



**COMMUNITY  
FOUNDATION**



Premier League  
**Kicks**



# PREMIER LEAGUE KICKS



SCAN ME

Premier League Kicks provides **FREE** football sessions that inspire and engage young people through sport. Our programme promotes physical activity, teamwork and personal development in a safe and supportive environment.

**TO INSPIRE, ENRICH  
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381

[www.cu-fc.com/cucf](http://www.cu-fc.com/cucf)  
[cucf@colchesterunited.net](mailto:cucf@colchesterunited.net)  
01206 755160

[@ColU\\_CF](https://www.instagram.com/ColU_CF) [f/ColUCF](https://www.facebook.com/ColUCF)  
[#enrichourcommunities](https://www.facebook.com/enrichourcommunities)



SCAN ME

# VENUES & TIMES

| DAY       | TIME        | VENUE                               | GENDER | AGE   |
|-----------|-------------|-------------------------------------|--------|-------|
| Monday    | 17:30-18:30 | The Gilberd School                  | Mixed  | 11-17 |
| Tuesday   | 17:00-18:00 | Colchester Academy Greenstead       | Mixed  | 11-14 |
| Tuesday   | 17:00-18:00 | Colchester Academy Greenstead       | Mixed  | 14-17 |
| Wednesday | 17:00-18:00 | Clacton Leisure Centre              | Mixed  | 8-11  |
| Wednesday | 17:00-18:00 | Clacton Leisure Centre              | Mixed  | 11-14 |
| Wednesday | 17:00-18:00 | Clacton Leisure Centre              | Girls  | 14-17 |
| Wednesday | 17:00-18:00 | Clacton Leisure Centre              | Mixed  | 11-17 |
| Thursday  | 18:00-19:00 | Harwich and Dovercourt High School  | Mixed  | 8-11  |
| Thursday  | 18:00-19:00 | Harwich and Dovercourt High School  | Mixed  | 11-14 |
| Thursday  | 18:00-19:00 | Harwich and Dovercourt High School  | Mixed  | 14-17 |
| Friday    | 17:00-18:00 | Shrub End Community & Sports Centre | Mixed  | 11-14 |
| Friday    | 17:00-18:00 | Shrub End Community & Sports Centre | Mixed  | 14-16 |
| Friday    | 17:00-18:00 | Shrub End Community & Sports Centre | Mixed  | 16-17 |
| Friday    | 20:00-21:00 | Witham Sports Ground                | Mixed  | 11-17 |

To sign up, either visit the link below or scan the QR code above:  
[www.abler.io/shop/colchesterunited/healthandinclusion](http://www.abler.io/shop/colchesterunited/healthandinclusion)

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