



## SUMMER SPORT AND FITNESS ACTIVITIES

These activities for children, teenagers and families will take place in July and August. Some of the sessions will take place online.

We're also running a programme of [summer activities for children and young people](#), including arts and crafts, quizzes, and more.

### Football

#### Football training with Universal Coaching

- Mondays, 5.30 to 6pm, 6 to 6.30pm, 6.30 to 7pm, and 7 to 7.30pm on the all-weather pitch at [Abbey Leisure Complex](#) with Universal Coaching
- Free to join
- [Email coachusc@gmail.com](mailto:coachusc@gmail.com) to book your place on a football training session with Universal Coaching

#### Football training with ERJ Transform Fitness

- Tuesdays, 11am to midday at [St Albans Road recreation ground](#) with ERJ Transform Fitness
- £5 per session
- [Book your place on a football training session with ERJ Transform Fitness](#)

### Footgolf

- Saturdays, various times at [Cambridge Footgolf Centre](#) with Kinnerz Coaching
- Free to join
- [Book your place on a footgolf session](#)

### Fitness

#### 'Fit kit' fitness circuits

- Mondays, 12.30 to 1.15pm on [Trumpington recreation ground](#) with Chris
- Girls-only sessions on Mondays, 1.30 to 2.15pm
- Wednesdays, 12.30 to 1.15pm at [Abbey Leisure Complex](#) with Chris
- Girls-only sessions on Wednesdays, 1.30 to 2.15pm
- £2 per session
- [Book your place on a fit kit session](#)



## Bootcamp

- Tuesdays, 10 to 11am at [St Albans Road recreation ground](#) with ERJ Transform Fitness
- £5 per session
- [Book your place on a bootcamp session](#)

## Mobile Adventures activity trails

- Our 6 adventure trails with a variety of fun challenges are ideal for children aged 5 to 11 years
- Find out more about [Mobile Adventures activity trails](#)

## Table tennis

### Virtual table tennis club

- Skills, tricks and games on Zoom with Fred
- Mondays, 27 July to 17 August, 10.30 to 11am
- Free to join – we'll send you a bat and ball if you live in Cambridge
- [Book your place on the virtual table tennis club](#)

### Ping in the Park

- Mondays, 1 to 4pm at [Trumpington Pavilion](#) with Fred
- Wednesdays, 1 to 4pm at [Nuns Way Pavilion](#) with Fred
- Free to join
- [Book a 30-minute Ping in the Park session](#)

## Tennis

- There are [18 free-to-use tennis courts](#) around the city
- We'll soon be marking out more courts (without nets) on [Coldham's Common](#), [Parker's Piece](#), [Thorpe Way play area](#), [St Albans Road recreation ground](#) and [Trumpington recreation ground](#)

## Yoga

- A new prerecorded 30-minute class every week online with Anna
- Details to be confirmed

## Contact us

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