



Children's Summer Activities



July/August 2010



Alton Sports Centre
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DC LEISURE 
Fitness Industry Association
Operator of the Year 2008 & 2009


sports
centre
Alton

EAST HAMPSHIRE

Partners

Operated by East Hampshire Leisure Community Association in partnership with East Hants District Council.

Summer Holidays 2010

Mon	26th July Football Skillz camp Crash swim Judo Messy morning Jnr Art&Craft	2nd August Judo Crash Swim	9th August Football skillz camp Rookie lifeguard Crash swim Diving Messy morning Jnr Art&Craft	16th August Messy morning Jnr Art&Craft	23rd August Football skillz camp
Tues	27th July Trampoline Crash Swim Football skillz camp Messy morning Judo Jnr Art&Craft Teen fight fit 11-16yrs	3rd August Trampoline Crash swim Judo Teen fight fit 11-16yrs	10th August Football skillz camp Trampoline Messy morning Jnr Art & Craft Crash swim Diving Rookie lifeguard Teen fight fit 11-16yrs	17th August Messy morning Jnr Art & Craft Trampoline Teen fight fit 11-16yrs	24th August Trampoline Football Skilz camp Teen fight fit 11-16yrs
Wed	28th July Tots tramp Crash swim Tennis Mini Tennis Judo Teen spin 11-16yrs	4th August Diving Tots tramp Crash swim Judo Badminton Teen spin 11-16yrs	11th August Diving Crash swim Tennis Mini Tennis Rookie lifeguard Tots Tramp Teen spin 11-16yrs	18th August Diving Badminton Teen spin 11-16yrs	25th August Badminton Teen spin 11-16yrs
Thurs	29th July Trampoline Judo Crash swim	5th August Trampoline Judo Crash Swim	12th August Trampoline Rookie lifeguard Crash Swim Diving	19th August Trampoline	26th August Trampoline
Fri	30th July Table tennis Street dance Ballet Crash Swim Judo	6th August Crash swim Street dance Ballet Distance swim Judo Table tennis	13th August Crash swim Distance swim Rookie lifeguard Diving Swim Clinic	20th August Table tennis Distance swim Swim clinic	27th August Street dance Ballet Table tennis

Book any dryside course before July 26th and receive 50% off a sibling booking when booked on the same course.

Pre-School (Age 3yrs-5yrs)

Toys Trampoline

10.00am-10.20am £3.50

10.20am-10.40am

10.40am-11.00am

A fun Introduction into trampolining for Parents/ Carers and children, teaching your child the basic skills and safety.

Ballet

1.30pm-2.00pm £3.50

A fun introduction into ballet using songs and games, with Emily Golburn, a qualified dance teacher from the Vanessa Golburn School of dance.

Messy Morning

10.00am-10.45am £4.50

A fun session of painting, sticking and creative creations.

Mini Tennis

2.00pm-2.45pm £4.50

A fun lesson learning to serve, return and take part in short matches

Junior (Age 5yrs+)

Jnr Art & Craft

11.15-12.15pm £5.00

An opportunity to show off your artistic skills in painting, designing, clay modelling etc. All materials supplied.

Trampoline

10.30am-11.30am £5.50

11.30am-12.30pm £5.50

12.30pm-1.30pm £5.50

These sessions are designed to help your child gain confidence and improve their skills on the trampoline. Beginner sessions cover badge level 3-5, Beginner plus sessions cover badge level 6-8 and Intermediate sessions cover level 9-10.

Crash Swim

9.00am-9.30am 9.30am-10.00am 10.00am-10.30am £25.00

These courses take place in our learner pool and are ideally aimed at non-swimmers and those wishing to gain confidence in the water.

Teen Spin

7.00pm-7.30pm £4.00

A great 20 minute group cycling workout. Music and fun for all abilities

Tennis

3.00pm-4.00pm £5.00

A fun lesson learning to serve, return and take part in short matches.

Street Dance

2.15pm-3pm 3.15pm-4.00pm £4.50

An exciting, energising class where you can express yourself through dance and keep fit whilst having fun.

Distance swim

10.15am-11.15am £5.00

An opportunity to improve and gain awards in 100m plus.

Table Tennis

2.00pm-3.00pm & 3.15pm-4.15pm £5.50

An opportunity to be coached by a qualified table tennis coach level 2 and learn how to spin and return.

Taken by the GB U15 Coach.

Diving

10.15am-11.00am £4.50

Learn how to make that perfect entrance into the water. (you must be at least a Swim level 3 and confident to jump into the diving pool).

Rookie lifeguard

10.00am-11.30am (except 12/8 – 11.00am-12.30) £25.00

An excellent opportunity to learn life saving skills including resuscitation techniques to achieve a certificate and badge at level-Bronze award.

All sessions are taken by a fully qualified Instructor.

Swim Clinic

11.15am-12.00pm £4.50

An opportunity to improve and concentrate directly on your Breaststroke, Front crawl, Backstroke or Butterfly.

Football Skillz

10.00am-2.00pm 12.00pm-2.00pm £20.00

Enjoy playing football? why not try our Skillz Skool, with fully qualified FA coaches.

Learn how to control the ball with your chest, head and feet, take a penalty and make that perfect pass.

Judo

1.00pm-1.45pm £20.00

A chance to experience this martial art and help boost your child's confidence, focus and control.

Badminton

10.00am-11.00am 11.00am-12.00pm £3.50

An opportunity to learn the basic and new techniques to improve your game and make new friends.



Learn to Swim

We aim to provide high quality and accessible swimming lessons in a safe and enjoyable environment.

Group and individual lessons available.
Working to the ASA's National Teaching Plan.

Gold medallists have to start somewhere!

Ask reception now for further information on our lesson programme.



In partnership with



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