

A photograph of two children climbing a colorful rock wall. The child in the foreground is a girl with long brown hair, wearing a pink t-shirt with a cartoon owl and leopard-print pants. She is reaching up to hold a blue rock. The child in the background is a girl with long blonde hair, wearing a white t-shirt and a red long-sleeved shirt, also reaching up. The rock wall is purple and white with various colored handholds.

DEANS
SPORT & LEISURE

Children's Birthday Parties & ACTIVITIES

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enquiries@deans.lincolncollege.ac.uk | Tel: 01522 876373 | www.deans-sport.co.uk

Children's Birthday Parties

Whats included?

- 1 hour chosen activity
- 1 hour room hire for food and drink (self-catered)
- Party Organiser
- Deans Party Invitations
- Age: 4+ unless stated otherwise

Let our party planners organise and run your choice of the following fun and exciting party options:

Climbing

Make the most of our 4 meter climbing room with our trained instructors full of fun climbing games! No Ropes! No Harness! Plenty of fun!

Price: £70
Maximum 10 children

Deans Party Games

A party full of traditional party games, including all the favourites such as; pass the parcel, musical statues, duck duck goose, pin the tail on the donkey and many more! Pass the parcel will be provided.

Price: £90
Maximum 30 children

Sports

We will organise and run exciting sporting activities from your choice of; football, dodgeball, indoor tennis, badminton, or a combination of racquet sports or ball sports.

Price: £90
Maximum 30 children

Spa Treatment

Let us arrange that perfect pamper party with exclusive use of the beauty area, including a nail art class (at an additional cost) Plus choose two treatments out of the following; manicure, pedicure or facial!

Price: £15 per person
Maximum 8 Children
Age: 8-15

Trampolining

Jump into a fun filled adventure at a Deans Trampolining Party. Includes individual coaching and group games run by our qualified coach!

Price: £90
Maximum 8 Children
Age: 5+
Subject to availability

Add an additional half an hour worth of party games onto any party for only £30!

If we have not listed your chosen activity, sport or game we will be more than happy to cater for your requirements if we are able.

Airball[®]
Lincoln



We work in partnership with Airball Lincoln Football, each session is typically an hour long and includes lots of fun games such as Bulldog, Last man/woman standing, 10 minute mini games of football and much more.

Please note the minimum age is 9 years old and at least 1.3 meters to fit comfortably in the balls

Contact Details:
07562683287
info@lincolnairball.com
www.lincolnairball.com

Outdoor sessions of Lazertag on Deans Park. Games include favourites such as 'Capture the Flag' and 'Team Death Match' as well as modern games like 'Domination'. The Lasertag games engage such a huge percentage of all people it's a perfect option for all occasions. The games are varied and always have a team focus.

Please note our minimum age is 8 years plus.

Contact Details:
01522 412045
info@frontlinecombat.com
www.frontlinecombat.com

Children's Activities

Here at Deans Sport and Leisure, we have introduced a fun & effective programme to encourage children to get fit, get active and have fun!

Day	Activity	Age	Time	
Monday	Deans Teens	11-15 years	17:00-18:00	
	Kofukan Karate	6-13 years	19:00-20:00	
		14+	20:00-21:30	
Tuesday	Cherry Judo	5-13 years	18:00-19:15	
		13+	19:15-20:30	
Wednesday	Climbing Club	4-12 years	16:30-17:30	
			17:30-18:30	
	Kofukan Karate	6-13 years	19:00-20:00	
			14+	20:00-21:30
	LCFCSET Futsal	16+	20:00-21:00	
	WIN Squash	4-10 years	18:00-19:00	
10-16 years			19:00-20:00	
Thursday	LCFCSET Badminton	14+	18:00-19:00	
Friday	Climbing Club	4-12 years	17:30-18:30	
	Deans Teens	11-15 years	18:00-19:00	
	Trampoline Club	5-15 years	From 17:30	
	Cherry Judo	5-8 years	18:15-19:15	
			8-13 years	18:15-19:45
			13+	20:00-21:30
Saturday	Deans Teens	11-15 years	11:00-12:00	
			10:00-11:00	
	WIN Squash	4-10 years	10:00-11:00	
			10-16 years	11:00-12:00
	Scrumkids Rugby	2-3.5 years	09:00	
			3.5-5 years	09:35
			5-7 years	10:20
	Basketball Club	4-11 years	10:30-11:30	
12-18 years			11:30-13:00	
LCFCSET Futsal	16+	16:00-17:00		
School Holidays	Synergy Sports Coaching	5-11 years	09:00-16:00	
Personal Training	Strength and Conditioning Coach	4+	Appointments	

Activity Descriptions



Deans Teens

Suitable for 11-15 year olds, this is an hour session in the fitness suite using gym equipment supervised by our fitness team. Our team are able to give advice, and help to motivate your teens to keep fit!

Climbing Club

Suitable for 4-12 year olds, this is an hour session on our climbing wall. Run by our trained climbing instructors, they provide fun games and exercise on our indoor climbing wall. No ropes, no harness, but plenty of fun!

Trampoline Club

Suitable for 5-15 year olds, our trampoline club is run by our specialised trampoline coach, who will teach the basics in trampolining, including some somersaults! Due to the popularity of this club, there may be a waiting list.

Basketball Club

Basketball at Deans Sport and leisure is designed to be a fun filled session, packed with basketball orientated mini games, skill drills and technique enhancement from dribbling to passing to shooting. Whether it's just a taster into the sport or for participants that have a passion for the game; our coach can tailor make the sessions to suit your individual needs!



Sam Vickers Strength and Conditioning Coach

Strength and conditioning has been shown to increase cognitive and emotional development in juniors. Every junior develops at an individual pace which can make it hard to understand which physical changes are normal and which need specific training. This coaching is available from ages 4+, please contact Sam Vickers for more information.

07979737866 | lincolnsandc@outlook.com

<https://samvickersstrengthandconditioning.wordpress.com>



LCFCSET

Lincoln City FC Sports and Education trust are working to provide sports and activity sessions and to increase the participations of people through a project called Active Lincoln. Futsal and Badminton is available at Deans Sport & Leisure.

01522 563792 | www.lcfcset.com | enquiries@lcfcset.co.uk



WIN Squash

Mini Squash (4-10 years old) encourages children to get on a court and have fun through fun filled sessions aimed at developing skills such as communication and social skills. More than just squash Mini Squash is about movement, co-ordination and balance as well as introducing children to the basic elements of the game. Beginners/Improvers squash (10-16 years old) provides an introduction to the sport and focuses on learning the very basic skills of the game, as the level improves we focus more on technique in the game and encourage competitive play whilst keeping fit and having fun

Nigel Jubbs | 07535694572 | squashandracketball@hotmail.co.uk



Cherry Judo Club

We are one of the largest clubs affiliated to the British Judo Association in the Midlands area. We were formed in 1987 and moved to our present venue at Deans Sport and Leisure in August 2012. We are always happy to welcome newcomers whether you are looking to compete a high level or just for the enjoyment of the sport. Your first session is FREE so why not join us and give it a try?

07432768416 | cherryjudoclub@gmail.com | www.cherryjudo.co.uk



Scrum Kids Rugby

Scrum kids is family-run business offering safe, fun and non-contact rugby-based sports sessions for girls and boys ages between 2 and 7 years old. Children are grouped according to age and play games and take part in activities tailored to their age and skill levels. Our friendly and fully-trained instructors can also take individual needs into account. Our fun sessions use rugby-themed skills to form a large part of the extensive range of games and activities that your children will be guided through, with the help of the coaches and your participation.

www.scrumkids.co.uk | rugby@scrumkids.co.uk



Synergy Sports Coaching

Synergy Sports Coaching is a professional sports coaching organisation operating within Lincolnshire, Nottingham and Rutland. Ultimately we aim to work in partnership with as many primary schools as possible, providing each and every child with the highest quality physical education and school sports coaching. During school holidays Synergy Sport run a programme of holiday activities for ages 5-11 year olds, please contact for more information.

0800 024 6261 | synergysportscoaching.co.uk



Kofukan Karate

Shito-ryu, along with goju-ryu, wado-ryu and Shotokan, is one of the four major karate systems of Japan. We are a traditional karate based style incorporating competition aspects within the training. Karate uses the whole body and will help you to enhance flexibility, muscle strength and overall stamina.

**01522 880955 | 07932682855 | info@lincoln-karate.co.uk
www.lincoln-karate.co.uk**



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