

# Moira House Family Course Summer

Parents can choose to enrol their children onto the afternoon activity programme and/or the evening activities. Activities of the Family programme will take place **with our residential students from over 25 different countries!**

The school has superb facilities including:

- Sports hall
- **Heated indoor swimming pool**
- Well maintained sports fields
- Drama/dance studio
- Art room
- Cookery room
- Tennis courts
- First class concert/assembly hall.

## Activities

During the afternoons there is a choice of 4 to 6 activity options, at least two of which are non-sporting. Activities include, for example, football, basketball, **swimming**, rugby, hockey, rounders, table tennis, cricket, volleyball, water polo, yoga, dance, cookery, board games, drama, walk on the Downs, jewellery making, art and craft, origami, music, and many more!

Every Friday afternoon, students have the opportunity to visit **Eastbourne** town centre and/or the **beach**.

If your children enrol onto the evening programme, they will have the opportunity to join the BBQ and formal presentation of prizes and leavers' certificates followed by a disco every Friday evening. Other evening entertainment includes quiz games, themed nights such as Harry Potter or Sherlock Holmes, talent shows, beach games, film nights and more. .



## Excursions

Families can choose to join excursions or book their children only. Excursions change weekly and take place on a Wednesday and Sunday. Our staff always accompany students on all visits. Typical visits include for example:

- National Portrait Gallery, sightseeing in London; Big Ben, Houses of Parliament, Westminster, Downing Street, Trafalgar Square and shopping
- Seven Sisters and Cuckmere Haven – to include a walk along the beautiful scenic countryside to the beach and a choice of various activities such as raft building, mountain biking, den building, etc.
- Buckingham Palace state rooms tour, watching the Changing of the Guard, picnic in St James's Park and Leicester Square
- Hastings – Smugglers Caves, Hastings Castle and the 1066 Story followed by a walk in the old town and beach
- Science Museum London, visit to Harrods, picnic in Hyde Park and walk in the Kensington area
- Hever Castle, once home of Anne Boleyn, castle grounds and water maze
- Brighton – sightseeing: pier, pavilion, beach, the Lanes and shopping

It is recommended that families book excursions prior to arriving in Eastbourne to ensure places are booked for them in advance. There may be availability upon arrival but we cannot guarantee it. There is a lot to do and see in Eastbourne and the surrounding area, and our friendly and knowledgeable staff will be happy to give advice on places to visit.

## Optional Sports and Activities in Eastbourne

Alongside the social and activity program we also have additional activities and sports available for students to book onto. These additional sports and activities are taught by fully qualified sports specific professionals so all students can expect to be challenged and motivated during the sessions.

We work closely with local and regional sports providers to provide a full range of additional activities so that all of our students have the chance to practice their hobbies or favoured sports. Some of the optional Sports and Activities take place off-site at sports specific venues so that our students receive an all rounded experience of English Sporting venues and professional coaching.

Students are also very welcome to bring their own equipment however all equipment is provided, so do not worry if your baggage is a little full!

Optional Sports and Activities are subject to availability and we recommend that students book onto additional sports activities as early as possible to avoid disappointment.