

# Children's Half Term Holiday Activities



13th - 17th February 2012



Braintree  
Leisure Centre  
01376 552585

Braintree  
Swimming Centre  
01376 333833

Notley  
Sports Centre  
01376 323873

Family Offer –  
Buy 2 and get  
3rd "half price"

# Braintree Leisure Centre

## Day Camps

Day camps are registered with Ofsted and designed for 5 – 12 year olds. All sessions are supervised by trained and energetic staff. A variety of sports, crafts and activities are available for children to enjoy. Each Day Camp provides a main activity for both the morning and afternoon sessions and on most days a smaller sub activity to run before or after the main activity. On some sessions the main activity may run throughout the whole day.

## Day Camp Prices

Full day 8.30am – 5.30pm – £19.95

Half day 8.30am – 1.00pm – £11.55

Half day 1.00pm – 5.30pm – £11.55

\* Extra £2.50 charge

\*\* Extra £1.75 charge

## Special Deals

There is a 20% discount for all bookings paid for by 12th February 2012 (February Half Term)

**Family Offer** – Buy 2 and get 3rd "Half Price"

When booking for three siblings, pay for two at full price and the third for ONLY Half Price#

## February Half Term Holiday

	08.30 – 13.00		13.00-17.30	
	Main Activity	Sub Activity	Main Activity	Sub Activity
<b>Monday</b> 13/02/2012	Bouncy Castle Games	Badminton	Balls, Bunkers & Barricades	
<b>Tuesday</b> 14/02/2012	Pizza Making**		Gladiators	
<b>Wednesday</b> 15/02/2012	Short Tennis	Craft	Movie Munchers	
<b>Thursday</b> 16/02/2012	Treasure Hunt	Parachute games	Zed Bugs	
<b>Friday</b> 17/02/2012	Basketball	Are you smarter than the day camp coaches	Trampolining*	Dodgeball

### Activity description

**Badminton** – learning the basic skills and rules required to be able to play and enjoy this very popular sport.

**Balls, Bunkers & Barricades** – a fast, fun exciting game that can be enjoyed by all, a Day Camp favourite.

**Pizza Making** – design and make your pizza just the way you like it.

**Gladiators** – BLC's insight on the TV programme using soft play equipment.

**Movie Munchers** – An enjoyable afternoon relaxing watching a DVD with some treats.

**Zed Bugs** – a BLC favourite! Complete a crazy circuit whilst being pushed around on a super sprinter.

**Basketball** – are you a top shooter? See how many baskets you can dunk.

**Trampolining** – learn new moves and practice your techniques with our fully qualified instructor.

**Dodgeball** – a fun and exciting fast moving game.

**Are you smarter than the day camp coaches** – Challenge the Day Camp coaches to a round of general knowledge questions and see who is victorious.

#Special offers cannot be used in conjunction with any other offer

# Activities

## FUN SESSIONS

Whether you are pumping iron in our gym, or pushing to the max on an aerobics class, or just wish to spend a couple of care free hours on our athletics track, our Fun Sessions are ideal. Fun Sessions are action packed, with a supervised bouncy castle, rackets and ball games available, team games and even a craft table for any budding Picasso's. Sessions start at 9.25am and finish at 11.35am and run alongside our Day Camps. All sessions are fully supervised with qualified energetic staff. Fun Sessions are designed for 5 to 12 year olds. Prices range from £1.50 for a one hour session to £2.50 for two hours. All children must be registered at reception. Please note that this activity requires the parent to be on site at all times whilst the child is participating in this activity.

## TRAMPOLINE BEGINNERS COURSE

Monday 13th February to Friday 17th February 2012 (9.15am - 10.15am)

A 5 day structured course for beginners lead by a fully qualified instructor. This course is exciting, interesting and within a safe environment in which children can learn. Course numbers are limited so to avoid disappointment please book early. Call us on **01376 552585**

Course cost: £27.50

Course pre-requisites:

- Designed for children aged 3 to 6 years of age
- Children **MUST** wear long sleeve tops
- Socks **MUST** be worn at all times whilst on the trampolines.

## TRAMPOLINE INTERMEDIATE COURSE

Monday 13th February to Friday 17th February 2012 (10.30am – 11.30am)

For those children wishing to progress, learning new moves, routines and perfecting all the basic moves learnt on the beginner's course. Plenty to learn and take away from this course, but always with an element of fun. Again this is a popular course and numbers are limited, to book call us on **01376 552585**.

Course cost: £27.50

Courses pre-requisites:

- Designed for children aged 6 to 10 years of age
- Children **MUST** wear long sleeve tops
- Socks **MUST** be worn at all times whilst on the trampolines.

## BUZZY BEES CRECHE

Our Crèche provides an excellent environment, within our OFSTED registered area for your little one's to play. The Crèche is a secure area, which is supervised at all times by our experienced carers. All centre users are very welcome, whether you are a member or casual user, the only stipulation is your child must be between 3 months and 4 years old to participate. To avoid disappointment we suggest that all sessions be pre-booked at Reception to ensure that your child has their place. This can either be achieved by visiting the centre or by contacting reception on 01376 – 552585 and reserving your place over the phone. Please note that sessions may not be booked more than one week in advance. Buzzy Bees Crèche is open Monday to Friday and coincides with our morning aerobic sessions.

We provide two sessions:

9.25am to 10.35am

10.35am to 11.45am

Places permitting both sessions can be booked.

Session prices are:

£2.85 for one hour

£3.65 for 1½ hours

£4.75 for two hours

Vouchers may also be purchased for £22.90 for a book of 10 vouchers, providing a healthy saving of £5.60. A lift is also available for easy access to the first floor, with toilet and changing facilities also available on the same level. Buzzy Bees has a wide selection of clean toys for the children to play with, combined with art sessions (depending upon the age of the child) to produce basic pictures and craft. The parent or guardian is required to remain on site at all times whilst their child is in our crèche facility.



# How To Book Terms & Conditions

The sessions are booked on a first come, first served basis. Book early to avoid disappointment.

## Payment

Payment must be made at the time of booking and will be accepted either in person or over the telephone (Debit/Credit card payments). Cheques should be made payable to Braintree Leisure Centre.

Any discounts only apply to standard Day Camp rates. Additional costs for specialist activities will not be at a discounted rate.

## Refunds

Once payment has been accepted, we regret that refunds cannot be made unless there are exceptional circumstances, or the Leisure Centre cancels the course.

All correspondence should be addressed to:

The Manager, Braintree Leisure Centre, Panfield Lane, Braintree, Essex, CM7 1FF

## Late Collections

Please be aware that an extra fee will be charged for those who are late picking up their child(ren).

## Please Note

Dates and times are correct at the date of going to press. The Leisure Centre will inform customers of any change where possible. We reserve the right to alter charges, availability of facilities and so cancel classes/courses/activities etc. without notice.

## Registration

You must complete/update a Medical/Booking form and inform us of any special requirements on the day e.g., Medication/Collection. All children must be booked in and out of the Leisure Centre by an adult.

## Important

Children will have 4 breaks during the Sports Day Camps (excluding lunch). Water will be provided and the vending machines are available

## Clothing

Loose sportswear, i.e. T-shirt, shorts and trainers are ideal for energetic sessions. Old clothes are also advisable especially during craft and painting sessions. We accept no responsibility for the loss or damage of any personal articles.

Sports Day Camps which state they may or will be taking place outside are subject to change depending on the weather (\*\* Outside sessions).

It is also advisable that on these Sports Day Camps & Short Courses that adequate protection from the sun is brought in for the child (i.e. sun block & a hat.)

## Food

Following changes in legislation from Ofsted it is essential for any packed lunches to be stored safely. When packing your child/ren's lunch boxes please either add a freezer block or only pack non perishable items.

## BAR FUNCTIONS & PARTIES

Braintree bar and catering facilities are truly geared to cater for all functions, from 30th birthdays to wedding anniversaries, presentation nights to wedding receptions, we will consider all (with the exception of 18th birthdays). We offer a well stocked licensed bar, three versatile areas which can be adjusted to meet the size and

needs of your function and independent toilet facilities. We have a dance floor and the area has a lift near by for both public assistance and for moving disco equipment. Booking prices are very competitive and buffets/food can be provided if required.

**Further information can be provided on by telephoning 01376 – 552585.**

# Notley Sports Centre

## Feb Half Term Holiday Information

### Half Term Cool Kids Sessions

Monday - Friday 10.00am – 12.00pm

All sessions are fully supervised by trained staff. Sessions are Fun, energetic and enjoyable for all with a wide range of staff led activities.

All sessions may include: Bouncy Castle, Football, Cricket, soft play equipment as well as activity listed below:

Day	10.00am – 12.00noon
Monday	Badminton
Tuesday	Messy Play
Wednesday	Arts & Crafts
Thursday	Mini Go Karts
Friday	Half Term Party

### Special Cool Kids Price:

£ 3.50 per two hour session. Places are limited; Places must be booked in advance

### Parachute Games:

The children will learn and experience challenging activity involving mind and co-ordination in a fun activity

### Arts & Crafts:

Each week a difference theme. This may include Mask making, drawing, face painting, drawing

### Football Skills:

The child will learn football skills and take part in the big match and have a penalty shoot out.



### Friday Party:

Half Term party with Fun & Games and Bouncy Castle

### Bats & Balls

The children will experience activities involving bats, rackets and balls

### Messy Play:

Have lots of fun making a mess with Paint, corn flour, shaving foam, potato printing and marble paint



## Children's Birthday Parties

School Holiday afternoons and weekends:

**Hold your child's birthday party at Notley Sports Centre**

You will receive 50 mins in the Sports Hall with the fun equipment and 40 mins in the party area afterwards. You will need to provide your own food / drink.

## Half Term Holiday Special offer prices

**Special Offer Monday – Friday  
Afternoon price of £50 per party**

Sat & Sunday prices from £63.60 per party



## Centre Opening Times

Monday – Friday

10.00am – 4.00pm & 6pm – 10.30pm

Sat & Sun 9.00am – 6.00pm

**Tel 01376 323873**

**[www.notleysportscentre.co.uk](http://www.notleysportscentre.co.uk)**



# Children's Parties

Aqua Splash  
Aqua Challenge



Tots Tea Party  
Under 4's Party



Mega  
Bounce



Hot  
Shots



Let us take the strain whilst you  
enjoy your child's birthday party!

Contact your local centre for more details. For swimming parties normal admissions policy applies.

## Multi-function Room

Fully equipped facility including; kitchen facilities and separate washroom.

Available 7 days a week. Competitive prices. Contact Reception for availability and bookings



## Meeting/Seminar Room

Are you looking for somewhere to hold your meetings or seminars? Our facility offers full conference facilities with easy access from the A120 and railway links. This room is fully air conditioned. Contact the centre for further details.

### SWIMATHON 2012

Are you ready to take on the swim of your life? Join thousands of others throughout the UK and swim together for Marie Curie Cancer Care or Sport Relief.

A warm welcome, plenty of encouragement and a massive sense of achievement awaits you.

**SIGN UP TODAY**  
visit [www.swimathon.org](http://www.swimathon.org)

Visit our shop in reception where we have a wide range of Zoggs swimming products.

Floats, Toys,  
Swimsuits, Goggles  
& Swim Shorts

**ZOGGS**<sup>®</sup>

# AQUA JOG

## HIGH INTENSITY WORKOUT AT BRAINTREE SWIMMING CENTRE

A very high intensity workout, great for losing body fat, increasing muscular endurance and toning up. This is ideal for sportsmen/ sportswomen returning from lower limb injuries as the pool provides a non weight bearing exercise, which allows athletes to perform to a very high level with no irritation to their previous injury.

Day	Time
Wednesday	7.15am-7.45am
Wednesday	7.00pm-7.30pm
Friday	7.15am-7.45am

As the intensity of this class is so high, 30 minutes is more than sufficient for a beneficial workout. For more information please visit reception or call 01376 333833.

### **SPECIAL OFFER! Bring a friend for free**

Aqua Jog Wednesday 7.15am-7.45am only

Log onto '[www.splashpath.com/swimmingoffers/new](http://www.splashpath.com/swimmingoffers/new)', type 'Braintree' into the location box, then click on 'Braintree Swimming Centre'. Then select which special offer Free Voucher you require, Fill out the form to redeem your voucher. Print your voucher off and bring with you to the centre. Terms and conditions apply.

# The Big Splash Timetable

Monday		Lanes	Pool				
		Available					
6.00am-7.15am	Adult Lane Swim	4	MP	12.00pm-1.30pm	All Welcome + Lane Swim	5	MP
7.15am-9.00am	All Welcome + Lane Swim	8	MP	12.15pm-1.00pm	Big Splash Gentle Water	3	MP
9.00am-11.00am	All Welcome + Lane Swim	5	MP		Aerobics Shallow		
9.15am-10.00am	Big Splash Water Aerobics Shallow	3	MP	1.30pm-2.30pm	All Welcome + Lane Swim	3	MP
11.00am-12.00pm	Mobility session	8	MP	2.30pm-4.00pm	50+ Session	8	MP
12.00pm-2.00pm	All Welcome + Lane Swim	8	MP	4.00pm-5.00pm	All Welcome + Lane Swim	3	MP
2.00pm-3.30pm	Fun Session	6	MP	5.00pm-6.00pm	All Welcome	2	MP
2.00pm-3.30pm	Lane Swim	2	MP	8.30pm-10.00pm	All Welcome	5	MP
3.30pm-9.00pm	All Welcome + Lane Swim	3	MP	9.30am-12.30pm	All Welcome	*	LW
8.00pm-8.45pm	Big Splash Water Aerobics Shallow	5	MP	12.30pm-3.30pm	All Welcome	#	LW
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW	3.30pm-6.30pm	All Welcome	*	LW
11.30am-2.00pm	All Welcome	*	LW				
2.00pm-3.30pm	All Welcome (Floats & Toys)	#	LW	<b>Friday</b>			
3.30pm-6.30pm	All Welcome	*	LW	6.00am-9.00am	Adult Lane Swim	8	MP
				9.00am-1.45pm	All Welcome + Lane Swim	8	MP
<b>Tuesday</b>				2.00pm-3.30pm	Fun Session	8	MP
6.00am-7.15am	Adult Lane Swim	5	MP	3.30pm-8.00pm	All Welcome + Lane Swim	3	MP
7.15am-2.00pm	All Welcome + Lane Swim	8	MP	8.00pm-8.45pm	Big Splash Water Aerobics Deep	4	MP
2.00pm-4.00pm	50+ Session	8	MP	8.00pm-9.00pm	Adult Lane Swim	2	MP
4.00pm-8.00pm	All Welcome + Lane Swim	3	MP	9.00pm-10.00pm	All Welcome + Lane Swim	8	MP
9.30am-12.00pm	All Welcome	*	LW	9.30am-12.00pm	All Welcome (Floats & Toys)	*	LW
12.00pm-3.30pm	All Welcome	#	LW	12.00pm-2.00pm	All Welcome	#	LW
3.30pm-6.30pm	All Welcome	*	LW	2.00pm-3.30pm	All Welcome (Floats & Toys)	#	LW
				3.30pm-6.30pm	All Welcome	*	LW
				<b>Saturday</b>			
<b>Wednesday</b>				6.30am-7.45am	Adult Lane Swim	4	MP
6.00am-7.15am	Adult Lane Swim	4	MP	9.00am-10.30am	All Welcome + Lane Swim	3	MP
7.15am-9.00am	All Welcome + Lane Swim	8	MP	10.30am-2.15pm	All Welcome + Lane Swim	7	MP
9.00am-10.00am	All Welcome + Lane Swim	5	MP	2.15pm-3.30pm	Fun Session	6	MP
9.15am-10.00am	Big Splash Water Aerobics Shallow	3	MP	2.15pm-3.30pm	Lane Swim	2	MP
10.00am-2.00pm	All Welcome + Lane Swim	8	MP	4.00pm-9.00pm	Private Hire	8	MP
2.00am-3.30pm	Fun Session	6	MP	9.00am-12.00pm	All Welcome	*	LW
2.00pm-3.30pm	Lane Swim	2	MP	12.00pm-2.00pm	All Welcome	#	LW
3.30pm-5.00pm	All Welcome + Lane Swim	3	MP	2.00pm-3.30pm	Fun Session	#	LW
5.00pm-6.45pm	All Welcome	2	MP	4.00pm-9.00pm	Private Hire	#	LW
6.00pm-6.45pm	Big Splash Water Aerobics Shallow	5	MP				
6.45pm-8.30pm	All Welcome + Lane Swim	8	MP	<b>Sunday</b>			
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW	7.30am-9.00am	Adult Lane Swim	4	MP
11.30am-2.00pm	All Welcome	#	LW	9.00am-12.00pm	All Welcome + Lane Swim	7	MP
2.00pm-3.30pm	All Welcome (Floats & Toys)	#	LW	12.00pm-4.00pm	All Welcome + Lane Swim	8	MP
3.30pm-6.30pm	All Welcome	*	LW	4.00pm-6.00pm	Adult Lane Swim	2	MP
				6.00pm-8.00pm	Private Hire	8	MP
				9.00am-5.00pm	All Welcome	#	LW
				5.00pm-8.00pm	Private Hire	#	LW
<b>Thursday</b>							
6.00am-7.15am	Adult Lane Swim	5	MP				
7.15am-9.00am	All Welcome + Lane Swim	8	MP				
9.00am-10.00am	All Welcome + Lane Swim	5	MP				
9.15am-10.00am	Big Splash Water Aerobics Shallow	3	MP				
10.00am-12.00pm	All Welcome + Lane Swim	5/8	MP				

## Key:

- MP = Main Pool
- LW = Leisure Waters
- \* = Half of Leisure Waters open (side with the slide and interactive water equipment)
- # = Whole of Leisure Waters open
- ▲ = Relaxing swim session
- = Fitness swim session

## Please Note:

- Wristbands must be worn throughout your swim.
- After your swim please place wristbands in nearest bin.
- Shower gel/shampoo etc to be used in cubicles and not in poolside showers.

## Swim Supervision Policy

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. This is the recommendation of the Health & Safety Executive.

## Don't forget...

- 1) Your costume
  - 2) Your towel
  - 3) To shower before entering the pool – no shower gel/shampoo to be used on poolside showers
  - 4) £1 for your locker (refundable)
  - 5) To visit our Swim Shop in reception.
- Activities are subject to change and availability.

## Why should I swim?

1. Swimming is a great way to get a trimmer body and improve your general health and fitness.
2. Whether you are splashing around with your children, swimming a few lengths a week or joining in a water workout class, your health will still benefit.
3. Because the water supports your weight, the stress on your joints is much less, making it an activity suitable for all ages and abilities.

## Did you know?

1. Swimming is the nation's most popular sporting activity. (MORI 2005)
2. Research suggests you use up to 25 per cent more calories in water than you would if you were swimming through air. (BBC)

## What session is right for me?

If you want to enjoy a **relaxing swim** (▲) you should consider the following sessions: All Welcome, Adult Lane Swim, All Welcome + Lane Swimming, 50+ sessions and Members Only. These will enable you to enjoy being in the pool, to gain confidence in the water and enjoy time with family and friends.

If you are looking for more of a **fitness swim** (●) you should consider the following sessions:

All Welcome, Adult Lane Swim, All Welcome + Lane Swimming, Water Aerobics and Members Only. These will provide you with the opportunity to focus on swimming a certain number of lengths or to enjoy a water-based fitness class that will tone and shape.

## Descriptions

### All Welcome ▲ ●

Open to all swimmers of all abilities. Ideal for a relaxing swim, fitness, families and those either getting back to fitness or who are new to swimming. Lane swimming may not be available.

### All Welcome + Lane Swim ▲ ●

Same as All Welcome swim, however lane/s available for fitness swimming.

### Big Splash Water Aerobics Shallow ●

These Water Aerobic classes are high intensity workouts for all ages and range of abilities, non weight bearing exercise, very good for prevention of injury.

### Big Splash Gentle Water Aerobics Shallow ●

These Water Aerobic classes are lower in intensity than the usual class, aimed for 50+, non weight bearing exercise, very good for prevention of injury.

### Big Splash Water Aerobics DEEP ●

These Water Aerobic classes are a very high intensity workout. Float bands are provided to aid floating in the deep water, total non weight bearing exercise.

### 50+ session ▲

Session aimed at swimmers over 50 years of age.

### Mobility Session ▲ ●

Open to swimmers with a disability. Carers/helpers welcome. Lanes available for fitness swimming.

### Fun Session

Ideal for parents/guardians and children to enjoy quality family time and fun in the pool with floats and mats.

No inflatable available Monday and Wednesday.

### Members Only ▲ ●

A session available for Swimming Members and contract wide members. – For information on the Swimming Membership please contact reception (01376 333833).

### Lane Swim ▲ ●

A session for swimming lengths only.

### Adult Lane Swim ▲ ●

A session for 16+ only suitable for fitness swimmers and relaxing swimmers.

### Private Hire

Hire the entire pool for your child's birthday party. Pick up a leaflet from reception for details on all our party packages. Bookings for Swimming Gala's also.





## National Pool Lifeguard Qualification Course

The National Pool Lifeguard Qualification (NPLQ) is the national qualification widely accepted as the minimum qualification for the role of lifeguard in swimming pools.

The course is made up of two units:

Unit 1 – The Principles of Supervision;

Unit 2 – The Application of Supervision and Rescue in a Swimming Pool.

Course dates:	Sunday 8th April 2012 - Saturday 14th April 2012
Course venue:	Braintree Swimming Centre
Course cost:	£250 Easy payment option available*
Booking contact:	Please contact reception or call 01376 333833

### Training Courses Available at Braintree Swimming Centre

22nd-24th February 2012	<b>First Aid at Work 3 day course</b>	<b>£170</b>	The 3 day First Aid at Work qualification is one of the recommended qualifications for First Aiders in the workplace. The course covers responsibilities of a First Aider, casualty assessment and casualty treatment for a number of injuries, illnesses and medical conditions. There is no pre-requisite for enrolment onto a First Aid at Work course.
6th-7th March 2012	<b>Paediatric First Aid course</b>	<b>£60</b>	The 2 day course syllabus includes medical conditions and injuries that children and babies may suffer from, candidates will be taught the recognition and treatment for these conditions and injuries. Ofsted recommends the qualification for those responsible for children and babies in the workplace.
11th February & 13th March 2012	<b>Fire Marshall Training</b>	<b>£45</b>	A 4 hour course covering the essentials of Fire Safety. This course is certified by Nuco Training.

All of the above First Aid Courses are approved by the Health and Safety Executive.

**To book or for more information please call 01376 333833 or visit Braintree Swimming Centre and ask at reception.**