

Get Out
Get Active

Funded By
LONDON MARATHON CHARITABLE TRUST
SPORT ENGLAND



FOUNDATION
OF LIGHT

THE WORLD AT YOUR FEET

BEACON
OF LIGHT

SUMMER AT THE BEACON

SUMMER OF CELEBRATIONS



This summer marks the Beacon of Light's fifth birthday and we want everyone to enjoy the celebrations!

To mark the FIFA Women's World Cup kicking off in July, we'll be hosting special watch-along football sessions, themed Tastes of the World family cooking classes and many more surprises along the way!

Whenever you book a class at the Beacon, not only can you expect to enjoy the time you spend with us, but you'll also be helping to support families throughout Sunderland and the surrounding areas that may be struggling.

Every penny made at the Beacon is given straight to the Foundation of Light, to help tackle some of our region's biggest challenges including cost of living crisis, unemployment, food poverty and poor physical and mental health.

Foundation of Light is the official charity of Sunderland AFC. Financially and structurally independent from the football club and responsible for fundraising £4million each year to run our life-changing programmes.

By taking part in activities at the Beacon you are helping support the Foundation and helping them raise vital funds to continue supporting families across the North East

ACTIVITIES



KIDS



FAMILIES



ADULTS



DISABILITY

Football

Exactly what it says on the tin!

1.1 Coaching

Specialist training delivered by our UEFA and FA qualified coaches, aimed at developing your football skills

Robot Club

A coding session where the children will learn to use robots to solve different challenges

Premier League Kicks

A range of activities including indoor football, basketball, netball, dance, Xbox and some crafts (No booking required)

Future Lionesses Day

Watch England's FIFA Women's World Cup games, followed by a training session

Tastes of the World

Join us in the kitchen with recipes from around the world inspired by the Women's World Cup



Baking

Bring your budding bakers to bake some tasty treats!

Walking Football

A version of football for those less physically able (No booking required)

Disability Multi-Sports

Our disability sessions include multi-sports, table tennis, dance and football, we've got it covered this summer

Disability Football

Inclusive football for young people

Extra Time Hub

Weekly social group for over 55s. There's lots going on, from indoor bowls to cooking, chit chat and pilates (No booking required)

Foundation Community Funday

Come and enjoy our free family funday with activities for all.



FIFA Tournament and Kickabout

Come and showcase your FIFA skills in a battle of the best E-Gamers! Take part in a Champions League style FIFA Tournament as well as having the opportunity to test your skills and take part in training games

Cage Football

Come and test yourself in a high intensity, cage football event. You will be placed into small-sided teams and games that will test your technique and decision-making

Slime Club

Come along and play with slime, have fun and make a mess

Summer Holiday Club

Fancy something different... try our new summer holiday club which includes arts and crafts, robots, movies, multi-sport and much more



WEEK ONE

MON 24TH JUL

PROGRAMME	AGE	TIME	PRICE
Football 1/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 1/2 (2 day) NEW	4-14 years	10am-3pm	£30
Extra Time Hub - Pilates	50+	1-2pm	£1
Extra Time Hub - Qigong	50+	1-2pm	£1
Premier League Kicks	8-12 years	5-6pm	FREE
Premier League Kicks	13-18 years	6-7pm	FREE

TUE 25TH JULY

Football 2/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 2/2 (2 day)	4-14 years	10am-3pm	£30
Extra Time Hub Seated - Chair Exercises	50+	10-11am	£1
Disability Multi-sports	5-25 years	10am-12pm	£7.50
Harry Potter Baking	7-12 years	1-3pm	£12
Disability Football	5-25 years	1-3pm	£7.50
Extra Time Hub - Chit Chat	50+	2-3pm	FREE
Cage Football	7-12 years	4-5.30pm	£4

WED 26TH JULY

Football 1/3 (3 day)	4-14 years	10am-3pm	£50
Disability Football	5-25 years	10am-12pm	£7.50
Extra Time Hub - Coffee Morning	50+	10am-12pm	£2
Disability Multi-sports	5-25 years	1-3pm	£7.50

THURS 27TH JULY

Football 2/3 (3 day)	4-14 years	10am-3pm	£50
Extra Time Hub - Table Tennis	50+	10am-12pm	£5
Tastes of the World Germany - Donnor Kebab	5+ years	2-4pm	£15
Skills Centre 1/6 - 6 week block booking	4-14 years	5-6pm	£24

FRI 28TH JULY

Future Lionesses Day NEW	4-14 years	9.30am-3pm	£15
Football 3/3 (3 day)	4-14 years	10am-3pm	£50
Fifa Tournament and Kickout	7-14 years	10am-3pm	£20



1.1 COACHING

LIMITED SPACES AVAILABLE

5 WEEK BLOCK BOOKING EVERY MONDAY **£150**

6 WEEK BLOCK BOOKING EVERY WEDNESDAY **£180**



WATCH THE LIONESSES ON OUR GIANT SCREEN FOLLOWED BY A FUTURE LIONESSES TRAINING SESSION

SKILLS CENTRE - SUMMER

6 WEEK BLOCK BOOKING EVERY THURSDAY 5-6PM **£24**



WEEK TWO

MON 31ST JUL

PROGRAMME	AGE	TIME	PRICE
Football 1/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 1/2 (2 day) NEW	4-14 years	10am-3pm	£30
Extra Time Hub - Pilates	50+	1-2pm	£1
Extra Time Hub - Qigong	50+	1-2pm	£1
Premier League Kicks	8-12 years	5-6pm	FREE
Premier League Kicks	13-18 years	6-7pm	FREE

TUE 1ST AUG

Future Lionesses Day NEW	4-14 years	10am-3pm	£15
Football 2/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 2/2 (2 day)	4-14 years	10am-3pm	£30
Extra Time Hub Seated - Chair Exercises	50+	10-11am	£1
Disability Multi-sports	5-25 years	10am-12pm	£7.50
Disney Baking	7-12 years	1-3pm	£12
Disability Football	5-25 years	1-3pm	£7.50
Extra Time Hub - Chit Chat	50+	2-3pm	FREE
Cage Football	7-12 years	4-5.30pm	£4

WED 2ND AUG

Football 1/3 (3 day)	4-14 years	10am-3pm	£50
Disability Football	5-25 years	10am-12pm	£7.50
Extra Time Hub - Coffee Morning	50+	10am-12pm	£2
Disability Multi-sports	5-25 years	1-3pm	£7.50

THURS 3RD AUG

Football 2/3 (3 day)	4-14 years	10am-3pm	£50
Extra Time Hub - Table Tennis	50+	10am-12pm	£5
Slime Club NEW	4-14 years	1-3pm	£10
Tastes of the World Japan - Katsu Curry	5+ years	2-4pm	£15
Skills Centre 2/6 - 6 week block booking	4-14 years	5-6pm	£24

FRI 4TH AUG

Football 3/3 (3 day)	4-14 years	10am-3pm	£50
Fifa Tournament and Kickout	7-14 years	10am-3pm	£20



COOKING PROGRAMMES - AGED 7-14 YEARS - PRICE INCLUDES ONE ADULT AND ONE CHILD

LITTLE DRIBBLERS - SUMMER

6 WEEK BLOCK BOOKING EVERY WEDNESDAY 5-6PM **£24**



COME ALONG AND PLAY WITH SLIME, HAVE FUN AND MAKE A MESS

WEEK THREE

MON 7TH AUG

PROGRAMME	AGE	TIME	PRICE
Football 1/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 1/2 (2 day) NEW	4-14 years	10am-3pm	£30
Extra Time Hub - Pilates	50+	1-2pm	£1
Extra Time Hub - Qigong	50+	1-2pm	£1
Premier League Kicks	8-12 years	5-6pm	FREE
Premier League Kicks	13-18 years	6-7pm	FREE

TUE 8TH AUG

Football 2/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 2/2 (2 day)	4-14 years	10am-3pm	£30
Extra Time Hub Seated - Chair Exercises	50+	10-11am	£1
Disability Multi-sports	5-25 years	10am-12pm	£7.50
George's Marvellous Medicine Baking	7-12 years	1-3pm	£12
Disability Football	5-25 years	1-3pm	£7.50
Extra Time Hub - Chit Chat	50+	2-3pm	FREE
Cage Football	7-12 years	4-5.30pm	£4

WED 9TH AUG

Football 1/3 (3 day)	4-14 years	10am-3pm	£50
Disability Football	5-25 years	10am-12pm	£7.50
Extra Time Hub - Coffee Morning	50+	10am-12pm	£2
Disability Multi-sports	5-25 years	1-3pm	£7.50

THURS 10TH AUG

Football 2/3 (3 day)	4-14 years	10am-3pm	£50
Extra Time Hub - Table Tennis	50+	10am-12pm	£5
Tastes of the World Spain - Paella	5+ years	2-4pm	£15
Skills Centre 3/6 - 6 week block booking	4-14 years	5-6pm	£24

FRI 11TH AUG

Football 3/3 (3 day)	4-14 years	10am-3pm	£50
Fifa Tournament and Kickout	7-14 years	10am-3pm	£20
Multi-sports Camp NEW	7-14 years	10am-3pm	£20



BRING ALONG A SIBLING FOR AN EXTRA £1 ON OUR DISABILITY HOLIDAY PROGRAMMES



ALL 10AM-3PM HOLIDAY COURSES NEED TO BRING A PACKED LUNCH

WEEK FOUR

MON 14TH AUG

PROGRAMME	AGE	TIME	PRICE
Football 1/3 (3 day)	4-14 years	10am-3pm	£50
Robot club	4-14 years	10am-3pm	£20
Extra Time Hub - Pilates	50+	1-2pm	£1
Extra Time Hub - Qigong	50+	1-2pm	£1
Premier League Kicks	8-12 years	5-6pm	FREE
Premier League Kicks	13-18 years	6-7pm	FREE

TUE 15TH AUG

Football 2/3 (3 day)	4-14 years	10am-3pm	£50
Extra Time Hub seated - chair exercises	50+	10-11am	£1
Disability Multi-sports	5-25 years	10am-12pm	£7.50
Disability Football	5-25 years	1-3pm	£7.50
Extra Time Hub - Chit Chat	50+	2-3pm	FREE
Cage Football	7-12 years	4-5.30pm	£4

WED 16TH AUG

Football 3/3 (3 day)	4-14 years	10am-3pm	£50
Disability Football	5-25 years	10am-12pm	£7.50
Extra Time Hub - Coffee Morning	50+	10am-12pm	£2
Carnival Baking	7-12 years	1-3pm	£12
Disability Multi-sports	5-25 years	1-3pm	£7.50

YOU LOVED IT LAST YEAR, SO WE ARE BACK WITH OUR FREE FOUNDATION FUNDAY AT THE BEACON OF LIGHT SPONSORED BY GOGA, WITH ACTIVITIES FOR ALL THE FAMILY

THURS 17TH AUG

Foundation Funday	All ages	10am-3pm	FREE
Skills Centre 4/6 - 6 week block booking	4-14 years	5-6pm	£24

FRI 18TH AUG

Fifa Tournament and Kickout	7-14 years	10am-3pm	£20
Multi-sports Camp NEW	7-14 years	10am-3pm	£20



Get Out Active

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LONDON MARATHON CHARITABLE TRUST

WEEK FIVE

MON 21ST AUG

PROGRAMME	AGE	TIME	PRICE
Football 1/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 1/2 (2 day) NEW	4-11 years	10am-3pm	£30
Extra Time Hub - Pilates	50+	1-2pm	£1
Extra Time Hub - Qigong	50+	1-2pm	£1
Premier League Kicks	8-12 years	5-6pm	FREE
Premier League Kicks	13-18 years	6-7pm	FREE

TUE 22ND AUG

Football 2/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 2/2 (2 day)	4-11 years	10am-3pm	£30
Extra Time Hub Seated - Chair Exercises	50+	10-11am	£1
Disability Multi-sports	5-25 years	10am-12pm	£7.50
Superhero Baking	7-12 years	1-3pm	£12
Disability Football	5-25 years	1-3pm	£7.50
Extra Time Hub - Chit Chat	50+	2-3pm	FREE
Cage Football	7-12 years	4-5.30pm	£4

WED 23RD AUG

Football 1/3 (3 day)	4-14 years	10am-3pm	£50
Disability Football	5-25 years	10am-12pm	£7.50
Extra Time Hub - Coffee Morning	50+	10am-12pm	£2
Disability Multi-sports	5-25 years	1-3pm	£7.50

THURS 24TH AUG

Football 2/3 (3 day)	4-14 years	10am-3pm	£50
Extra Time Hub - Table Tennis	50+	10am-12pm	£5
Skills Centre 5/6 - 6 week block booking	4-14 years	5-6pm	£24

FRI 25TH AUG

Football 3/3 (3 day)	4-14 years	10am-3pm	£50
Fifa Tournament and Kickout	7-14 years	10am-3pm	£20
Multi-sports Camp NEW	7-14 years	10am-3pm	£20



FANCY SOMETHING DIFFERENT... TRY OUR NEW SUMMER HOLIDAY CLUB WHICH INCLUDES ARTS AND CRAFTS, ROBOTS, MULTI-SPORT AND MUCH MORE



WEEK SIX

TUE 29TH AUG

PROGRAMME	AGE	TIME	PRICE
Football 1/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 1/2 (2 day) NEW	4-11 years	10am-3pm	£30
Extra Time Hub Seated - Chair Exercises	50+	10-11am	£1
Disability Multi-sports	5-25 years	10am-12pm	£7.50
Disability Football	5-25 years	1-3pm	£7.50
Extra Time Hub - Chit Chat	50+	2-3pm	FREE
Cage Football	7-12 years	4-5.30pm	£4

WED 30TH AUG

Football 2/2 (2 day)	4-14 years	10am-3pm	£35
Summer Holiday Club 2/2 (2 day)	4-11 years	10am-3pm	£30
Disability Football	5-25 years	10am-12pm	£7.50
Extra Time Hub - Coffee Morning	50+	10am-12pm	£2
Disability Multi-sports	5-25 years	1-3pm	£7.50
Pixar Baking	7-12 years	1-3pm	£12

THURS 31ST AUG

Football 1/2 (2 day)	4-14 years	10am-3pm	£35
Extra Time Hub - Table Tennis	50+	10am-12pm	£5
Tastes of the World Italy - Calzone Pizza	5+ years	2-4pm	£15
Skills Centre 6/6 - 6 week block booking	4-14 years	5-6pm	£24

FRI 1ST SEP

Football 2/2 (2 day)	4-14 years	10am-3pm	£35
Fifa Tournament and Kickout	7-14 years	10am-3pm	£20

TRAIN LIKE A PRO

TRAIN WITH UEFA COACHES AND EX PROFESSIONALS, AS WELL AS BEING WATCHED BY ACADEMY SCOUTS.

FRIDAY 1ST SEP 10AM-3PM

FIND OUT MORE CONTACT JACK.GRAY@FOUNDATIONOFFLIGHT.CO.UK



PLEASE NOTE SOME SESSIONS DO NOT REQUIRE A BOOKING. PLEASE SEE ACTIVITIES PAGE FOR DETAILS

WHAT ELSE WE HAVE ON...

BEAMISH FOOTBALL CENTRE DH9 6PZ

THURS 3RD - FRI 4TH AUG

Football (2 day) 4-14 years 10am-3pm £30

THURS 17TH - FRI 18TH AUG

Football (2 day) 4-14 years 10am-3pm £30

TUES 29TH - WED 30TH AUG

Football (2 day) 4-14 years 10am-3pm £30

WELLFIELD SCHOOL, WINGATE TS28 5AX

MON 7TH - TUES 8TH AUG

Football (2 day) 4-14 years 10am-3pm £30

MON 21ST - TUES 22ND AUG

Football (2 day) 4-14 years 10am-3pm £30

HOLIDAY ACTIVITY AND FOOD (HAF) PROGRAMME

FIND OUT MORE ABOUT WHAT WE HAVE COMING UP
WITH OUR YOUTH WORK ACTIVITIES THIS SUMMER.

CONTACT:
CRAIG.MARTIN@FOUNDATIONOFLIGHT.CO.UK

FIXTURES FIFA WOMEN'S WORLD CUP 2023



SAT 22ND JULY
10.30AM



FRI 28TH JULY
9.30AM



TUES 1ST AUG
12PM



PAY AND PLAY PRICES

	PEAK	OFF-PEAK
4G Pitch (Barn)	£70	£60
3G Pitch (5-a-side)	£20	£20
MUGA Multi-use games area	£10	£10
Indoor Courts Futsal/basketball/netball	£40	£30
Badminton/table tennis	£10	£7.50

Peak Hours: Mon-Fri 5-10pm...All prices based on one hour slots
Off Peak Hours: Mon-Fri 9am-4pm and weekends

TO FIND OUT
MORE SCAN
THE CODE:



 [Beaconoflight](https://www.beaconoflight.co.uk)

WE ARE LOCATED NEXT TO
SUNDERLAND AQUATIC CENTRE
AND STADIUM OF LIGHT



BOOK NOW OR FOR
MORE INFO VISIT:



Get Out
Get Active



See you soon

**BEACON OF LIGHT,
STADIUM PARK,
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Foundation of Light Registered Charity No. 1089333

