

Bramston Sports Centre

Holiday Activities



Monday 13th - Friday 17th February 2012



Bramston Sports Centre
Bridge Street, Witham
01376 533400
www.bramstonsportscentre.co.uk
enquiries@bramstonsportscentre.co.uk

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 Club Prices

Full Day: **£20.00**

Half Day **£12.50**

Early Booking Discount

Full Day: **£14.00**

Half Day **£7.00**

**If booked before
Friday 10th February 2012**

2 Hour Sessions

9.00am – 11.00am

£3.20 per session

Suitable for children aged 5–14 years
Feel free to drop your child(ren) off for a couple of hours whilst you take part in aerobic classes, swimming or gym.

Day	Morning	Afternoon
Monday	Badminton	Indoor Rounders
Tuesday	Den Building	Face Painting
Wednesday	Short Tennis	Trampolines
Thursday	Dodgeball	Messy Play
Friday	Arts & Crafts	Half Term Party



Trampoline Courses

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

Monday 13th February -
Friday 17th February

10.00am – 11.00am Beginner
11.00am – 12noon Intermediate



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.



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 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!

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.



Wetside Intensive Courses

Swimming

We can offer a wide range of intensive swimming courses during the holidays including beginners, intermediate, advance, one-to-one and specific skills. All lessons are taught by qualified teachers.

Swimming Assessments

Thinking of starting swimming lessons? Book a free swimming assessment before you start.

Adult & Child Taster Class

Want to try Adult and Child lessons but not sure if it is for you? Why not come along to a free taster class before you book.

Ask at Main Reception for more details.

All group classes this holiday are only £15 per child! Book now to avoid disappointment.



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.



School Holiday Swimming Pool Opening Times

MAIN POOL

MONDAY

6.30am – 9.00am
10.00am – 12noon
12noon – 12.55pm
1.00pm – 2.00pm
2.00pm – 4.15pm
5.40pm – 7.00pm

Adult Lane Fitness
Public Swimming
Adults Only
Fun Session
Public Swimming
Public Swimming

TUESDAY

6.30am – 9.00am
10.00am – 12noon
12noon – 12.55pm
1.00pm – 2.00pm
2.00pm – 4.15pm
6.30pm – 7.55pm

Adult Lane Fitness
Public Swimming
Adults Only
Fun Session
Public Swimming
Adult Lengths

WEDNESDAY

6.30am – 9.00am
10.00am – 12noon
12noon – 12.55pm
1.15pm – 3.55pm
6.15pm – 8.00pm
8.00pm – 9.15pm

Adult Lane Fitness
Public Swimming
Adults Only
Disco Fun Session
Public Swimming
Ladies Only Swim

TEACHING POOL

MONDAY

10.00am – 1.00pm
1.00pm – 2.00pm
2.00pm – 4.00pm
6.15pm – 8.00pm

Public Swimming
Fun Session
Public Swimming
Public Swimming

TUESDAY

10.00am – 1.00pm
1.00pm – 2.00pm
2.00pm – 4.00pm
6.15pm – 8.00pm

Public Swimming
Fun Session
Public Swimming
Public Swimming

WEDNESDAY

10.00am – 1.00pm
1.15pm – 3.55pm
6.15pm – 8.00pm

Public Swimming
Disco Fun Session
Public Swimming

THURSDAY

10.00am – 1.00pm
1.00pm – 2.00pm
2.00pm – 4.00pm
6.15pm – 8.00pm

Public Swimming
Fun Session
Public Swimming
Public Swimming

THURSDAY

6.30am – 9.00am
8.45am – 9.45am
10.00am – 12noon
12noon – 12.55pm
1.00pm – 2.00pm
2.00pm – 4.15pm
6.30pm – 8.00pm
8.00pm – 9.00pm

Adult Lane Fitness
Over 50s Swim
Public Swimming
Adults Only
Fun Session
Public Swimming
Public Swimming
Adults Only

FRIDAY

6.30am – 9.00am
10.00am – 12noon
12noon – 12.55pm
1.00pm – 2.00pm
2.00pm – 4.15pm
5.35pm – 9.00pm

Adult Lane Fitness
Public Swimming
Adults Only
Fun Session
Public Swimming
Public Swimming

SATURDAY

12.15pm – 2.00pm
2.00pm – 3.00pm
3.00pm – 5.00pm

Big Splash Access
Fun Session
Public Swimming

SUNDAY

8.30am – 2.00pm
2.00pm – 3.00pm
3.00pm – 5.00pm

Public Swimming
Fun Session
Big Splash Fitness

FRIDAY

10.00am – 1.00pm
1.00pm – 2.00pm
2.00pm – 4.00pm
6.15pm – 8.00pm

Public Swimming
Fun Session
Public Swimming
Public Swimming

SATURDAY

12.15pm – 2.00pm
2.00pm – 3.00pm
3.00pm – 5.00pm

Big Splash Access
Fun Session
Public Swimming

SUNDAY

8.30am – 2.00pm
2.00pm – 3.00pm
3.00pm – 5.00pm

Public Swimming
Fun Session
Public Swimming

Access our pool timetable on our website www.dcleisurecentres.co.uk or download an App for your iPhone and view it wherever you are!

Splashpath

MERLIN POOL

MONDAY

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 – 7.15pm	Family Fun Swim
7.30pm – 8.15pm	Aqua Aerobics
8.15pm – 9.00pm	Aqua Deep

TUESDAY

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
6.00pm – 7.00pm	Family Fun Swim

WEDNESDAY

9.30am – 10.15am	Aqua Gentle
10.30am – 11.30am	Public Diving
11.45am – 1.00pm	Family Fun Swim
1.15pm – 3.55pm	Disco Fun Swim
6.30pm – 7.30pm	Family Fun Swim
7.30pm – 8.15pm	Aqua Shallow
8.15pm – 9.00pm	Aqua Deep

THURSDAY

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
7.30pm – 8.15pm	Aqua Jog

FRIDAY

11.00am – 11.45am	Aqua Shallow
12noon – 1.00pm	Family Fun Swim
1.15pm – 2.15pm	Public Diving
2.30pm – 3.00pm	Family Fun Swim
7.15pm – 9.00pm	Public Diving

SATURDAY

12.15pm – 1.15pm	Public Diving
1.30pm – 5.00pm	Family Fun Swim*

SUNDAY

8.30am – 12noon	Family Fun Swim
12.15pm – 1.15pm	Public Diving
1.30pm – 5.00pm	Family Fun Swim*

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.

DISCO FUN SESSION!

Take up the challenge of the Monster Island in the Main pool, have fun with the floats in the Merlin & Teaching Pool and unlimited rides on the 55metre Aqua Flume whilst listening to your favourite music.

Wednesday 15th February

1.15pm – 3.55pm

Special prices:

Child: £1.50 Adult £1.90



Inflatable also available to hire for parties. Ask at Reception for more details

Aqua Flume

The Aqua Flume is open at all times when the Merlin Pool is open for Family Fun Swim or Diving (except Friday evening).

* 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.

National Pool Lifeguard Course:

Would you like to be a lifeguard?

Friday 30th March - Thursday 5th April

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.**

Badminton Course

**Course runs every Wednesday
5.30pm - 6.30pm**

For children aged 5 - 14 years
All abilities welcome.

**For more details or to book
please contact Main Reception.**