with them the first time they visits the programme.

The Gibraltar Sports & Leisure Authority reserves the right to cancel activities due to lack of numbers or adverse weather conditions.

It is understood that the GSLA will not be liable for any loss or injury incurred whilst participating on the Summer Sports Programme.

If your child causes a disturbance during the programme, GSLA staff will contact parents/guardians and ask for their assistance in addressing the situation.

All Sports Leaders will receive induction training, will be RGP vetted and safeguarding trained to ensure the safety of the children and young people taking part.

Your child may be photographed as part of the media coverage

of the programme. Signature on this parental consent form acknowledges that photos taken may appear in local press and social media.

All information contained in this leaflet will be for internal GSLA purposes only and to contact parents/guardians in an emergency.

Signed _____

Date _____