



# Queens Park in the Community



Easter Holiday Courses 2010 at Lesser Hampden				
Course	Dates	Duration	Age Group	Cost
Week 1	Mon 5th - Fri 9th April	Mornings 10am - 12 noon	3-8 years	£27.50
Week1	Mon 5th - Fri 9th April	Daily 10am - 3pm	9-16 years	£66.00
Week 2	Mon 12th - Fri 16th April	Mornings 10am - 12 noon	3-8 years	£27.50
Week 2	Mon 12th - Fri 16th April	Daily 10am - 3pm	9-16 years	£66.00

## Easter Football Programme 2010

and weekly football sessions every Saturday morning for boys and girls, mums and dads.



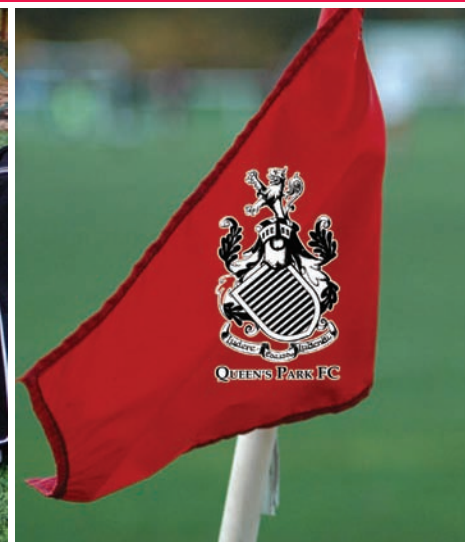
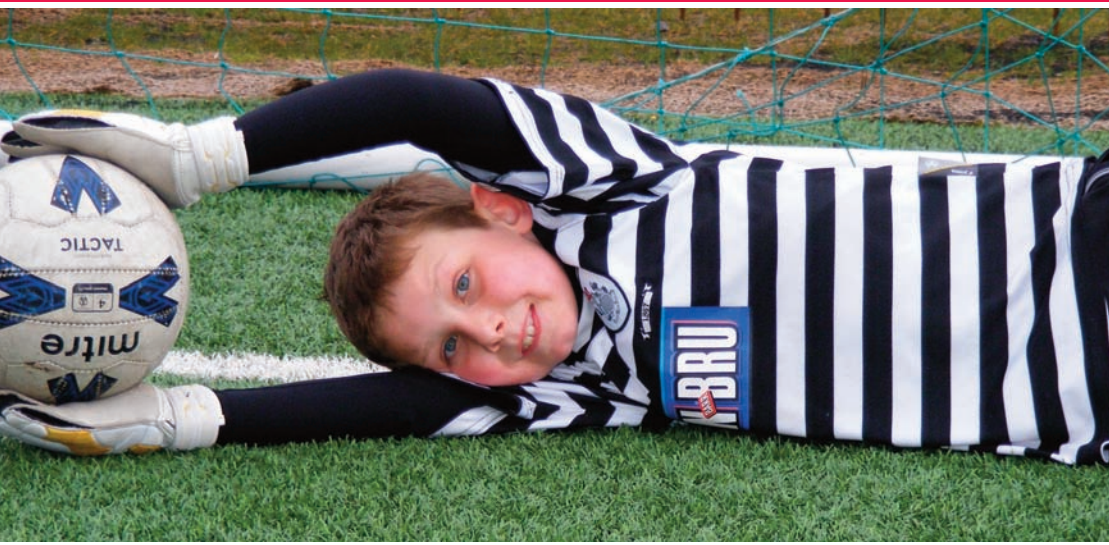
Bookings can be made by ringing the hotline on **0141 632 1275**

Queen's Park FC, Hampden Park, Glasgow G42 9BA

For community and youth information please visit  
[www.queensparkfcyouth.co.uk](http://www.queensparkfcyouth.co.uk)

Queens Park Football Club's Community Programme encourages everyone to :-

- Enjoy playing football
- Play in a safe environment
- Improve their football skills
- Interact with other children
- Participate in small sided games
- Be coached by QPFC coaches



## SATURDAY MORNING SESSIONS

Weekly sessions are held every Saturday at our base at Lesser Hampden, Somerville Drive, Mount Florida, Glasgow, G42 9BA

We proudly boast one of the top synthetic playing surfaces in Europe with upgraded facilities to match.

Hourly sessions are available from 9-10am, 10-11am and 11am-12 noon.

We have specialist goalkeeping sessions 9-10 and 10-11 and from 11am-12 noon we have games only sessions.

Parents sessions run from 10-11am with an extended match experience day on the last Saturday of each month.

A ladies session operates from 10-11am every week too.

The charge per hour for our Saturday morning sessions is £3.00 on a pay as you play basis.

## SPIDER TOTS

Our spider tots sessions are aimed at children ages 3-5 years.

Each 1 hour session is based on developing motor skills, generic movement and physical literacy.

Not forgetting the key element fun!

These hourly sessions are based at Holyrood Sports Centre (indoor) from 9am-10am and 10am-11am. Cost per hour is £3.00 on a pay as you play basis.

## HOLIDAY COURSES

Places on our holiday courses should be booked by ringing the hotline on 0141 632 1275 or by using the appropriate form (available from the QP office or shop). Places are allocated on a 'first come' basis.

Our Easter courses offer two separate fun filled weeks of football skills and games delivered by Queen's Park coaches, a visit to Hampden Park and the Scottish Football Museum, a football gift, souvenir photograph and water for re-hydration breaks!

The table on the back page shows the duration of course for the different age groups and the relevant costs.

Course participants are asked to bring with them each day: warm and waterproof clothing, astro shoes or moulded sole footwear (metal studs are prohibited). A pack lunch, healthy snacks and drinks are required for participants on the all day courses.