



About the 4Uth Festival

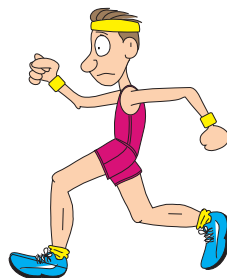
Organisations and groups in the public, private and voluntary sectors are working together to showcase in one busy week what activities are available locally for young people. Children and young people will have the chance to show off their talents, promote their clubs and groups and experience new sports and arts activities.

There are many sports clubs in Rushcliffe providing sporting opportunities for young people. Several have been awarded Clubmark as a sign of the quality of their coaching, administration and child protection. For more details about these clubs and what they are offering during the week visit <http://www.nottinghamshire.gov.uk/home/leisure/l-sport/4uthfestival.htm>

Schools have signed up for special activities during the festival such as multi-skills coaching by the Play Sport coaching team, drama and art workshops and the 'Safety Zone' and the 'Three 9s Challenge' led by Nottinghamshire Police. Other schools have organised special programmes based on the sports, arts and music activities their pupils and students are involved in at school.

Whether you're interested in sports, drama, art or music, there's something for everyone in Rushcliffe. Take the plunge and join in the fun!

Check the following websites for further information:
www.nottinghamshire.gov.uk/youthzone or
www.childcarelink.gov.uk/notts



CANOEING, SAILING, CRICKET, RUGBY, CLIMBING WALL, ATHLETICS, DRAMA, MUSIC, CHOIRS, ADVENTURE ACTIVITIES AND MORE!



Nottinghamshire
County Council

Rushcliffe Local Strategic Partnership
Children and Young People's Group



RUSHCLIFFE 4Uth Festival

Sports and Arts for children and
young people of Rushcliffe

**Monday 13 July – Saturday 18 July
2009**

THE NATIONAL WATER SPORTS CENTRE
Adbolton Lane, Holme Pierrepont, Nottingham NG12



Nottinghamshire County Council has resumed the management of the National Water Sports Centre and to celebrate is offering FREE taster sessions at the Centre during the 4Uth Festival week

- Taster sessions are offered on a 'first come, first served' basis.
- Only one session is allowed per child or young person. Check any age restriction before you book.
- Applicants must live in Rushcliffe or attend a school in Rushcliffe.
- Quote 'Rushcliffe 4Uth Water Offer' when booking to qualify for a free place.

SAILING AND CANOEING

Open to children and young people 8-16 years old only

Date	Time	Activity	Places
Monday 13 July	4.30pm-5.30pm	Canoeing	8
	4.30pm-5.30pm	Sailing	6
	6pm-7pm	Canoeing	8
	6pm-7pm	Sailing	6
Wednesday 15 July	4.30pm-5.30pm	Canoeing	8
	4.30pm-5.30pm	Sailing	6
	6pm-7pm	Canoeing	8
	6pm-7pm	Sailing	6
Friday 17 July	4.30pm-5.30pm	Canoeing	8
	4.30pm-5.30pm	Sailing	6
	6pm-7pm	Canoeing	8
	6pm-7pm	Sailing	6

**For free taster sessions in canoeing and sailing contact:
The National Water Sports Centre, telephone 0115 982 1212**

OTHER ACTIVITIES

Sponsored by Nottinghamshire County Council

- Sessions are FREE and offered on a 'first come, first served' basis.
- Check any age restriction before you book.
- Applicants must live in Rushcliffe or attend a school in Rushcliffe.
- To qualify for a free place quote 'Rushcliffe 4Uth Offer' when booking the 'Try Rugby' sessions and '4Uth Young Leaders' when booking the Young Leaders course.

'TRY RUGBY'

Open to children and young people 6-16 years old only

Date	Time	Venue
Tuesday 14 July	5.30pm-7pm	Keyworth RFC
Wednesday 15 July	5.30pm-7pm	Bingham RFC
Thursday 16 July	5.30pm-7pm	Ladybay Sports Ground

For your free taster session of tag rugby and the chance to sample fun games and rugby inflatables with qualified coaches from Nottingham Rugby, contact:
County Council Sports Service, telephone 0115 977 3464

MULTI-SKILLS YOUNG LEADERS COURSE

Open to young people 15-19 years old only

Date	Time	Venue	Places
Thursday 16 July	6pm-9pm	National Water Sports Centre	12

This three hour workshop is tutored by the current sports coach, UK Children's Coaches of the Year. This practical session focuses on the multi-skill approach to sports coaching. It is an opportunity to experience many practical ideas to apply and adapt to different sports.

**For more details contact:
County Council Sports Service, telephone 0115 977 3464**