



# Children's Holiday Activities

## Summer 2010

Bramston Sports Centre

01376 533400

[www.bramstonsportscentre.co.uk](http://www.bramstonsportscentre.co.uk)

# Wetside Intensive Courses

## Swimming

Beginners

Intermediate

Advanced

One-to-One

Diving

Rookie Lifesaver

Swimming lessons for all, taken by qualified teachers. Specific skills can be taught on request.

Prices start from just £5.50 per lesson. (A full week course must be paid for in advance).

## Aqua Fun

Designed to encourage children to learn basic synchro moves whilst having fun and building confidence in the water

## Mini Polo

A smaller basic game of water polo which helps teach the fundamentals of aquatics and sport as a whole.

## Rookie Lifesaver

Learn how to save a life. You will learn water safety skills and fun activities in the water and on land.

## Flip & Fun:

Learning Diving skills while building water confidence and having fun in deep water

For more information about Swimming Lessons and Come and Try sessions, please contact Main Reception.



# Cool Kids Club Sports Day Camps

Cool Kids are Ofsted registered Day Camps for children aged 5 years – 14 years.  
They run Monday – Friday 8.30am – 5.30pm.

Half day and full day sessions are available.

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 and soft play equipment as well as activities listed below.

## Cool Kids Prices

Normal Price £20.00 per person

### Summer Special Cool Kids Price:

£14.00 per child per day or £12.50 per half day if booked before 25th July

### Week 1 Thursday 22nd & Friday 23rd July

Day	Morning	Afternoon
Thursday	Badminton	Rounders
Friday	Arts & Crafts	Summer Treasure Hunt

### Week 2 Monday 26th July – Friday 30th July

Day	Morning	Afternoon
Monday	Parachute Games	Den Making
Tuesday	Arts & Crafts	Funky Fitness
Wednesday	Volley Ball	Trampolines
Thursday	Messy Play	Football Skills
Friday	Cool Kids Quiz	Rounders



### Week 3 Monday 2nd August – Friday 6th August

Day	Morning	Afternoon
Monday	Short Tennis	Rugby skills
Tuesday	Badminton	Funky Fitness
Wednesday	Rounders	Trampolines
Thursday	Arts & Crafts	Tennis Skills
Friday	Den Making	Squash





### Week 4 Monday 9th August – Friday 13th August

#### Day

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

#### Morning

Kwick Cricket  
Carpet Bowls  
It's a Mystery  
Football skills  
Bats & Balls

#### Afternoon

Messy Play  
Funky Fitness  
Trampolines  
Volley Ball  
Cool kids got talent

### Week 5 Monday 16th August – Fri 20th August

#### Day

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

#### Morning

Parachute Games  
Volley Ball  
Den Making  
Rounders  
Arts & Crafts

#### Afternoon

Colchester Utd Football  
Funky Fitness  
Trampolines  
Kwick cricket  
Uni Hoc

### Week 6 Monday 23rd August – Friday 27th August

#### Day

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

#### Morning

Dodgeball  
Volley Ball  
Den Making  
Rounders  
Arts & Crafts

#### Afternoon

Squash  
Funky Fitness  
Trampolines  
Football Skills  
Summer Party

## Activities

### 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.

### Funky Fitness

Led by the kinetika gym team, the child will learn about fitness and take part in fitness activities. Each week a different activity.

### Athletics

The children will take part in indoor javelin, shot put, discus, relay, huddle and running activities.

### Cool Kids Got Talent

The children will get to practise various skills / activities and take part in the Cool Kids Show with a prize for the winner

### Summer Party

End of summer party with Fun & Games and a Disco

### Bats & Balls

The children will experience activates 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



## Trampoline Course

An enjoyable, energetic and fun session which helps to develop balance and coordination.

Course 1: Monday 9th Aug – Friday 13th Aug  
1.00pm – 2.00pm

Course 2: Monday 23rd Aug – Friday 27th Aug  
9.30am – 10.30am

Cost £15 per course

**Book one child and get a second child half price!**



## Badminton Course

Fun and active activity, the children will learn the ability to develop racket skills at their own pace.

Course 1: Monday 9th Aug – Fri 13th Aug

Course 2: Monday 23rd Aug – Fri 27th Aug

11.00am – 12noon Cost £15 per course

**Book one child and get a second child half price!**



## How to book Cool Kids and Holiday Courses **Terms & Conditions**

**HOW TO BOOK:** 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 in person only (debit / Credit card payments available)

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

**LATE COLLECTIONS OF CHILDREN:** Please be aware that an extra fee will be charged for those who are late picking up their child(ren).

**DATES & TIMES:** are correct at the date of going to press. Bramston Sports Centre will inform customers of any change where possible. We reserve the right to alter charges, availability of facilities and to cancel classes / courses / activities etc without notice.

**INFORMATION SHEET 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 & out of Bramston Sports Centre by an adult.

**IMPORTANT:** Children will have breaks during the Cool Kids Camps (excluding lunch). Water will be provided and the cafeteria is open during these breaks.

**CLOTHING:** Loose sports wear, i.e T-shirt, Shorts and trainers are ideal for energetic sessions. Old clothes are also advisable especially during craft and painting sessions.

**Activities may take place outdoors. A hat and sunscreen for your child is strongly advised. Under child protection policies centre staff are not permitted to apply sunscreen directly onto a child.**

**All places are limited so book early to avoid disappointment!**

# Summer Drawing Competition

Draw your favourite animated film character in the box below



The winner will receive 4 free Cineworld tickets to watch a film of their choice!  
Plus prizes for runners up as well.

Please complete your child's details below and return to Bramston Sports Centre  
before Friday 13th August 2010.

Child's Name: \_\_\_\_\_ D.O.B \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Childs School: \_\_\_\_\_

Email: \_\_\_\_\_



**For children  
aged 5 - 12  
years**

# Dance Workshops

**Friday 30th July** – Street Dance

**Monday 16th August** – Glee

10.00am – 4.00pm

Have great fun learning the dance routines and singing along to all your favourite songs!

Led by our qualified Dance Teacher Amy

**Cost £19.00 per child**

Book before 25th July to receive discounted price of £12.00 per child

Children will need to bring a pack lunch and wear suitable clothing and footwear.



# School Holiday Swimming Pool Opening Times

## MONDAYS

### MAIN POOL

6.30am - 8.30am Adult Early Risers  
 10.00am - 12noon Public Swimming  
 12noon - 12.55pm Adults Only  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.15pm Public Swimming  
 5.40pm - 7.00pm Public Swimming

### TEACHING POOL

10.00am - 1.00pm Public Swimming  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.00pm Public Swimming  
 5.40pm - 7.00pm Public Swimming

### MERLIN POOL

10.30am - 11.30am Public Diving  
 11.45am - 1.00pm Family Fun Swim  
 1.15pm - 2.15pm Public Diving  
 2.30pm - 3.30pm Family Fun Swim  
 5.40pm - 6.50pm Family Fun Swim  
 7.00pm - 7.45pm Aqua Aerobics

### AQUA FLUME

**11.00am - 1.00pm\*, 2.30pm - 3.30pm & 5.40pm - 6.50pm**

## TUESDAYS

### MAIN POOL

6.30am - 8.30am Adult Early Risers  
 10.00am - 12noon Public Swimming  
 12noon - 12.55pm Adults Only  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.15pm Public Swimming  
 6.30pm - 7.55pm Adult Lengths

### TEACHING POOL

10.00am - 1.00pm Public Swimming  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.00pm Public Swimming  
 5.40pm - 8.00pm Public Swimming

### MERLIN POOL

10.30am - 11.30am Public Diving  
 11.45am - 1.00pm Family Fun Swim  
 1.15pm - 2.45pm Public Diving  
 3.00pm - 4.00pm Over 50s Swim  
 5.40pm - 7.00pm Family Fun Swim  
 8.15pm - 9.00pm Aqua Aerobics

### AQUA FLUME

**11.00AM - 1.00PM\* & 6.00PM - 6.30PM**

## WEDNESDAYS

### MAIN POOL

6.30am - 8.30am Adult Early Risers  
 10.00am - 12noon Public Swimming  
 12noon - 12.55pm Adults Only  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.15pm Public Swimming  
 6.15pm - 8.00pm Public Swimming  
 8.00pm - 9.15pm Ladies Only Swim

### TEACHING POOL

10.00am - 1.00pm Public Swimming  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.00pm Public Swimming  
 6.15pm - 8.00pm Public Swimming  
 8.00pm - 9.15pm Ladies Only Swim

### MERLIN POOL

9.00am - 9.45am Aqua Gentle  
 10.30am - 11.30am Public Diving  
 11.45am - 1.00pm Family Fun Swim  
 1.15pm - 2.15pm Public Diving  
 2.30pm - 3.30pm Family Fun Swim  
 6.30pm - 7.15pm Family Fun Swim  
 7.25pm - 8.10pm Aqua Shallow  
 8.15pm - 9.00pm Aqua Deep

### AQUA FLUME

**11.00AM - 1.00PM\*, 2.30PM - 3.30PM & 6.30PM - 7.15PM**

## THURSDAYS

### MAIN POOL

6.30am - 8.30am Adult Early Risers  
 8.45am - 9.45am Over 50s Swim  
 10.00am - 12noon Public Swimming  
 12noon - 12.55pm Adults Only  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.15pm Public Swimming  
 6.30pm - 8.00pm Public Swimming  
 8.00pm - 9.00pm Adults Only

### TEACHING POOL

10.00am - 1.00pm Public Swimming  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.00pm Public Swimming  
 6.15pm - 8.00pm Public Swimming  
 8.00pm - 9.00pm Adults Only

### MERLIN POOL

10.30am - 11.30am Public Diving  
 11.45am - 1.00pm Family Fun Swim  
 1.15pm - 2.15pm Public Diving  
 3.00pm - 4.00pm Over 50s Swim  
 6.15pm - 7.15pm Family Fun Swim  
 7.25pm - 8.10pm Aqua Shallow  
 8.15pm - 9.00pm Aqua Deep

### AQUA FLUME

**11.00AM - 1.00PM\* & 6.15PM - 7.15PM**

## FRIDAY

### MAIN POOL

6.30am - 8.30am Adult Early Risers  
 10.00am - 12noon Public Swimming  
 12noon - 12.55pm Adults Only  
 1.00pm - 2.00pm Fun Session  
 2.00pm - 4.15pm Public Swimming  
 5.35pm - 9.00pm Public Swimming

### TEACHING POOL

10.00am - 1.00pm Public Swimming

1.00pm - 2.00pm Fun Session  
2.00pm - 4.00pm Public Swimming  
6.00pm - 9.00pm Public Swimming

#### **MERLIN POOL**

10.45am - 11.30am Aqua Shallow  
11.45am - 1.00pm Family Fun Swim  
1.15pm - 2.15pm Public Diving  
2.30pm - 3.00pm Family Fun Swim  
7.15pm - 9.00pm Public Diving

#### **AQUA FLUME**

**11.45AM - 1.00PM\***

#### **TUESDAY**

##### **MAIN POOL**

12.05pm - 2.00pm Public Swimming  
2.00pm - 3.00pm Fun Session  
3.00pm - 4.45pm Public Swimming

##### **TEACHING POOL**

12.05pm - 2.00pm Public Swimming  
2.00pm - 3.00pm Fun Session  
3.00pm - 4.45pm Public Swimming

##### **MERLIN POOL**

12.15pm - 1.15pm Public Diving  
1.30pm - 4.45pm Family Fun Swim#

##### **AQUA FLUME**

**12.15PM - 1.15PM & 1.30PM - 4.45PM#**

#### **WEDNESDAY**

##### **MAIN POOL**

8.35am - 2.00pm Public Swimming  
2.00pm - 3.00pm Fun Session  
3.00pm - 4.45pm Public Swimming

##### **TEACHING POOL**

8.35am - 2.00pm Public Swimming

2.00pm - 3.00pm Fun Session  
3.00pm - 4.45pm Public Swimming

#### **THURSDAY**

8.40am - 12noon Family Fun Swim  
12.15pm - 1.15pm Public Diving  
1.30pm - 4.45pm Family Fun Swim##

#### **AQUA FLUME**

**8.40AM - 12NOON, 12.15PM - 1.15PM & 1.30PM - 4.45PM#**

# These sessions may not operate due to private hire.

\*Aqua Flume: The Flume will be open the first 15 minutes of each half hour. (e.g. 10.00am – 10.15am, 10.30am – 10.45am).

- In all Main Pool Swimming sessions, except Fun Sessions, a fast and slow lane are roped off for length swimming.
- At certain times, sections of the Pools will be used for a National Pool Lifeguard Course. A notice will be displayed.
- In busy times 1 hourly session may operate.
- The Management reserve the right to refuse admission.

#### **SWIMMING ADMISSIONS POLICY**

- Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.
- Maximum ratio of 3 children to 1 adult. Those supervising must accompany the children in the water.

## Wetside Activities

### **Fun Sessions**

Have fun with the floats in the Main Pool everyday  
1.00pm - 2.00pm

### **Family Fun Swim**

These take place in the warm waters of the Merlin Pool. Floats and fun equipment in the pool, unlimited rides on the Aqua Flume.

### **Public Diving**

Monday – Friday 10.30am – 11.30am  
Saturdays 12.15pm – 1.15pm.  
Come and try our 1 metre Spring-board. (You must be able to swim 25 metres to use the diving board).

### **Over 50's Swimming**

Tuesdays and Thursdays 3.00pm – 4.00pm in the Merlin Pool.  
Thursday 8.45am – 9.45am in the Main Pool.

### **Aqua Aerobics**

Shallow, Deep and Gentle classes available on various days. See the pool timetable or ask at Reception for more details.

Classes are included with full kinetika gym or swimming memberships.

# Learn to Swim

- Easy payment option
- Work to ASA National Plan for Teaching Swimming
- Continuous swimming 50 weeks of the year
- All teachers hold ASA qualifications

## Class include:

- Adult and Child
- Pre-school
- NPTS Stages 1 – 10
- Adult Lessons
- One to One
- Rookie Lifesaver
- Bronze Medallion



Contact Reception for more details.

## Little Lullabies Crèche

The crèche runs throughout the year, including all holidays.

Take advantage of our Ofsted registered crèche for 0 – 5 years olds. Monday – Friday  
9.15am – 12.00pm

Leave your children in the capable hands of our staff, whether using the centre or going in to town for a shop.



## Memberships

### Finding it hard to get active?

Our memberships include 5 free 1-to-1 sessions with a fitness instructor to help you on your way!\*

To find out more contact our membership team on 01376 533400.

\*Available when taking out a full kinetika membership.



# Children's Parties



## Aqua Splash



## Aqua Challenge



## Mega Bounce



## Hot Shots



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

Contact Reception for more details. For swimming parties normal admissions policy applies.

# National Pool Lifeguard Courses

## Would you like to be a lifeguard?

Saturday 24th July – Friday 30th July

Saturday 14th August – Friday 20th August

Saturday 23rd October – Friday 29th October

8.00am – 5.00pm everyday

Cost £250.00 per person

## Pre-requisites:

- You must be 16 years or over at the start of the course.
- You must be able to swim 100 metres of continuous swimming on both a front and back stroke.
- You must be able to swim 50 metres in 60 seconds
- You must be able to submerge to a depth of at least 1.5 metres.

We run courses throughout the year. For more information or booking please contact Main Reception on 01376 533400.

