JERSEY SPORT

MOVE MORE THIS SUMMER 2026

Discover free and low-cost activities for all ages across Jersey this summer

SPORTS ACCESS PROGRAMME »

Supporting children and young people in Jersey to access sport and physical activity without money being a barrier.

The Sports Access Programme helps by:

- ***Removing financial barriers** to help get and keep islanders active*
- ***Covering the costs** of memberships, registration and participation fees*
- ***Supporting with funding** for essential kit/equipment*
- ***Helping build a more inclusive** sporting community*

Who can apply?

Those supporting young people in accessing sport:

- ***Parents, Carers & Guardians***
- ***Professionals - teachers, youth workers, family support officers***

Who can get help?

- Children and young people aged 0 to 17 years, and
- Living in Jersey, and
- Facing financial challenges that make it hard to meet the costs of sport or physical activity

SCAN

JERSEY SPORT

To find out more or to **submit a referral**, visit **jerseysport.je/sports-access-programme** or scan the QR code.

INTRODUCING MOVE MORE

Welcome to the Move More Campaign – your guide to getting active across Jersey.

Moving more looks different for everyone. Whether it's trying a new sport, taking a walk with friends, joining a community class or simply finding more opportunities to be active as part of everyday life, every step counts.

Inside, you'll discover activities and programmes from organisations across the Island, along with Jersey Sport initiatives designed to help people of all ages and abilities become more active. You'll also find ideas to Move Your Way – simple, everyday ways to build more movement into your routine, wherever you are and whatever your starting point.

We hope this guide inspires you to discover something new, reconnect with an activity you love or take the first step towards a more active lifestyle.

Let's move more, together.

JERSEY SPORT

JERSEY SPORT SAFE & SUSTAINABLE SPORT HEALTH CHECK

This health check sets minimum recommended governance standards for sports organisations, enabling them to achieve "Green Status" in 2026. Jersey Sport supports local organisations through this framework by offering guidance, resources, and training to help them meet these standards, ensuring Islanders can access safe and sustainable sporting opportunities. **More info ››**

LES ORMES PADEL

Beginner Group Coaching

What is it?
A fun introduction to padel with friendly, professional coaching. Learn the basics, develop new skills and enjoy an active session in a welcoming environment.

Who is it for?
Adults and older adults (60+)

When?
Weekly sessions last 90 minutes.
- Wednesdays at 10am
- Thursdays at 11.30am

Where?
Les Ormes Padel

Cost:
£15

How to join:

Email

Book online

EVE STUDIOS

Free Fitness Classes for Women

What is it?
Enjoy a range of free fitness classes designed for women of all ages and abilities. Sessions include Pilates, yoga, stretching, boxing, strength training and dance, offering something for everyone.

Who is it for?
Adults, older adults (60+) and young people (12–17)

When?
Available throughout the Move More This Summer campaign.
Times vary between 6.30am and 7.30pm.

Where?
Royal Square

Cost:
Free

How to join:

Email

Website

Instagram

ST SAVIOUR'S BOWLS CLUB

Outdoor Bowls

What is it?
Try your hand at outdoor bowls in a friendly and welcoming club environment. Sessions are suitable for all abilities, whether you are completely new to the sport or looking to improve your game.

Who is it for?
Adults and older adults (60+)

When?
Summer sessions run every weekday morning.
Afternoon and evening sessions are also available.

Where?
St Saviour's Hill, next to the cricket ground.
Parking is available behind the green, including disabled parking spaces.

Cost:
Free to try.
Membership packages are available if you decide to continue.

How to join:
Contact Paul on 07797 733304.

ST CLEMENT'S SPORTS HUB

Golf, Tennis, Squash & Pickleball

What is it?
A fantastic pay-and-play facility offering golf, tennis, squash and pickleball for all ages. With a range of facilities available, it's a great place to get active, have fun and try something new.

Who is it for?
Families and all ages

When?
Open every day except Christmas Day.
Reception: 7.30am until half an hour before sunset.

Where?
St Clement's Sports Hub,
Plat Douet Road, St Clement.

Cost:
From £12.
Equipment hire is available if required.

How to join:

Book online

SPORTS BUG

Sports Bug Holiday Clubs & Jersey Bulls Holiday Club

What is it?
Sports Bug Holiday Clubs provide fun, active and engaging childcare during the school holidays. Children can enjoy sports, creative activities and themed events in a safe and inclusive environment. The Jersey Bulls Holiday Club also offers football-focused sessions linked to the Jersey Bulls pathway.

Who is it for?
Children (5–11) and young people (12–17)

When?
Throughout the summer holidays.

Where?
- Le Rocquier School
- La Moye School
- Victoria College Prep

Sessions available between 8.30am - 5.15pm.

Cost:
Prices vary depending on package and times.

How to join:

Book online

INTEGRITY KENPO KARATE

Martial Arts – Kenpo Karate

What is it?
Kenpo Karate combines elements of karate, boxing and jujitsu to teach practical self-defence skills in a structured and supportive environment. Sessions help develop confidence, discipline, coordination and fitness.

Who is it for?
Adults and young people (12–17)

When?
1 July – 30 September
- Mondays: 5.30pm–7pm
- Wednesdays: 6pm–7pm

Where?
Caldwell Hall,
St Clement

Cost:
£5 per lesson

How to join:
Contact
- Nigel: 07797 761499
- Dawn: 07797 719298

JERSEY CRICKET

Future Reds Summer Camps

What is it?
Future Reds Summer Camps offer fun cricket activities for children and young people of all abilities. Sessions include softball cricket for younger participants, modified hardball games for older children and girls-only options.

Who is it for?
Children (5–11) and young people (12–17)

When?
20 July – 14 August
- Softball: 9am–12pm
- Hardball: 9am–3pm

Where?
- FB Fields
- Grainville

Cost:
Prices vary depending on the camp.

How to join:

Book online

JERSEY TABLE TENNIS ASSOC.

Table Tennis

What is it?
Table tennis sessions are available for all ages and abilities, from beginners through to improvers and league players. Whether you're trying the sport for the first time or looking to develop your skills, there is a session for you.

Who is it for?
All ages

When?
Various sessions available.

Where?
Currently at Fort Regent.
From September, sessions return to FB Fields.

Cost:
- Junior beginners: £5 per session
- Adults: £10 per session

How to join:

Email

Website

JERSEY FOOTBALL ASSOC.

JFA Summer Fun Weeks Roadshow

What is it?
The Jersey FA's Holiday Fun Weeks provide fun, inclusive football sessions for boys and girls of all abilities. Participants can enjoy coaching, games, competitions, festivals and tournaments while developing their skills and confidence.

Who is it for?
Children (5–11) and young people (12–17)

When?
20–24, 27–31 July, 3–7, 17–21, 24–28 Aug, 1–4 Sept
8.30am–3pm

Where?
- Oakfield
- FB Fields
- Jersey Hockey Club

Cost:
£32.60 per day
£163 per week

How to join:

Book online

Instagram

JERSEY TENNIS & PADEL

Fun Tennis Matchplay Series

What is it?
Fun and informal tennis matchplay sessions for children in the Under 8, Under 9, Under 10 and Under 12 age groups. A great opportunity for young players to build confidence, gain match experience and enjoy playing in a relaxed environment.

Who is it for?
Children (5–11)

When?
Sundays during term time. 12pm–2pm

Where?
Caesarean Tennis Club, Grands Vaux

Cost:
£5 per session

How to join:
Contact Andrew Evans on 07700 813066

Website

MINI ATHLETICS HOLIDAY CLUB

Athletics and multi-activities

What is it?
Mini Athletics Holiday Club offers fun-filled holiday camps packed everything from athletics and team games to tie dye, slime making, LEGO building, rocket building, jewellery design and more. With different activities every day, it's the perfect opportunity to make new friends, build confidence and create unforgettable summer memories in a safe and exciting environment.

Who is it for?
Children (5–11)

When?
20 July – 21 August
8.30am–5.30pm
(Half days, full days
and single days available)

Where?
Haute Vallée School

Cost:
Various booking options
available

How to join:

Book online

JERSEY NETBALL

Primary Schools Summer Camp

What is it?
Jersey Netball's Primary Schools Summer Camp is a fun and exciting two-day camp where children can learn new netball skills, develop their confidence and enjoy playing the sport in a welcoming environment. Participants will take part in coaching, games and activities designed to help them improve while having fun and making new friends.

Who is it for?
Children (5–11)

When?
13 & 14 August
9am–3pm

Where?
Les Quennevais School

Cost:
£40 per day

How to join:

Book online

Email

WALK

Our Guided Walks are designed to improve mental and physical wellbeing and provide the opportunity for support and encouragement to walk.

More info

CYCLE

Programmes for islanders who would like support on their cycling journey, from A to Z. No matter if you have never ridden or need a little more support.

More info

ABILITY

Sessions designed to get islanders with a disability active and improve their wellbeing. Multisport Sessions, Ability Walks, Boccia and Cycle Without Limits.

More info

CYCLE WITHOUT LIMITS

Jersey's first inclusive cycling centre. We have a range of adapted cycles that enable adults and children with disabilities or mobility issues, to enjoy riding in a safe, outdoor space.

More info

CHILDREN'S ACTIVITIES

There are so many opportunities for your child(ren) to be active and enjoy sport and physical activity in Jersey.

Jersey Sport also deliver some courses and programmes for children to have a go at a number of activities and develop sport-specific skills.

More info

Not every activity needs a team, a timetable or a membership. Discover simple ways to get active, build confidence and enjoy movement in a way that works for you.

WALKING & EXPLORING

Get active at your own pace and discover more of Jersey.

Walking is one of the simplest ways to move more and can be enjoyed almost anywhere. Whether it's a coastal route, countryside trail or a walk around your local area, it's a great way to build activity into your day.

Benefits:
- Improves fitness and heart health
- Supports mental wellbeing
- A simple activity for all ages and abilities

Get started: Find a route you enjoy and head out whenever it suits you — every step counts.

RUNNING

Set your own pace and enjoy the freedom of running.

Running is a flexible way to improve your fitness and challenge yourself. Whether you're taking your first steps with a walk-run approach or building towards a personal goal, you can progress at your own pace.

Benefits:
- Builds stamina and endurance
- Improves physical and mental wellbeing
- Helps you set and achieve personal goals

Get started: Start small, listen to your body and gradually build your distance.

SWIMMING

Enjoy the water while building strength and fitness.

Swimming is a fantastic full-body activity that can be enjoyed by people of all abilities. Whether you prefer a few lengths at the pool or a safe swim outdoors, it's a great way to keep moving.

Benefits:
- Improves cardiovascular fitness
- Builds strength and flexibility
- Low-impact and easy on the joints

Get started: Visit a local swimming pool or explore Jersey's swimming spots safely.

CYCLING

Explore Jersey on two wheels.

Cycling is a fun way to stay active, travel around the island and enjoy the outdoors. From gentle rides to longer adventures, you can choose a route and pace that works for you.

Benefits:
- Improves fitness and stamina
- A low-impact way to exercise
- A great way to explore new places

Get started: Grab your bike, plan a route and enjoy the ride.

FITNESS & STRENGTH TRAINING

Build strength and confidence wherever you are.

You don't need to be a gym regular to start building strength. Bodyweight exercises, simple routines and outdoor workouts can all help you become stronger and more active.

Benefits:
- Improves strength and mobility
- Supports everyday movement
- Helps build confidence

Get started: Try a short workout using your own bodyweight and build from there.

SKATE, SCOOT & ROLL

Have fun while getting active outdoors.

Whether it's skateboarding, roller skating, scooting or simply exploring on wheels, these activities are a great way to move more and develop confidence.

Benefits:
- Improves balance and coordination
- Builds fitness in a fun way
- Encourages outdoor activity

Get started: Find a safe space and enjoy moving in your own way.

HIKING & TRAIL WALKING

Challenge yourself with longer adventures outdoors.

Jersey's coastline and countryside offer fantastic opportunities to explore on foot. Trail walking is a great way to combine activity, adventure and time outdoors.

Benefits:
- Builds endurance and strength
- Supports mental wellbeing
- Connects you with nature

Get started: Choose a route that matches your ability and explore somewhere new.

JERSEY SPORT

7 WEEKS OF FREE SPORT THIS SUMMER

Free taster sessions for 8-15 year olds

FOOTBALL
SURFING
SQUASH
BASKETBALL
RUGBY
HOCKEY
PÉTANQUE
STAKEBOARDING
& MORE!

Scan to register >>>
or visit jerseysport.je/sitc

PROGRAMA DE ACESSO AO DESPORTO »

Apoiar crianças e jovens em Jersey a terem acesso ao desporto e à atividade física, sem que o dinheiro seja um obstáculo.

O programa ajuda através de:

- ***Eliminar barreiras financeiras** para ajudar os residentes da ilha a iniciar e manter a prática de atividade física*
- ***Cobrir os custos de inscrições**, registos e taxas de participação*
- ***Apoiar o financiamento** de equipamento essencial*
- ***Contribuir para uma comunidade** desportiva mais inclusiva*

Quem pode candidatar-se?

Quem apoia os jovens no acesso ao desporto:

- ***Pais, cuidadores e encarregados de educação***
- ***Profissionais — professores, animadores juvenis, técnicos de apoio familiar***

Quem pode receber apoio?

- Crianças e jovens dos 0 aos 17 anos
- Residentes em Jersey
- Que enfrentem dificuldades financeiras que dificultem suportar os custos do desporto ou da atividade física

Digitalize

JERSEY SPORT

Para saber mais ou submeter uma candidatura visite **jerseysport.je/sports-access-programme** ou digitalize o código QR.