



# Children's Holiday Activities

Summer 2010



Warminster Sports Centre  
Woodcock Road, Warminster  
Wiltshire, BA12 9DQ  
01985 212946

[enquiries@warminstersportscentre.co.uk](mailto:enquiries@warminstersportscentre.co.uk)

# Monday 26th July 2010 – Tuesday 31st August 2010

## **Mondays 26th July, 2nd, 9th, 16th, 23rd Aug 2010**

7.00am – 9.00am	Early Birds (1 lane)
9.00am – 9.45am	Aqua Aerobics
9.45am – 10.30am	Courses – Please see Course timetable Box
11.30am – 12.30pm	Public Swim
12.30pm – 1.45pm	Adults Only
1.45pm – 2.45pm	Fun House Club
3.00pm – 4.00pm	Mature Bathers
4.00pm – 6.30pm	Public swim (half pool, along side swim lessons) along side swim lessons)
6.30pm – 8.30pm	WASC
8.30pm – 9.30pm	Aqua Aerobics
9.30pm – 10.30pm	Adults Only

## **Tuesdays 27th July, 3rd, 10th, 17th, 24th, 31st Aug 2010**

7.00am – 8.00am	WASC
8.00am – 9.30am	Early birds (1 lane)
9.30am – 10.30am	Courses – Please see Course timetable
10.30am – 12.00noon	Public Swim
12.00noon – 1.00pm	Adults Only
1.00pm – 2.00pm	Fun House Club
2.00pm – 3.00pm	Fun Swim
3.00pm – 5.00pm	Swimming Lessons
5.00pm – 6.00pm	Ladies Only
6.00pm – 8.00pm	Public Swim
8.00pm – 10.00pm	Adults Only*
*(Tuesday 17th August the 8.00pm – 9.30pm Adults Only will be cancelled)	

## **Wednesdays 28th July, 4th, 11th, 18th, 25th Aug 2010**

7.00am – 9.00am	Early Birds (1 lane)
9.30am – 10.30am	Courses – Please see Course timetable Box
10.30am – 12.30pm	Public Swim
12.30pm – 1.45pm	Adults Only*
1.45pm – 2.45pm	Fun House Club
3.00pm – 4.00pm	Mature Bathers
4.00pm – 6.00pm	Swimming Lessons
6.00pm – 8.15pm	Adult laned swim / Public Swim
8.15pm – 9.00pm	Aqua Aerobics
9.00pm – 10.00pm	Adults Only Laned Swim
*(28th July & 25th Aug, the 12.30 Adults Only will be cancelled)	

## **Thursdays 29th July, 5th, 12th, 19th, 26th Aug 2010**

7.00am – 9.30am	Early birds (1 lane)
9.30am – 10.30am	Courses – Please see Course timetable
10.30am – 12.00noon	Public Swim
12.00noon – 1.30pm	Adults Only
1.30pm – 2.30pm	Fun House Club
2.30pm – 3.00pm	Clouds House
3.30pm – 5.30pm	Swimming Lessons
5.30pm – 7.00pm	Public Swim
7.00pm – 10.00pm	WASC

## **Fridays 30th July, 6th, 13th, 20th, 27th Aug 2010**

7.00am – 9.30am	Early Birds (1 lane)
9.30am – 10.30am	Courses – Please see Course timetable Box
10.30am – 11.15am	Parent & Toddler
11.15am – 12.30pm	Public Swim
12.30pm – 1.30pm	Adult only
1.30pm – 2.30pm	Fun House Club
2.30pm – 3.30pm	Mature Bathers
3.30pm – 5.30pm	Swimming Lessons
5.30pm – 6.30pm	Public Swim
6.30pm – 8.00pm	WASC
8.00pm – 9.00pm	Adults Only

## **Saturdays 31st July, 7th, 14th, 21st, 28th, Aug 2010**

8.30am – 11.30am	Swimming Lessons
11.30am – 1.00pm	Funswim
1.00pm – 2.00pm	Relaxation Swim (Adults Only)
2.00pm – 4.00pm	Public Swim

## **Sundays 1st, 8th, 15th, 22nd, 29th Aug 2010**

8.00am – 10.00am	Early Birds
10.00am – 11.00am	Parent & Toddler
11.00am – 12noon	Adults Only (half Pool Laned)
12noon – 2.00pm	Funswim
2.00pm – 4.30pm	Public swim

## **BANK HOLIDAY MONDAY 30th Aug 2010**

8.00am – 10.00am	Early Birds
10.00am – 12.00noon	Public Swim
12.00noon – 2.00pm	Adults Only
2.00pm – 3.00pm	Mature Bathers
3.00pm – 5.00pm	Funswim
BUILDING CLOSES AT 6.00PM	

## COURSES

RLSS National Pool Lifeguard Course.

Looking to earn some extra money? Looking for a career in the Leisure Industry?? Why not train to become a fully qualified lifeguard?

Candidates must be 16 years and over and be able to swim 50 metres in less than 60 seconds. (Speed test and Documents will be required for the first day of course).

### Intensive Swimming Courses

An Ideal way to introduce your children to lessons, or to top up on their skills with additional lessons.

Suitable for all ages and abilities.

### Diving Courses

(Children must be able to swim in Deep Water)  
Having trouble with those belly flops? Enrol and practice the correct ASA Diving Skills, moving onto the Blocks.

### Rookie Lifeguard

Rookie Lifeguard is a fun and practical course which also teaches children the importance of water safety. The instructor covers how to avoid accidents by water and what to do if an accident occurs, all within a fun environment. The course involves partner work so is ideal for friends to do an activity together!

### Distance Sessions.

Would you like to add some distance badges to your child's collection? These sessions are designed for children to swim a distance of their choice whilst being supervised by an instructor. Certificates and badges are also available. (children must be able to swim safely in the water on their own without aids)

### Intensive Trampolining

A truly fun activity, which is quite different from any other. This exciting introduction to trampolining builds confidence and works on the fundamental skills such as posture, balance and rotation.

Suitable for children 3years and upwards.



### ASA/UKCC Level 1 Certificate for Teaching Aquatics

The ASA/UKCC Level 1 Certificate for Teaching Aquatics (Support Teacher) is an all inclusive qualification and sits as the first formally assessed qualification on the teaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (Teaching Aquatics, Diving, Swimming Coaching, Synchronised Swimming and Water Polo) and is focused on "how to teach/coach" skills. The qualification has a technical emphasis on movement literacy as defined by Long Term Athlete Development (LTAD). It is envisaged that this unit can be delivered to all teachers/coaches who wish to work in the aquatic environment. Unit 2 is focused on Aquatic teaching, technical knowledge and practical skills which allow the Aquatic teacher to fulfil the following role descriptor.



# FUN HOUSE CLUB

## Putting fun back into the holidays

Do your children get bored and irritable over the LONG Summer holidays? If so we have the answer!!

### **Warminster Sports Centre's Ofsted Registered Fun House Club.**

The club is open from 8.30am – 5.30pm and provides a safe and fun environment for children to help make the holidays fly by with as little stress as possible!!

Each day is themed, (see table below). We incorporate supervised play times, quiet times, team games and swimming sessions.

Mon 26th July	Space Odyssey	Mon 16th Aug	Super Hero's
Tues 27th July	World Cup Games	Tues 17th Aug	Exercise
Wed 28th July	Theatre Play	Wed 18th Aug	Magic
Thurs 29th July	Water Safety	Thurs 19th Aug	Cartoon
Fri 30th July	Arts & Crafts	Fri 20th Aug	Pirates
Mon 2nd Aug	Under the Sea	Mon 23rd Aug	Film
Tues 3rd Aug	Beach life	Tues 24th Aug	Bake day
Wed 4th Aug	Circus	Wed 25th Aug	Daffodils
Thurs 5th Aug	Change 4 Life	Thurs 26th Aug	African Animals
Fri 6th Aug	FHC has Talent	Fri 27th Aug	Monsters
Mon 9th Aug	Animation	Tues 31st Aug	Back to School
Tues 10th Aug	Nature	Special Offer – book Monday to Thursday (same week) and get the Friday FREE.	
Wed 11th Aug	Fire Service		
Thurs 12th Aug	Olympics		
Fri 13th Aug	Recycling		

Book now to avoid disappointment, as we only have a limited amount of spaces. (Payment MUST be made on booking).