

# February Half Term Holiday Programme



Monday 13th – Sunday 19th February 2012



Ferndown Leisure Centre  
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Fitness Industry Association  
Operator of the Year 2008 & 2009



Operated by DC Leisure Management on behalf of Dorset County Council

# February Half term

Monday 13th February – Sunday 19th February 2012

All activities **must** be paid for at the time of booking. Ferndown Leisure Centre accepts most major credit cards. We can accept payment over the telephone. To avoid cancellation please book early for activities & courses. The Centre reserves the right to change/cancel activities and no refunds can be given once a course has been paid for, unless the Centre cancels the course.

**Important** – Children must be signed in and out on all activities. Please only bring items that are mentioned in the 'Things to bring' section of the individual activity you wish to take part in.

Any activity including shooting, requires **parental consent** please return the form **prior to the activity date**.

**Please see below the activity description for 'things to bring'**

All of the children's activity staff are fully trained and have been selected for their quality of instructing and friendly personalities. All staff have also been CRB checked at an enhanced level so you can be sure that your children are in safe hands.

## Pool Timetable

### Monday 13th February

#### MAIN POOL

6.30 – 9.00am All Welcome + Swim Lane  
10.30 – 12.00pm All Welcome + Swim Lane  
2.30 – 3.30pm Aqua Fit + Deep Water Aqua Fit  
3.30 – 4.30pm Snorkelling & Rookies  
7.30 – 9.00pm All Welcome + Swim Lane  
9.00 – 10.00pm 'Master's Swim Coaching'

#### TEACHING POOL

9.30 – 10.30am Adult & Child Session  
10.30 – 1.00pm Family Swim  
2.30 – 3.15pm Under 5 session  
7.30 – 8.30pm Family Swim

### Tuesday 14th February

#### MAIN POOL

6.30 – 9.00am All Welcome + Swim Lane  
10.30 – 11.10am Disabled Swimming  
12.00 – 1.00pm All Welcome + Swim Lane (Activity children included)  
2.30 – 4.00pm Flippas-n-Fins  
6.35 – 7.30pm All Welcome  
6.35 – 7.30pm Coached Fitness Session  
7.30 – 8.30pm All Welcome + Swim Lane  
8.30 – 10.00pm Adult Lane Swimming

#### TEACHING POOL

10.45 – 12.00pm Disabled  
12.00 – 1.00pm Family Swim  
6.35 – 8.30pm Family Swim

### Wednesday 15th February

#### MAIN POOL

6.30 – 7.30 am 'Master's Swim Coaching'  
7.30 – 9.00am All Welcome + Swim Lane  
10.40 – 11.10am Aqua Fit 50+  
11.15 – 1.00pm All Welcome + Swim Lane (Activity children included)  
2.30 – 3.15pm Junior Aqua Fit  
3.15 – 4.00pm Junior Water Polo Taster

#### TEACHING POOL

10.40 – 1.00pm Under 5 Session

### Thursday 16th February

#### MAIN POOL

6.30 – 7.30am 'Master's Swim Coaching'  
7.30 – 9.00am All Welcome + Swim Lane  
11.15 – 1.00pm All Welcome + Swim Lane (Activity children included)  
2.30 – 3.30pm Aqua Fit  
6.30 – 7.30pm Aqua Fit + Deep Water Aqua Fit  
7.30 – 8.30pm All Welcome  
7.30 – 8.30pm Coached Fitness Swimming  
8.30 – 9.30pm Adult Lane Swimming

#### TEACHING POOL

11.15 – 1.00pm Family Swim  
2.30 – 3.15pm Under 5 Session  
6.30 – 8.30pm Family Swim

### Friday 17th February

#### MAIN POOL

6.30 – 9.00am	All Welcome + Swim Lane
11.15 – 1.00pm	Fun Session + Swim Lane
6.30 – 7.30pm	Adult & Junior Swim Coaching
7.30 – 8.30pm	All Welcome + Swim Lane

#### TEACHING POOL

10.30 – 11.15am	Under 5 Session
11.15 – 1.00pm	Fun Session
2.30 – 3.30pm	Adult & Child Session
6.30 – 8.30pm	Family Swim

### Saturday 18th February

#### MAIN POOL

10.30 – 11.30am	50+ Swimming
11.30 – 1.00pm	All Welcome + Swim Lane
2.00 – 4.15pm	Fun Session with Swim Lane
4.15 – 5.00pm	Family Swim + Swim Lane

#### TEACHING POOL

10.30 – 11.30am	Adult & Child Session
11.30 – 1.00pm	Family Swim
2.00 – 4.15pm	Fun Session
4.15 – 5.00pm	Family Swim

### Sunday 19th February

#### MAIN POOL

8.15 – 9.15am	Aqua Fit
9.15 – 11.00am	All Welcome + Swim Lane
11.00 – 12.00pm	Disabled Swimming
2.00 – 3.30pm	Fun Session with Swim Lane
3.30 – 5.00pm	All Welcome + Swim Lane
5.00 – 6.00pm	Adult Learn to Swim

#### TEACHING POOL

9.15 – 11.00am	Family Swim
11.00 – 12.00pm	Disabled Swimming
2.00 – 3.30pm	Fun Session
3.30 – 5.00pm	Family Swim
5.00 – 6.00pm	Adult learn to swim



### Supervision Ratios

Children under 8 must be supervised in the water and changing rooms by a parent or adult 18+  
**A maximum of 3 children under 8 is permitted per parent/adult**

### Help us to keep the pool clean:

Go to the toilet, have a shower and wash your feet before swimming.

### Swim Lanes

A Swim Lane may be put in during busy sessions by request. All swimmers are welcome to use the lane regardless of ability

# Wetside Activities

## National Pool Lifeguard Qualification

Course must be booked in advance – maximum of 12 candidates.

With this new and improved Qualification, not only will you become a fully trained lifeguard, you will also get qualified in using the defibrillator and cover emergency first aid at work. These qualifications are nationally recognised and comprise practical and theoretical lifesaving skills.

Candidates Must have good hearing and sight be able to swim 100m on the front and back without stopping, using a competent breast stroke and front crawl. And be able to reach the bottom of the pool at the deep end (2m).

Course: Sunday 12th – Friday 17th February  
Time: Sun 12 – 5.00pm & Mon – Fri 8.00am – 6.00pm. Exam starts 1.30pm Friday

Age: 16+  
Cost: Members £250 including qualifications and certifications!)

Things to bring: Swim wear, shorts, t-shirt, whistle and packed lunch.

## Children Intensive Swim Lessons

Days: Monday 13th – Friday 17th February

Time: 8.30 – 9.00am Pre-School Stage 1  
9.00 – 9.30am Pre-School Stage 2

Cost: Members £21.75  
Non Members £24.75

Things to bring: Swimming kit

Please register your name at Reception if there are any other classes that you have interest in.

## Snorkelling – The Reef Explorers!

In this snorkelling session you will be shown how to use a snorkel, mask and flippers under the guidance of our qualified instructor. Swimmers **must** be able to swim 50 metres with ease, be confident in deep water and be happy swimming underwater

Day: Monday 13th February  
Time: 3.30 – 4.30pm  
Age: 8yrs - Adult  
Cost: £4.00

Things to bring: Swimming Kit. And we provide snorkel, mask and flippers, but you are welcome to bring your own.

## Rookies (lifesaving)

Rookies is great fun whilst also being informative, rewarding and useful. The programme is aimed at the 8+ who can swim 50metres with ease. This session aims to teach lifesaving skills, increase swim competence, develop water survival, teamwork, initiative and basic life support (resuscitation).

Day: Monday 13th February

Time: 3.30 – 5.30pm

Age: 8+

Cost: Members £5  
Non Members £6

Things to bring: Swimming kit, t-shirt, shorts, drink.

## Flippas-n-Fins

In this Discover Scuba Diving experience you'll learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world.

Under close supervision with qualified instructors you will be able to learn how to dive in shallow water and most of all have fun. The program includes theory and practical aspects and medical exemptions may apply.

Day: Tuesday 14th February

Time: 1.30 – 4.00pm

Ages: 8yrs - Adult

Cost: £25.00

Things to bring: Swimming Kit, shorts & t-shirt

## Junior Aqua Fit

An exciting, fun and all over body workout based in the water. Tones and shapes up the whole body whilst working against the water's resistance.

Come and try this water workout today!

Day: Wednesday 15th February

Time: 2.30 – 3.15pm

Ages: 8+

Cost: £4.00

Things to bring: Swimming Kit





### Junior Water Polo

Jump in and join us for this taster into the world of water polo. You will be able to learn new moves, techniques and skills that will put you a cut above the rest.

Day: Wednesday 15th February  
Time: 3.15 – 4.00pm  
Ages: 8+  
Cost: £4.00  
Things to bring: Swimming Kit

### ASA Level 1 Award in Teaching Aquatics

Days: Monday 13th – Friday 17th February  
Time: 8.30am – 6.30pm  
Age: 16+  
Cost: £395.00

This course leads to a vocational qualification designed to provide you with an introduction to the knowledge, skills and understanding of the safe and ethical principles for effective teaching practices in aquatics.

As an aspiring teacher this qualification will equip you with the knowledge and tools to actively support a more senior qualified, experienced teacher of aquatics, at any level, in the delivery of a pre-prepared session.

This qualification is endorsed by UKCC and sits on the Qualifications and Credit Framework (QCF)

If you are successful in obtaining this qualification, you are eligible to seek supporting teacher roles through employment or volunteering opportunities. You should look to develop your learning and knowledge of this discipline by working with other more senior qualified experienced teachers.

**All bookings to be made through the IoS Online - [www.theiosonline.com](http://www.theiosonline.com)**



# The Little Ones (Under 8's)

All Activities must be booked in advance.  
Maximum of 16 places available.  
Things to bring (unless otherwise stated): Snack and a drink (Please bring drinks in a sports cap bottle to avoid spillage).

## Drop In's

Booking is essential.  
Fancy a workout, but can't because of the children? Well drop them off with our friendly staff who will keep them entertained with fun & games whilst you have your session in the gym or at a class for as little or as long as you want!

Day: Mon 13th, Tues 14th, Wed 15th, Thurs 16th & Friday 17th October  
Time: 9.00 – 11.00am  
Age: 4 – 7 yrs  
Cost: Members £2.00  
Non Members £2.50

## Striker

Encouraging boys and girls to participate and learn new skills, drills and techniques. There will be penalty shootouts, fun football games and much more in this enjoyable session.

Day: Monday 13th February  
Time: 9.30am – 11.30am  
Age: 4 – 7 yrs  
Cost: Members £4.60  
Non Members £5.60

## Gymnastics

The beginners guide to learning the basic moves in Gymnastics. Learn how to tumble, perform handstands, movements on the horse, beam and floor work, all with our Qualified Coach.

Day: Tuesday 14th February  
Time: 10.00am – 12pm  
Age: 4 – 7 yrs  
Cost: Members £5.50  
Non Members £6.50

## Play Workshops

Come and enjoy some bouncing on the castle and tumbling through bricks and pieces of soft play. This exciting morning will also include some traditional party games to help develop social and individual skills.

Day: Wednesday 15th & Friday 17th February  
Time: 9.30am – 11.30am  
Age: 9months – 6yrs  
Cost: Members £4.60 per session  
Non Members £5.60 per session

## Mini Olympic Sports Stars

All the sports stars of today had a beginning, follow in their footsteps learning and developing your Olympic sport skills and co-ordination with a range of different activities and fun games.

Day: Thursday 16th February  
Time: 9.30am – 11.30am  
Age: 4-7 years  
Cost: Members £4.60  
Non Members £5.60

# The Biggies (Over 8's)

All Activities must be booked in advance.  
Limited places available.

Things to bring (unless otherwise stated): Swim kit, packed lunch and a drink (Please bring drinks in a sports cap bottle to avoid spillage).

## Survival Challenge and Shooting with Fun Swim

An eventful day filled with forest crafts, including the amazing challenge of building the best den. Then you will learn how to shoot a .177 Air Rifle in a safe environment with our qualified instructor and compete against one another in a Shooting competition.

Day: Monday 13th February  
Time: 8.30am – 5pm  
Age: 8+ yrs  
Cost: Members £13.30  
Non Members £15.30

Things to bring: Suitable clothing for outdoor use (tops with long sleeves) & a signed consent form

## Table Tennis Club

Come along with friends to our Table Tennis morning, where you can practice your ball skills and put these into full games & tournaments.

Day: Tuesday 14th February  
Time: 9.30am – 12.30pm  
Age: 8+ yrs  
Cost: Members £4.00  
Non Members £5.00

# The Biggies (Over 8's)

## Gymnastics

The beginners guide to learning the basic moves in Gymnastics. Learn how to tumble, perform handstands, movements on the horse, beam and floor work, all with our Qualified Coach.

Day: Tuesday 14th February  
Time: 1.00 – 5pm  
Age: 8yrs+  
Cost: Members £6.90  
Non Members £8.40

## Badminton Camp with Swim

Learn new techniques and improve your game with a qualified coach. There will be structured activities and organized games in this fun day as well as a fun session in the pool. All abilities welcome!

Day: Wednesday 15th February  
Time: 8:30am – 5pm  
Age: 8yrs+  
Cost: Members £13.30  
Non Members £15.30



## Shooting & Archery Workshop with Swim

Learn how to shoot a .177 Air Rifle in a safe environment with our qualified instructor and then compete against one another in a Shooting Competition. You will then have the opportunity to have some time in the pool with your friends. In the afternoon you will learn how to handle the bow and arrow, and challenge each other to see who is the next 'Robin Hood'!

Day: Thursday 16th February  
Time: 8.30am – 5pm  
Age: 8yrs+  
Cost: Members £13.30  
Non Members £15.30

Things to bring: A signed consent form.

## Dance Mat Challenge

Come on your own or with friends or family and fight for your right to clear the dance floor and bust a move!!!

Day: Thursday 16th February  
Time: 1.30 – 5.30pm  
Cost: £3.00 per person or £10.00 per family (2 adults/2 children or 1 adult/3 children)

**Under 8's NOT accompanied by an adult can only stay for 2 hours maximum**

## Sporting Fun with Swim

An exciting day packed with different sports, games and activities. Favorites include dodge ball, cricket, basketball, football, swimming and much more!

Day: Friday 17th February  
Time: 8.30am – 5pm  
Age: 8yrs+  
Cost: Members £13.30  
Non Members £15.30

## National Standard Cycling Level 1 and 2

Book early to guarantee your place National Standard Cycling Level 1 and 2 will help to ensure your safety whilst cycling.

Level 1:

- Understand & carry out essential bike checks
  - Setting your bike up for a correct fit
  - Cycling confidence
  - Good bike handling
  - Basic Safety
  - Bike manoeuvres
- Cost: £15.00

Level 2:

- On the road teaching
  - Practical experience
  - Learning the Highway Code
- Cost: £25.00

Things to bring: A roadworthy bike (that is of correct size for the child), a cycle helmet and a drink.

Day(s): Mon 13th & Tues 14th February  
Time: 9.30 – 11.30am  
Age: 7+ years

Day(s): Weds 15th, Thurs 16th & Fri 17th February  
Time: 9.30 – 11.30am  
Age: 8+ years

## Junior Leisure Passes

Booking is essential. Sign up and join in with the new exclusive passes that include a gym workout (inductions must be completed before hand!), an abs class or spin session, swim session and a badminton/squash or table tennis court. (Schedule to be written in advance before the session)

Day: Tuesday 14th & Thursday 16th February  
Time: 10.00 am – 1.00pm  
Age: 11-15 years  
Cost: £5.00 per day



# Junior Kinetika Membership

## Junior Kinetika Membership entitles you to:

- Free Unlimited Swimming in Public Sessions
- Free gym sessions (11-15yrs)
- Free racket sports daytime and weekends – subject to availability
- Free Active 4 Sport, Badminton coaching and Expressive Dance Course
- Reductions on Junior Squash, Bike Club, Coached Swim Sessions, Rookies and Holiday Activities
- Reductions on the National Cycling 1,2 & 3 Programme – see Bikeability leaflet for details

Sign Up Your Junior Today  
To Have Fun and Get Fit!

All this for

**£14.99 a month**

or

**12 months for the price of 10  
by paying annually £149.99**

Are you aged 16 or 17  
and in full time education.....

Then why not sign up for a  
**Youth Kinetika Membership**

**ALL the Benefits of an adult membership but at a GREAT price**

**FOR ONLY £19.99 per month (by direct debit)**

or

**12 months for the price of 10 by paying  
annually at £199.99**

(Both are subject to a £25.00 Joining Fee)

**FERNDOWN**  
LEISURE CENTRE

Ferndown Leisure Centre

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