

special report

School's out



Boredom busters

It's a time many parents dread, but there are plenty of options to divert the kids over the long summer break says **Alix Norman**

SUMMER'S finally here, bring on the cocktails and the beach trips! Unless, of course, you have children, in which case your first con-

cern may be how to entertain and amuse your restless progeny for the next 60 long days. But never fear, there are all sorts of goings on across the island which

will ensure everyone stays happy, busy and active over the holidays. Your summer is set; here's some ideas for when you need to...

...SPLASH AROUND

There are plenty of water parks which offer a whole day's amusement for the price of an oil change. Limassol has Fassouri (€17 for under 11s, €30 for 12+, €50 for a family of four) which is fairly easy to get to and features everything from Baby Bungee Swings for the littlest members of the family, white knuckle Kamikaze for fearless teens and the parent-perfect Lazy River.

Contact: 25 714235, www.fasouri-watermania.com

fasouri-watermania.com

Over in Paphos, the Aphrodite Waterpark boasts – among others - the Wet Bubble ("large air-filled bouncy balloon"), the Super Volcano ("a test of skill and endurance") and The Racer ("for the competitive spirit") at a cost of €17 for kids and €30 for over 12s.

Contact: 26 913638, [https://aphroditewaterpark.com](http://aphroditewaterpark.com)

In Ayia Napa, Waterworld is billed as 'The biggest themed waterpark in Eu-

rope'. Located just beyond Nissi, it's much of the same in terms of rides (The Fall of Icarus, Phaethon's Flume, Odyssey River), and costs €24 for kids under 12, €38 for teens and adults or between €80 and €100 for a seven-day pass.

Contact: 23 724444, <http://waterworldwaterpark.com>

In all honesty, if your family are huge fans of the waterpark, your best bet is to go for a summer membership: prices range from €60

...BE FLEXIBLE

Haris Maratheftis is a well-known clinical dietitian and qualified yoga instructor who loves working with kids, and offers a variety of classes at her home studio in Strovolos, Nicosia. There's a parent and child yoga class every Monday from 4.30 to 5.30pm (€50 per pair per month) and a two-hour cooking and yoga session on both Wednesdays (ages four to seven) and Fridays (ages eight and up) for €60 per child per month. "I love to get kids excited about health," says Haris. "Yoga is great for calming kids down, building their self-esteem and helping them to manage stress, while the healthy cooking classes" – avocado biscuits and apple muffins, yum! –



Play if you dare

With cavernous worlds and things that go bump into the night, the hot new releases tap into the psychology of horror says Ben Travis

ABOUT 15 minutes into new first-person action adventure hit Prey, lead character Morgan Yu finds a wrench next to a crumpled corpse in a flickering corridor. From that moment on players tackling Bethesda's pulse-raising game will flail that wrench towards anything that moves – and even things that don't.

That's because deserted space station Talos I is crawling with Mimics, a terrifying alien species that can hide in plain sight by disguising themselves as any inanimate object. Enter a room and

anything could sprout smoky tendrils and launch itself at you.

"One of our goals was to make the player question nearly everything," explains lead designer Ricardo Bare. "Most things in the world deserve a second look – you can't trust what you see. That spare box of shotgun ammo might transform and try to strangle you as you're reaching for it."

The game is a high-octane affair, asking players to explore extensively a ship full of things that want to kill them – but there's a scientific reason why it leaves you

wanting more. "On a very fundamental, primeval and primitive level, horror triggers our survival tendency," says Dr Michael Sinclair, consultant psychologist at City Psychology Group. "We experience anxiety to a greater or lesser extent – adrenaline pumps through our bodies, our minds race with all the possible outcomes."

This can be compulsive, says Sinclair. "We can get quite addicted to this state. When we're playing a horror game in our prefrontal cortex we know that we're safe, that there isn't actual danger. We can have our primitive cake and eat it, we can live out these feelings of triumph and accomplishment knowing we'll ultimately be fine."

This fight-or-flight response inherited from our ancestors is key to why we enjoy being scared in the things we choose to watch and play. The Mimics are responsible for much of the adrenaline rush that Prey players will experience, and their spontaneity is coded into the game. "Their behaviour is unscripted, choosing items to imitate is just part of the Mimics' systemic AI," says Bare. "They make their choices on the



On the edge of your seat: Prey and (below) its protagonist Morgan Yu

fly, and even developers have no idea what to expect. It's not like you can memorise a gameplay sequence, because if you die and reload, it might be different the next time."

The way the Mimics lurk among the everyday taps further into behaviour that's been hard-coded into us throughout our evolution. "Our ancestors found themselves in an unknown environment where anything might pose a threat – they had to be constantly second-guessing the worst," says Sinclair. "Prey taps into those primeval tendencies and puts us on high alert, which speaks to the mechanisms where we feel really alive and pumped up and tri-

umphant."

A less high-adrenaline but equally horror-fuelled game-play experience comes from Little Nightmares. Tarsier Studios' creepy platform puzzler casts players as Six, a yellow-hooded youngster navigating the nightmarish Maw, a woozy and industrial hellscape where looming, lumpy-fleshe Chefs wait to cook you into a tasty dish. Think Neil Gaiman's Coraline meets Abe's Odyssey. "What really scares the player is the sense of the unknown and the feeling of being completely lost without any clue," senior narrative designer Dave Mervik says of the game's unsettling atmosphere.

Six's diminutive stature in Little Nightmares's cavernous world is crucial to the game's unnerving quality, while the third-person perspective triggers something less self-preservational and more parental. "There's something about being child-like in a very overwhelming, scary environment," says Sinclair. "The puzzle game-play speaks to the problem-solving cognitions that may be going on with any game – which reinforces players' sense of accomplishment. Rather than being the child you're looking after them. It taps into our natural caregiving qualities – we're pro-social fundamentally, we look after and protect each other."



Get kids to learn about food and cooking

THE hospitality sector is a world of its own. It is a world where behind the scenes waiters, cooks, baristas and everyone else in between are working hard to ensure your experience at their establishment is as seamless and effortless as possible.

Perhaps, you might not even want to be a chef. You might just want to be able to better your cooking abilities because your learning curve from trial and error just doesn't seem to move up.

The Alfa Culinary & Beverage Academy offers just

that. With specialisations in cooking, sugar craft and pastry, waiter service, wine service, bartending and mixology or barista courses there is something for everyone.

Being a barista for instance is an art in itself. Participating in the 26-hour course,

teaches the importance of how to store coffee, the history of one of the most addictive hot beverages, different coffee styles and types but also latte art – those beautiful pictures of different shapes presented on a coffee – the small details that will



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make someone smile before taking their first sip. More so, that art that will make someone pause before drinking their coffee and actually want to take a picture of it because it's just so beautiful.

And speaking of an impressive presentation, ever seen those grand cakes with such beautiful decorations that seem so stunning and exquisite? Taking a 24-hour course at Alfa will teach you just how to achieve that but also walk you through all the basics making you a master at baking all kinds of sweets, desserts and pastries.

Courses are also offered for wine tasting; teaching participants within 32 hours how to recognise main styles of wine and characteristics of common grape varieties as well as good food combinations.

Lastly, there is also an opportunity to learn bartending and mixology, aiming to support bartender beginners or those seasoned in the job that want to up their game. They will learn

to mix popular cocktails but also learn to make their own while bar training and understanding syrup and juice construction, condensed into 32 hours of teaching.

This summer, kids courses are available, teaching them cooking, baking, smoothies and fruit cocktails available from July 3 to August 11 on Mondays to Fridays from 7:30am – 1:30pm at €80 per week or €290 per month. A second child will receive 10 per cent discount.

For more information, call 22 101348



Make new friends while staving off boredom

With the school year over, there are plenty of reasons for children to think about doing little over the hot and languid summer months but as many a parent will know, boredom soon creeps in and you're scratching your head thinking of how to keep young ones happy.

4 reasons to consider joining summer school:

Make new friends

Summer School is attended by students from all over the world. The result is a multicultural environment where new friendships are formed between children of many different nationalities. Many of these friendships continue after Summer School ends, being rekindled when the children meet again the following year.



Develop social skills

Summer School offers exciting learning opportunities which are fun and focus on children working together, taking part in and completing stimulating projects. With small groups, the activities allow every student the opportunity to share their ideas in a group discussion or project and to develop their confidence and social skills such as cooperation, communication and adaptability.



Recreational activities

The TLC summer school courses can combine English with activities or can simply be activity based. The weeks' activities are themed depending on the age group but all are designed to offer young people a variety of physical activities to burn off energy and stimulating problem solving to tax the brain cells but also have the chance to relax and enjoy time together with friends.

English skills

Many Summer School students join to help improve their English skills both in written and oral form. This can be combined with an activity programme or as a standalone intensive English programme.

Simply by spending fun time with English speaking fellow students helps with English speaking and understanding as well as getting the chance to practise new-found skills.

Summer School is a great experience for many reasons and there's always something to suit everyone.

At TLC Private School, Activity Programmes are run for students aged 4-15 as well as a combined English and Activity Programme. An Intensive English Programme is available for Adults.

Activity programmes emphasise the benefits of experiential learning and with TLC located in one of the most beautiful parts of the island of Cyprus, on the edge of Akamas, use of the natural environment enables it to be able to provide fun and educational opportunities outdoors.

For further information please contact 26 910 226 or visit tlccyprus.com



Summer School

at TLC Private School

Join us for 5 weeks of Fun, Action & Education

Monday 26 June - Friday 28 July 2017
9am - 1pm daily

LIMITED PLACES AVAILABLE

ACTIVITY PROGRAMME

Each programme follows a different theme per week aimed at developing skills such as; enquiry, communication, adaptability and co-operation. TLC Summer School's exciting themes include, The Wild West, Under the Sea, Survival in Nature, Time Travellers, The Inventors Workshop and much more!

4-6 Years Activities include: Educational songs and games, literacy and phonics, outdoor play, movement and exercise (including swimming), arts and crafts, maths mania and excursions.

7-15 Years Activities include: Arts and crafts, explore and discover, construction, team building games, sports, music and drama. English and maths will feature as part of the programme but will not exist as stand-alone lessons.

COMBINED ENGLISH LANGUAGE ACTIVITY PROGRAMME

50 hours of Intensive English & 50 hours activities over the five week period

Activities include: Arts and crafts, explore and discover, construction, team building games, sports including swimming, music and drama.

ADULT ENGLISH PROGRAMME

The Adult English Language Programme provides students over the age of 18 with an opportunity to develop their English language skills as part of a small group.
(11am - 1pm daily)

TLC
Summer
School

To register or for further information contact 26 910 226 or visit [www.tlccyprus.com](http://tlccyprus.com)

Facebook, Instagram, YouTube, Twitter @TLCprivateSchoolCyprus

Bank of Cyprus joins forces with Homer for summer fun

The Bank of Cyprus Cultural Foundation this year launches the Cultural Summer Academy, inaugurating in this manner its collaboration with the Summer School in Homer of the Department of Greek and Latin of University College London (UCL), University of London. The Summer Academy courses will run for one of three weeks between the July 3 and 21 (Week 1: 3-7 July; Week 2: 10-14 July; Week 3: 17-21 July). Participating in each week will be three groups of 15 members each, aged 12-14.

Exhibits from the Collection of Antiquities of the Cultural Foundation, as well as heroes from the Homeric period provide the source of inspiration and experimentation for an interactive educational experience. The children will be the protagonists of a short film which they will put together themselves through role playing, improvisation and dramatisation.

The daily programme will include creative teaching of Homeric epics in translation, creative writing based on Homeric epics and training in animation pixilation techniques. At the end of the week, each group will create its own short film on a topic inspired from Homer.

Hours: 08:00-2:30 [three two-hour courses (90 min) and two breaks (45 and 30 min)]. Participation fee: 100 euro per child (15% discount for siblings).

Analytical programme structure

Interactive activities: separated in groups, students will watch excerpts from films and plays or read translations related to Homeric epics. The aim of teaching Homer will be to familiarise children with the Homeric world and the story of the Iliad and the Odyssey, enhancing their knowledge of the plot, characters, mythology, geography and value of Homeric epics but also their awareness of the importance of Homeric epics in our lives and times, in terms of both education and entertainment. Then, the children will be asked to complete a worksheet based on such excerpts and prepare, individually and in groups, a



text on their experience. The aim of creative writing is to teach children methods of developing their creative thinking through written speech. Children, cultivating their vivid imagination, will write their own stories, interpreting Homeric epics in their own personal way. The dramatised text will provide the material of their own film, to be prepared

in the framework of an animation (pixilation) workshop featuring objects from the Museums and Collections of the Cultural Foundation.

The third part, scheduled to present a special form of animation called pixilation, will acquaint children with alternative animation techniques, asking them to discover imaginative ways of using the

The daily programme will include creative teaching of Homeric epics in translation, creative writing based on Homeric epics and training in animation pixilation techniques. At the end of the week, each group will create its own short film on a topic inspired from Homer

photographic camera.
On the conclusion of the course, the foundation may include the workshop and these films in its official websites.

Animators:

Dr Antony Makrinos, Lecturer at the Department of Greek and Latin, University College London, Director of the Summer School in Homer, UCL
Dr Kyriaki Ioannidou, philologist
Stavros Lambrakis, writer and Creative Writing coach
Electra Chrysanthou, 3d artist and animator

*Applications will be accepted between June 12 and 23.
Telephone: 22 128182*



Bank of Cyprus
Cultural Foundation



Learning is fun at ISOP summer school

THE International School of Paphos will, again, be holding its popular Summer School this year for children aged 4 to 16. There will be an Infant Programme (ages 4-5), Primary Programme (ages 6-12) and a Secondary Programme (ages 13-16). The Summer School is led by well-qualified staff who provide a safe and secure environment in which students can experience a wide range of learning activities. Some members of the team are also trained in First Aid.

The school has outstanding facilities for sport that include a swimming pool, a well-equipped Sports Hall and a wide range of indoor and outdoor courts and pitches so that staff can offer football, basketball, team games and swimming.

Central to the aims of the ISOP Summer School is the provision of opportunities for students of all cultures and backgrounds to



work in harmony together and make new friends. Tuition is in English so students, for whom English is not the first language, will have the chance to learn vo-

cabulary and practice their skills with others.

The staff ensure that the message 'learning is fun' is key to the success of the programme. The Summer School is about enabling students to enjoy an exciting and stimulating programme and to learn to work and play together.

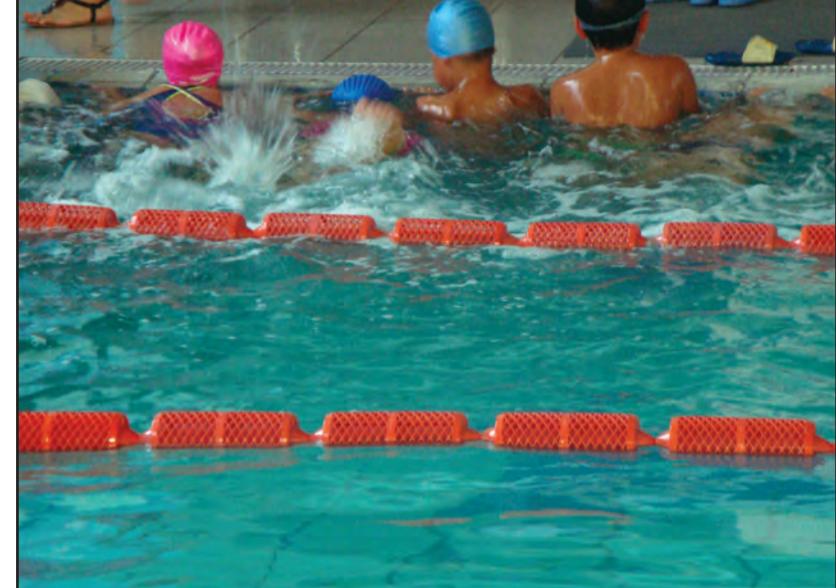
Summer School also provides a valuable opportunity for children who may be considering joining the school to gain first-hand knowledge of the school, its staff and facilities.

The school is very happy to welcome back students who have attended the Summer School for several years, often coming from as far afield as Russia and Europe and extend a warm welcome to those joining for the first time.

The International School of Paphos, founded in 1987, is a



summer school



fully recognised private school catering for children from Kindergarten to A-Level. It provides the best foundation for a quality education which encourages the achievement of the full potential of the individual child. Its well-rounded programme is delivered in an inspirational environment by well-qualified and caring teachers and support staff. While it is modelled on the English National Curriculum, the programme is especially enhanced to suit the needs of the Cypriot community as well as those of its multi-cultural student intake.

Its facilities include fully air-conditioned, spacious, well-resourced classrooms, a performing arts studio and a library, science and IT laboratories,

music rooms and art rooms, all equipped with interactive whiteboards and internet facilities. Its outstanding sports facilities include an astro-turf football pitch, basketball, volleyball and tennis courts, as well as a heated indoor swimming pool and indoor gym. The playgrounds are enhanced with artificial grass and coloured stamped concrete surfaces lending a friendly, park-like appearance to the school's spacious campus.

100 Aristotelous Savva Ave, Anavargos, P.O Box 62018, 8060 Paphos Tel: 26 821700, Fax: 26 942541, www.paphosinternationalschool.com



THE INTERNATIONAL SCHOOL OF PAPHOS PRIVATE

Summer School 2017

26th June - 28th July

- ✓ Infant Programme : 4 1/2 to 5 year olds
- ✓ Primary Programme : 6 to 12 year olds
- ✓ Secondary Programme : 13 to 16 year olds

English: Conversation / Story Telling / Writing & Role Play / Arts & Crafts
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Join the 2017 Heritage Summer School fun

THE well-established and always very popular Heritage Summer School for 3 to 15-year-olds will take place from Monday June 26 to Friday July 28 from 8am to 1.20pm, every week day.

The school is set in a stunning and easily-accessible location in the hills along the main Limassol to Troodos road, and its extensive facilities include fully air-conditioned classrooms and cafeteria, a state-of-the-art multifunction hall for indoor sports, drama and dance, and a stadium area including a FIFA Star 1 full-size football pitch, basketball, volleyball and tennis courts, cricket practice nets and running tracks.

The educationally stimulating, fun and varied pro-

gramme will take place in the Early Years Building and the Multifunction Hall. Sessions include English, Foreign Languages, Mathematics, Science, Computers, Art, Music, Drama, Sports, Games, Day Trips – and a fantastic opportunity to make new friends! The €110 per week fee includes all excursions, and the one-off €10 registration fee provides your child with a special Summer School T-shirt.

You do not need to be an existing Heritage student to join Summer School so everyone is welcome to share in this valuable and rewarding experience over the summer holidays. Flexibility allows attendance for anywhere between one and five weeks, and for con-

venience there is also an optional daily bus service organised by the school, which serves various Limassol locations.

For children who would additionally benefit from intensive one-to-one or small group teaching in specific subjects to enrich and extend learning and to help prepare for the new school year in September targeted academic lessons in English, Mathematics and other subjects are offered at an extra fee. For students taking IGCSEs, AS and A Levels, special booster classes in the Sciences, Mathematics and ICT, German Goethe-Zertifikat A1 & A2 courses, and IELTS, will be held in the Secondary School building.

In the Heritage Summer School children will remain in safe, professional care throughout, as it is run entirely by the school's own qualified and highly-experienced permanent staff.

'ASK', the school's after-school care facility for students age 3 to 7 will also continue from 1.20pm to 5pm every week day for the duration of Summer School. For more details and fees, please contact the school.

With everything it has to offer, the Heritage Summer School is THE choice in Limassol.

Registration is now also open at this thriving, top-quality and award-winning UK curriculum school for the 2017/18 academic year



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AGES
3-15

SUMMER SCHOOL
AND AFTER SCHOOL KIDS (ASK)



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Cambridge University appoints Lego professor of play

By Sam Russell

THE University of Cambridge has recruited a Lego Professor of Play following widespread interest in what was billed as a dream job role.

The successful applicant, Professor Paul Ramchandani, will lead a team examining the importance of play in education globally.

The Lego Foundation, which owns 25 per cent of the Lego business, gave the university a £4 million grant to help found its centre for research on Play in Education, Development and Learning (Pedal) in 2015.

Its research aims to ensure that "children are equipped with 21st century skills like problem-solving, team work and self-control".

The professor of play will be the head of the centre, and the grant will also help fund this post.

The average salary for a Cambridge University professor is £83,981, according to a Times Higher Education pay survey.

Prof Ramchandani currently leads the Child and Adolescent Mental Health Research Unit at Imperial College, London, and will take up his role at Pedal in January 2018.

He said: "Everyone has an opinion about what role play should have in early education and there is some wonderful research, but there are also big gaps in our knowledge."

"We need the best evidence possible in order to inform the vital decisions that are made about chil-

dren's education and development and I look forward to taking that work forward together with colleagues at Cambridge."

Researchers at the centre, based at the university's Faculty of Education, will work to devise and evaluate play-based teaching approaches.

They will also set up a long-term study looking at how children are encouraged to play at home and school and how this benefits them, and what brain processes are involved in play.

Part of Prof Ramchandani's role will involve translating research into evidence for international and national bodies as they produce policy around children's right to play.

Professor Geoff Hayward, head of the Faculty of Education at Cambridge University, said: "This is an exciting area of research which we feel will throw new light on the importance of play in early education."



Professor of play Professor Paul Ramchandani

Germs are found not only in obvious places

SCHOOL play equipment poses a potential infection hazard for young children, a study suggests.

Testing for germ 'hot spots' at two typical schools in the UK revealed high levels of bacteria in unexpected places.

Play equipment had more bugs on its surfaces than did door handles, radiators, stationary items and chairs.

At one school a 'play' dinosaur registered a contamination reading 41 times higher than that obtained from a toilet door.

Experts from pest controllers Rentokil swabbed 130 locations at an infant and primary school and tested the samples using a hi-tech microbe detector.

From the results, they produced contamination "heat maps" showing the dirtiest areas where cleansing was most needed to prevent outbreaks of infection.

"These findings may surprise many, as it is not necessarily the objects and areas they would associate with being unhygienic such as toilets, but instead items that are shared and used by multiple children which appear to be harbouring the most germs," Luke Rutherford, technical manager at Rentokil Specialist Hygiene, said.

"Play equipment and shared items such as pens and pencils, are used regularly throughout the day but rarely cleaned, providing lots of opportunity for cross contamination."

Bacterial contamination was measured as units, with the normal range falling between 200 and 500. A reading of 500 units or above is considered 'high'.

Across the two schools, the top five hot spots hosting the most bugs were play equipment, with an average of 2,857 units, door handles (985 units), radiators (743 units), stationery (675 units) and chairs (669 units).

Explore and investigate creativity at American Academy Nicosia

THE American Academy Nicosia Summer Activities Programme is designed to provide a stimulating and purposeful holiday programme for children aged three to 13, running from June 21 to July 29.

This year's programme, once again includes a wide range of activities. For young people wanting to develop their creative gifts it includes Arts & Crafts, Creative Workshops, Cooking and Baking, Music & Singing, Musical Theatre, Playdough and Sand play. Sports and adventure activities include Archery (for over 8s), Ball Games / Football, Capoeira, CrossFit, Futsal /Basketball, Hip

The programme is led by well-qualified staff and instructors, fluent in both English and Greek, providing a safe and caring environment for children

Hop Dance /Zumba, Martial Arts, Olympic Gymnastics, Volleyball/ Badminton, Indoor Rock Climbing, Park Adventures & Treasure Hunts and Outdoor Games & Contests. There are also Swimming Lessons, Water Polo and Paddling Pool Games for those

who enjoy water sports.

Activities to develop innovation and skills in technology include Board Games, Computers, Educational Robotics and Master Kids Workshops.

The school opens at 7:15am to provide supervision until 8am when the programme of activities begins. When activities are concluded at 1pm further supervision is available until 2:30pm when the Extended Day Programme begins. The programme is led by well-qualified staff and instructors, fluent in both English and Greek, providing a safe and caring environment for children.

An extended day option is also available, which runs until 5pm, helping children to think creatively, explore and investigate, improve their reading, writing and maths skills, solve problems and share learning with others through play. This year's programme also offers optional English lessons that will run daily from 8:10 to 9am at an extra fee for students starting the Primary and Secondary School in September 2016.





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Special discounts for siblings	
ACTIVITIES: SUPERVISION: 8:00 AM - 1:00 PM 7:15 AM - 8:00 AM 1:00 PM - 2:30 PM	
EXTENDED DAY PROGRAMME (Optional) 2:30 PM - 5:00 PM	
ENGLISH LESSONS (Optional) AVAILABLE FOR STUDENTS STARTING PRIMARY AND SECONDARY SCHOOL IN SEPTEMBER 2016	

The Summer Activities Programme is offered in both English and Greek language as all teachers are fluent in both languages.
The Academy is located in the heart of Nicosia.

3-5 YEARS OLD

- PARK ADVENTURE & TREASURE HUNT
- OLYMPIC GYMNASTICS
- MUSICAL THEATRE
- CREATIVE WORKSHOPS
- ARTS & CRAFTS
- PLAYDOUGH
- COMPUTERS
- HIP-HOP DANCE
- COOKING / BAKING
- STORY TIME
- EXCURSIONS
- SAND PLAY
- MUSIC & SINGING
- ZUMBA
- SWIMMING LESSONS (OPTIONAL)
- BALL GAMES / FOOTBALL
- PADDLING POOL ACTIVITIES
- OUTDOOR GAMES & CONTESTS
- ENVIRONMENTAL INVESTIGATIONS

6-13 YEARS OLD

- ORIENTEERING
- CAPOEIRA
- MASTER KIDS WORKSHOPS
- INDOOR ROCK CLIMBING
- OLYMPIC GYMNASTICS
- EDUCATIONAL ROBOTICS
- ARCHERY (OVER 8 YRS)
- PARK ADVENTURE & TREASURE HUNTS
- CREATIVE WORKSHOPS
- MUSICAL THEATRE
- COMPUTERS
- ARTS & CRAFTS
- MARTIAL ARTS
- COOKING / BAKING
- HIP HOP DANCE / ZUMBA
- SWIMMING LESSONS
- WATER POLO & POOL GAMES
- FUTSAL / BASKETBALL
- VOLLEYBALL / BADMINTON
- INDOOR GAMES / BOARD GAMES
- CROSSFIT

Summer holiday boredom busters



continued from page 17
“are a great way to give kids the knowledge and the tools to live a healthy, happy lifestyle.”

Contact: 99 720235, Facebook page ‘Kids Yoga and Cooking with Haris’

Kids Yoga in Dali is another place for youngsters to find their calmer centre. Instructor Margarita Maria Lagou offers classes for three to 14-year-olds on Monday, Tuesday, and Wednesday afternoons and Saturday mornings at a cost of €30 per month. The weekday classes last 90 minutes and include floor exercises, relaxation, meditation, playing and hammocks – or aerial yoga. “Most kids don’t even realise they’re exercising, they’re

having so much fun!” Margarita reveals. “It’s great for self-confidence and relaxation, as well as learning how to work together.”

Contact: 7000 4009, Facebook page ‘Titali Yoga Shala’

...CLIMB THE WALLS

There are several options other than the obvious! In the capital, dedicated outdoor pursuits centre One Step Further offers indoor rock climbing sessions on their 5-metre boulder wall. Open from 6.30 to 9.30pm Monday to Friday, children are welcome with adult supervision (€15 for the pair), and two or three-hour group sessions with a minimum of 10 children can be booked in advance (€5 per child). “The boulder wall



Down by the coast, the Limassol Climbing Club boasts the same thing on a larger scale: an entire basement boulder wall. Open from 6.30 to 9.30pm Monday to Friday, children are welcome with adult supervision (€15 for the pair), and two or three-hour group sessions with a minimum of 10 children can be booked in advance (€5 per child). “The boulder wall

is a good way to start climbing and get fit,” says instructor Mike Ioannou, “plus it’s great fun for every age!”

Contact: www.lccyprus.com

Up in the mountains, the high ropes course at the Sparti Adventure Park in Platres is open from Wednesdays to Sundays, at a cost of €14 to €20 per child depending on which of the six dedicated kids’ lines are being used. Special systems and equipment, and fully licensed instructors ensure you’re zipping between the trees in safety. Bring this page with you for a 10 per cent discount on any day other than Sundays.

Contact: 99 100003, www.spartipark.com

...ANSWER NATURE'S CALL

There are plenty of specialised outdoor parks and zoos to choose from. The Pafos Zoo, on the edge of the Akamas area, is open seven days a week from 9am to 6pm. (Tickets normally cost €8 per child and €16.50 for over 12s, but take this page to the zoo and you’ll get a discounted rate of €7 for kids and €13 for adults.) With more than 1,060 animals of 300 species (including lions and giraffes!) in their 100,000 metre square space, the zoo is built to international guidelines. “Animals live in an environment as close to their natural setting as possible, and many of our birds

such as peacocks, swans and guinea fowl, roam free in the ground,” explains General Manager Simon Hollie. “Each group also has an individual keeper who ensures the animals are healthy, happy and supremely well-treated at all times.”

Contact: 26 813852, www.pafoszoo.com

If you’re after a full day’s entertainment, the Mazotos Camel Park is the place to head for, and is open every day from 9am to 7pm all summer long. Offering far more than mere dromedaries, the park boasts a swimming pool, café, and all sorts of activities. Younger kids will enjoy feeding the animals, taking a pony ride, jumping around on the bouncy castle or heading for the playground, while tweens and teens will thrill to the bumper cars, mini golf course and 5D cinema. Basic entrance costs from €4; supplementary activities add to the price.

Contact: 24 991243, www.camel-park.com

...JUST ESCAPE

There are any number of Escape Rooms in which to abandon the kids for an hour or so! Limassol’s ‘Escape’ promises “an intellectually stimulating game of clues and puzzles, hidden messages and secret passages before you can escape the room” and offers six different scenarios in two dif-

ferent locations (Escape Limassol next to the Post Office and Escape Exit Factor in the Old Town). Cost is dependent on number of people, and ranges between €12 and €15 per person (take this page along for a 10 per cent discount at either location). Groups of kids aged eight and over are welcome and there are several easier rooms which are a hit with youngsters; according to Manager Constantinos Katsomallos participants are observed at all times to ensure safety.

Contact: 25 256755 www.escapecy.com

In the capital, ‘Escape the Room’ is open seven days a week, from 6.30pm during the week and all day on Saturday and Sunday throughout the summer. Tickets for each of the three different rooms cost €12, and kids without accompanying adults must be aged 14 and over.

Contact: 22 433353, www.escapetheroom.com.cy

Fox in a Box escape rooms near MacDonalds in Protaras are also open all summer, from 4.30pm seven days a week. There are four exciting scenarios (Prison, Zombie Lab, Bank and Zodiac Killer) and groups of kids aged over 12 are allowed to play alone – as long as adult consent is given. Tickets cost €17 for four people and €16 for groups of more than five.

Contact: 23 103060, <http://protaras.roomescape.com.cy>

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