



BEACON
OF LIGHT



FOUNDATION
OF LIGHT

THE WORLD AT YOUR FEET

SUMMER HOLIDAY COURSES

SUNDERLAND | PETERLEE | STANLEY | JARROW



THE WORLD AT YOUR FEET

EVERY BOOKING MADE SUPPORTS THE WORK OF THE FOUNDATION

We're excited to share with you our programme of activities to help keep families entertained this summer!

With a full schedule on offer at the Beacon of Light and new sessions available at other venues across the North East - including Beamish Football Centre, Ford Hub, Perth Green, Seaham and Wellfield School.

Foundation of Light is the official charity belonging to Sunderland AFC working with over 25,000 people across Sunderland and beyond every year. The Foundation works with those aged 18 months to 90+ years and offers activities for everyone; with courses to help health and wellbeing, behaviour, attitude, skills, knowledge and much more.

Whilst being the official charity of SAFC, the Foundation are structurally and financially independent from the football club and responsible for fundraising £4million each year to run life-changing programmes.

Every penny made from bookings goes straight back to the Foundation, to help support families through the North East.



TOGETHER THROUGH SPORT | GET GIRLS PLAYING

Get Girls Playing is a month of football and sporting activities taking place across the region this June, aimed at encouraging more girls to get involved in sport. Delivered as part of Together Through Sport, the initiative will provide fun, inclusive opportunities for girls of all ages and abilities to play, take part and feel inspired through sport.

EVENTS

- FRI 5 JUN** Schools Inspires Cup
- FRI 12 JUN** Year 1/2 Schools Tournament
- FRI 19 JUN** Year 3/4 Schools Tournament
- FRI 26 JUN** Year 5/6 Schools Tournament



BEACON OF LIGHT
13-5 YEARS
LITTLE LIONESSES
EVERY FRIDAY AND SUNDAY



BEACON OF LIGHT
15-11 YEARS
WILDCATS
EVERY TUESDAY AND FRIDAY



BEACON OF LIGHT
15-16 YEARS
BIG SIS, LITTLE SIS
14 JUNE | 11AM-12.30PM

FEMALE PATHWAY TRIALS

U10 Monday 1 June
Thursday 4 June

U12 Monday 8 June
Thursday 11 June

U14 Monday 15 June
Thursday 18 June

U16 Monday 22 June
Thursday 25 June

SCAN QR TO FIND OUT MORE



ACTIVITIES FOR ALL AGES

● FAMILY SESSION ● UNSUPERVISED

Football Courses

Our popular two and three-day football sessions focused on fun, skills and game play.

Technical Talent Camp

A high-level football coaching camp designed to develop players' technical ability, decision-making and game-specific physical skills.

Multi-Sports Camp

A chance for children to try a variety of sports and activities, because the Foundation is about more than just football!

Holiday Club

Packed with fun activities to keep children entertained, including multi-sports, arts and crafts, robots, movies and more.

Beauty at the Beacon

Young people can explore the world of beauty in a safe, friendly and creative environment, with a different theme each week.

Toddler Tales

Story time for children aged 5 and under, featuring favourite books followed by themed baking activities.

Mini Bakers

Creative themed baking sessions for children aged 6–10 years old.

Junior Bakers

Creative themed baking sessions for young people aged 11–16 years old.

● A Taste of the World Cup

A family baking session inspired by countries taking part in the 2026 World Cup.

Little Dribblers' Big Day Out

A fun-filled football session for little ones, packed with games, activities and smiles.

Summer Gaming Sessions

A fun-filled football session for little ones, packed with games, activities and smiles.

● Summer Multi-sports Sessions - Drop in

Try a range of sports and activities in our informal drop-in sessions. Please note these sessions are unsupervised.

● Summer Kick About - Drop in

Turn up, play football and enjoy a casual kick about with friends. Please note these sessions are unsupervised.

● Family Fun Day

A full day of activities for the whole family, including football, table tennis, arts and crafts and much more.

Little Dribblers U5/6 3v3 Festival

A small-sided football festival designed to give young players their first taste of the game in a fun and supportive environment.

Games follow the FA's new 'Future Fit' format, giving players more touches, more 1v1 opportunities and more chances to score goals.

● Little Dribblers Sports Day

Fun activities designed to develop agility, balance, coordination, speed and lots of smiles.

SEND Activities

Inclusive activities designed to support young people with special educational needs and disabilities (SEND), including football and multi-sports.

Future Pathways

Not sure what to do in September? If college or work doesn't feel like the right fit right now, come and try something different with us.

WEEK ONE | BEACON OF LIGHT



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

MON 27 JUL	3 DAY FOOTBALL 1/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 1/3 9.30AM-3PM £50 5-12 YEARS	FUTURE PATHWAYS SPORT 9.30AM-3PM FREE 16+					
TUE 28 JUL	3 DAY FOOTBALL 2/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 2/3 9.30AM-3PM £50 5-12 YEARS	FUTURE PATHWAYS ESPORTS 9.30AM-3PM FREE 16+	SUMMER KICK ABOUT DROP-IN ● 10AM-3PM £3 (1 HOUR)	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	TODDLER TALES - YOU CANT TAKE AN ELEPHANT ON HOLIDAY 10AM-12PM £6		
WED 29 JUL	3 DAY FOOTBALL 3/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 3/3 9.30AM-3PM £50 5-12 YEARS	FUTURE PATHWAYS HEALTH AND SOCIAL CARE 9.30AM-3PM FREE 16+	BEAUTY AT THE BEACON 10AM-12PM £10 8-13 YEARS	MINI BAKERS - CUPCAKES 10AM-12PM £15 6-10 YEARS	SUMMER MULTI-SPORTS DROP-IN ● 11AM-1PM £3 (1 HOUR)	SUMMER GAMING 11AM-1PM / 1-3PM £10	
THU 30 JUL	MULTI SPORTS CAMP 9.30AM-3PM £15 5-12 YEARS	TECHNICAL TALENT CAMP 9.30AM-3PM £35 7-16 YEARS	FUTURE PATHWAYS HOSPITALITY 9.30AM-3PM FREE 16+	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	JUNIOR BAKERS - SPONGE CAKE 10AM-12PM £15 11-16 YEARS	LITTLE DRIBBLERS BIG DAY OUT 11AM-12PM / 1-3PM £10 3-5 YEARS	A TASTE OF THE WORLD CUP - MEXICO ENCHILADAS ● 2-4PM £15	



● UNSUPERVISED
● FAMILY SESSION

SCAN TO BOOK



WEEK TWO | BEACON OF LIGHT



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THE WORLD AT YOUR FEET

MON 3 AUG	3 DAY FOOTBALL 1/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 1/3 9.30AM-3PM £50 5-12 YEARS				
TUE 4 AUG	3 DAY FOOTBALL 2/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 2/3 9.30AM-3PM £50 5-12 YEARS	SUMMER KICK ABOUT DROP-IN ● 10AM-3PM £3 (1 HOUR)	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	TODDLER TALES - SHARING A SHELL 10AM-12PM £6 UP TO 5 YEARS	
WED 5 AUG	3 DAY FOOTBALL 3/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 3/3 9.30AM-3PM £50 5-12 YEARS	BEAUTY AT THE BEACON 10AM-12PM £10 8-13 YEARS	MINI BAKERS - COOKIES 10AM-12PM £15 6-10 YEARS	SUMMER MULTI-SPORTS DROP-IN ● 11AM-1PM £3 (1 HOUR)	SUMMER GAMING 11AM-1PM / 1-3PM £10
THU 6 AUG	MULTI SPORTS CAMP 9.30AM-3PM £15 5-12 YEARS	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	JUNIOR BAKERS - BROWNIES 10AM-12PM £15 11-16 YEARS	A TASTE OF THE WORLD CUP - USA APPLE PIE ● 2-4PM £15	● UNSUPERVISED ● FAMILY SESSION	

SEAHAM
SEAHAM HIGH SCHOOL |
£45 | 5-14 YEARS
3 DAY FOOTBALL
3-5 AUG |
9.30AM-3PM

STANLEY
BEAMISH FOOTBALL CENTRE |
£30 | 5-14 YEARS
2 DAY FOOTBALL
3-4 AUG |
9.30AM-3PM

STANLEY
BEAMISH FOOTBALL CENTRE |
£30
GIRLS FOOTBALL
5-6 AUG |
9.30AM-3PM

SEAHAM
SEAHAM HIGH SCHOOL |
FREE | 5-14 YEARS
TALENT ID
6 AUG |
9.30AM-3PM

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WEEK THREE | BEACON OF LIGHT

MON 10 AUG	2 DAY FOOTBALL 1/2 9.30AM-3PM £35 5-14 YEARS	2 DAY HOLIDAY CLUB 1/2 9.30AM-3PM £35 5-12 YEARS			
TUE 11 AUG	2 DAY FOOTBALL 2/2 9.30AM-3PM £35 5-14 YEARS	2 DAY HOLIDAY CLUB 2/2 9.30AM-3PM £35 5-12 YEARS	SUMMER KICK ABOUT DROP-IN ● 10AM-3PM £3 (1 HOUR)	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	TODDLER TALES - THE SLUG AND THE SHELL 10AM-12PM £6 UP TO 5 YEARS
WED 12 AUG	LITTLE DRIBBLERS U5/6 3V3 FESTIVAL 10AM-12PM /1-3PM £10 5-6 YEARS	BEAUTY AT THE BEACON 10AM-12PM £10 8-13 YEARS	MINI BAKERS - MINI PIZZAS 10AM-12PM £15 6-10 YEARS	SUMMER MULTI SPORTS DROP-IN ● 11AM-1PM £3 (1 HOUR)	SUMMER GAMING 11AM-1PM / 1-3PM £10

THU 13 AUG

FOUNDATION OF LIGHT FUNDAY BEACON OF LIGHT | 10AM-3PM



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

SCAN TO BOOK



PETERLEE
WELLFIELD SCHOOL |
£35 | 5-14 YEARS
3 DAY FOOTBALL
10-12 AUG |
9.30AM-3PM

JARROW
PERTH GREEN |
£35 | 5-14 YEARS
2 DAY FOOTBALL
10-11 AUG |
9.30AM-3PM

SUNDERLAND
FORD HUB | £25 | 5-14 YEARS
TRAIN LIKE A LIONESSE
12 AUG |
9.30AM-3PM

● **UNSUPERVISED**
● **FAMILY SESSION**

WEEK FOUR | BEACON OF LIGHT



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

MON
17 AUG

3 DAY FOOTBALL 1/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 1/3 9.30AM-3PM £50 5-12 YEARS
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TUE
18 AUG

3 DAY FOOTBALL 2/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 2/3 9.30AM-3PM £50 5-12 YEARS	SUMMER KICK ABOUT DROP-IN ● 10AM-3PM £3 (1 HOUR)	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	TODDLER TALES - GINGERBREAD MAN 10AM-12PM £6 UP TO 5 YEARS
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WED
19 AUG

3 DAY FOOTBALL 3/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 3/3 9.30AM-3PM £50 5-12 YEARS	BEAUTY AT THE BEACON 10AM-12PM £10 8-13 YEARS	MINI BAKERS - FRUIT CRUMBLE POTS 10AM-12PM £15 6-10 YEARS	SUMMER MULTI SPORTS DROP-IN ● 11AM-1PM £3 (1 HOUR)	SUMMER GAMING 11AM-1PM / 1-3PM £10
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THU
20 AUG

TECHNICAL TALENT CAMP 9.30AM-3PM £35 7-16 YEARS	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	JUNIOR BAKERS - TARTS 10AM-12PM £15 11-16 YEARS	A TASTE OF THE WORLD CUP - SPAIN PAELLA ● 2-4PM £15
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SEAHAM

SEAHAM HIGH SCHOOL |
£45 | 5-14 YEARS

3 DAY FOOTBALL

17-19 AUG |
9.30AM-3PM

STANLEY

BEAMISH FOOTBALL CENTRE |
£45 | 5-14 YEARS

3 DAY FOOTBALL

17-19 AUG |
9.30AM-3PM

● UNSUPERVISED
● FAMILY SESSION

SCAN TO BOOK



WEEK FIVE | BEACON OF LIGHT



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

MON
24 AUG

3 DAY FOOTBALL 1/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 1/3 9.30AM-3PM £50 5-12 YEARS
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TUE
25 AUG

3 DAY FOOTBALL 2/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 2/3 9.30AM-3PM £50 5-12 YEARS	SUMMER KICK ABOUT DROP-IN ● 10AM-3PM £3 (1 HOUR)	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	TODDLER TALES - HODGE THE HEDGEHOG 10AM-12PM £6 UP TO 5 YEARS
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WED
26 AUG

3 DAY FOOTBALL 3/3 9.30AM-3PM £50 5-14 YEARS	3 DAY HOLIDAY CLUB 3/3 9.30AM-3PM £50 5-12 YEARS	MINI BAKERS - MARS CRISPY CAKES 10AM-12PM £15 6-10 YEARS	BEAUTY AT THE BEACON 10AM-12PM £10 8-13 YEARS	SUMMER MULTI SPORTS DROP-IN ● 11AM-1PM £3 (1 HOUR)	SUMMER GAMING 11AM-1PM / 1-3PM £10
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THU
27 AUG

MULTI SPORTS CAMP 9.30AM-3PM £15 5-12 YEARS	TECHNICAL TALENT CAMP 9.30AM-3PM £35 7-16 YEARS	LITTLE DRIBBLERS SPORTS DAY ● 10AM-12PM / 1-3PM £15 3-5 YEARS	SEND FOOTBALL 10AM-2PM FREE 8-16 YEARS	JUNIOR BAKERS - CUPCAKES 10AM-12PM £15 11-16 YEARS	A TASTE OF THE WORLD CUP - MOROCCO MEATBALL TAGINE ● 2-4PM £15
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PETERLEE

WELLFIELD SCHOOL | £45 |
5-14 YEARS

3 DAY FOOTBALL

24-26 AUG |
9.30AM-3PM

JARROW

PERTH GREEN | £35

2 DAY FOOTBALL

24-25 AUG |
9.30AM-3PM

STANLEY

BEAMISH FOOTBALL CENTRE |
£35 | 5-14 YEARS

2 DAY FOOTBALL

26-27 AUG |
9.30AM-3PM

SUNDERLAND

FORD HUB | £25

TRAIN LIKE A LIONESSE

27 AUG |
9.30AM-3PM

TOURNAMENTS - BEACON OF LIGHT £25

SESSIONS ARE BASED ON 2026/27 AGE GROUPS

	GENDER/ AGE GROUP	FORMAT	TIME
SUN 5 JUL	U8s MALE	5v5	1-4PM
SUN 12 JUL	U8s FEMALE	5v5	1-4PM
SUN 19 JUL	U9s MALE	5v5	1-4PM
SUN 26 JUL	U9s FEMALE	5v5	1-4PM
SUN 2 AUG	U10s MALE	5v5	1-4PM
SUN 9 AUG	U10s FEMALE	5v5	1-4PM
SUN 16 AUG	U11s MALE	5v5	1-4PM
SUN 23 AUG	U11s FEMALE	5v5	1-4PM

5v5: Max. Squad 12

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TOURNAMENTS - FORD HUB £30

	GENDER/ AGE GROUP	FORMAT	TIME
FRI 24 JUL	U7/U9s MALE	3v3 + 5v5	9AM-12.30PM
FRI 24 JUL	U7/U9s FEMALE	3v3 + 5v5	1-4.30PM
FRI 31 JUL	U16s MALE	11v11	10AM-4PM
FRI 7 AUG	U8/U10s MALE	5v5 + 7v7	9AM-12.30PM
FRI 7 AUG	U8/U10s FEMALE	5v5 + 7v7	1-4.30PM
FRI 21 AUG	U11s/U12s MALE	7v7 + 9v9	9AM-12.30PM
FRI 21 AUG	U11s/U12s FEMALE	7v7 + 9v9	1-4.30PM
SUN 5 JUL	U12s MALE AND FEMALE	9v9	1.30-5.30PM
SUN 12 JUL	U13s MALE AND FEMALE	9v9	1.30-5.30PM

9v9: Max. Squad 16 | 11v11: Max. Squad 18



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SUN 19 JUL	U14s MALE	11v11	1.30-5.30PM
SUN 26 JUL	U15s MALE	11v11	1.30-5.30PM
SUN 2 AUG	U16s FEMALE	11v11	1.30-5.30PM

BLOCK BOOKINGS

WEEKLY FOOTBALL SESSIONS



SCAN TO BOOK

MEMBERSHIP

Every visit unlocks perks and every booking supports the Foundation of Light's work across our community.

SIGN UP



Signing up is quick, simple and free. Scan the QR code.

PERKS

- 10% discount on hot drinks at Yard Nine cafe
- 10% discount on Beacon of Light merchandise
- Free sports equipment hire
- Entry into our monthly prize draw

    **BEACONOFLIGHT**

HALF-PRICE WEEKEND FOOTBALL

For a limited time, selected weekend bookings on our rooftop pitch at the Beacon of Light are available with 50% off, giving you the chance to play for less!

ENTER **SUMMERBARN26**
AT CHECKOUT

(WEEKENDS ONLY, SUBJECT TO AVAILABILITY, ONLINE BOOKINGS ONLY)



Perfect for:
Kickabouts with mates
Grassroots teams

Birthday games
Pre-season sessions
Family football

50% OFF OUTDOOR PITCHES

Discounted football this summer throughout July and August.

ENTER **SUMMER26**
AT CHECKOUT

(WEEKENDS ONLY, SUBJECT TO AVAILABILITY, ONLINE BOOKINGS ONLY)



**BEACON
OF LIGHT**

    **FoundationofLight**

FOUNDATION OF LIGHT | BEACON OF LIGHT | STADIUM PARK,
SUNDERLAND | SR5 1SN | REGISTERED CHARITY NO. 1089333

