



Children's Holiday Activities

26th July – 27th August 2010



Braintree Leisure Centre
01376 552585

Braintree Swimming Centre
01376 333833

Notley Sports Centre
01376 323873

Braintree Leisure Centre

Sports Day Camps

Sports Day Camps are registered with Ofsted and designed for 5 – 12 years olds.

All sessions are supervised by trained and energetic staff. A variety of sports, crafts and activities are available.

Each day has four activities, one main activity in the morning and afternoon, and also a smaller activity before or after the main activity. On occasions the main activity can go throughout the day.

Sports Day Camp Prices

Full Day 8.30am – 5.30pm £19.95

Half Day 8.30am – 1.00pm /

1.00pm – 5.30pm £11.55

* extra £2.50 charge

Special Deals

Early Bookings

There is a 20% discount for all bookings paid for before 26th July 2010

Family Special 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.

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

Summer Holiday Activities

Activity Descriptions

Man Hunt – Fully supervised outdoor game of hide and seek.

Crazy Golf – Make your own hole then compete on everyone else's to see who can get the course record.

Gladiators – You've seen it on the TV, why not give our (much smaller) version ago?

Badminton – an organised session of badminton organised by a badminton coach

Basketball, Netball, Rounders, Baseball & Cricket – Learn some new skills and try out your shots.

A to Z Nature Trail – Go for a walk on the wild side and see what kinds of nature you can find.

Table Tennis – the fun way to learn how to play

Cardboard Carnage – Modelling fun for everyone

Nurfball – try your hand at this different ball game.

Go Karts – A BLC favourite! Complete a crazy circuit whilst being pushed around in super sprinters

Pool – test out your potting skills

Parachute Games – a wide range of different games using a parachute

Benchball & Dodgeball – fast intensity ball games, to raise the heart rate

Movie Munchers – an enjoyable afternoon watching a DVD with some popcorn.

Football – learn the basic skills to help you become a football legend!

Trampolining – Learn new moves and practice your techniques.





Are you smarter than a day camp coach? – an activity that challenges your general knowledge

Craft - show off your artistic skills using a variety of media and ideas

Tennis, Short tennis & Wimbledon – Are you the next Andy Murray? Come and improve your game and then test out your skills in our tournament.

Dance Class – show off your best moves and get down to the beat!

Bouncy Castle Games – a supervised but fun bouncy castle session

Tag Rugby – a safe and non-contact way to introduce the game of rugby

Treasure Hunt – To find the treasure, you will have to work out the clues and find out where they are.

Deal or No Deal – BLC's own version of this popular show.

Quiz – test your knowledge of sports, music and general knowledge and more.

BLC Summer Olympics – come and compete in our very own Olympics - medals for the winners.

Assault Course – challenge yourself and negotiate your way around our giant course.

Athletics – have a go at long jump, javelin, sprints and more with our qualified coaches.

Team Games – an assortment of team building games.

Den Building – with all the equipment available – let their imaginations run wild and build the den of their dreams.

Make your own Movie Day – Write a script, set up a film crew, choose a director then its lights, camera ...action!

BLC's Got Talent – Can you sing, dance, juggle, tell jokes or what ever your talent come and show it off to our judges and win some great prizes.

Uni- Hoc - Indoor version of Hockey.

Football Tournament – Our very own World Cup for you to participate in.

BLC Summer Party – finish the holiday with a bang!



Activity Timetable

WEEK 1 26th – 30th July	08.30-13.00		13.00-17.30	
	Main activity	Sub activity	Main activity	Sub activity
Monday	Bouncy Castle Games	Basketball	Gladiators	Badminton
Tuesday	Man Hunt **	Netball	A – Z Nature Trail	Table Tennis
Wednesday	Cardboard Carnage	Nurfball	Go Karting	Pool
Thursday	Parachute Games	Benchball	Movie Munchers	Football
Friday	Trampolining*	Dodgeball	Are you smarter than a day camp coach?	Cricket

WEEK 2 2nd – 6th August	08.30-13.00		13.00-17.30	
	Main activity	Sub activity	Main activity	Sub activity
Monday	Craft	Uni-hoc	Crazy Golf	Volleyball
Tuesday	Baseball	Short Tennis	Dance Class	Football
Wednesday	Badminton	Nurfball	Bouncy Castle Games	Tag Rugby
Thursday	Parachute Games	Basketball	Treasure Hunt	Rounders
Friday	Tennis**	Benchball	Deal or No Deal	Table Tennis



WEEK 3 9th – 13th August	08.30-13.00		13.00-17.30	
	Main activity	Sub activity	Main activity	Sub activity
Monday	Man Hunt **	Table Tennis	Crazy Golf	Baseball
Tuesday	Benchball	Short Tennis	Dance Class	Football
Wednesday	BLC Summer Olympic Games			
Thursday	Craft	Netball	Go Karting	Uni-hoc
Friday	Giant Assault Course	Cricket	BLC Wimbledon**	



WEEK 4 16th – 20th August	08.30-13.00		13.00-17.30	
	Main activity	Sub activity	Main activity	Sub activity
Monday	Treasure Hunt	Rounders	Dodgeball	Uni-hoc
Tuesday	Athletics	Tag Rugby	Cardboard Carnage	Nurfball
Wednesday	Craft	Short Tennis	Mini Team Games	Pool
Thursday	Movie Munchers	Badminton	Den Building	Basketball
Friday	Trampolining*	Parachute Games	Football	Cricket

WEEK 5 23rd – 27th August	08.30-13.00		13.00-17.30	
	Main activity	Sub activity	Main activity	Sub activity
Monday	Dodgeball	Table Tennis	Gladiators	Volleyball
Tuesday	Craft	Rounders	Go Karting	Lacrosse
Wednesday	Make Your Own Movie Day			
Thursday	Benchball	Football	BLC's Got Talent	
Friday	Team Building Games	Short Tennis	BLC Summer Disco / Party	

How To Book 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 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 children's lunch, please either add a freezer block or only pack non perishable items.

Fun Sessions for 5 to 12 year olds

For parents who use the gym or attend classes, fun sessions are ideal for your child to attend while you work out. Children attend with the day camp participants under the watchful eye of our qualified, energetic staff.

Monday – Friday

26th July – 27th August inclusive

9.25am – 10.35am £1.50

10.25am – 11.35am £1.50

Do both sessions and only pay £2.50

BUZZY BEES Crèche

For Children aged 3 months to 4 years
To book your child/ren in the crèche, parents must be participating in an activity within the Centre.

Crèche times coincide with the aerobics classes.

Please check with reception for times.

Please Pre-book to avoid disappointment.

Price in accordance with activity undertaken.



Courses

Trampoline Courses

Come and join us for this course coached by one of our qualified trampolining instructors.

Learn new moves and have fun.

Numbers are limited to 10 per session, so book early to avoid disappointment.

Monday 16th – Wednesday 18th August

3 day course £15.00

4 – 7 year olds 10.00am – 11.00am

8 years+ 11.00am – 12.00 noon

Fridays 30th July and 20th August

£5.00 per session

4 – 7 year olds 12.00 noon – 1.00pm

8 years+ 1.00pm – 2.00pm

Mixed Abilities

Please wear socks and a long sleeved top for these activities

Athletics Course

Learn and develop new techniques and skills with our qualified and experienced coaches.

Tuesday 3rd & Wednesday 4th August

2 day course £16

7 – 11 year olds 10.00am – 12.00 noon

All abilities welcome.



Football with Colchester United Community Sports Trust

Braintree Mini Kicker

Dates: Monday 9th and Tuesday 10th August
2010 10am-12noon

Venue: Indoors

Numbers: 24 children maximum

Price: £14.00 (£3.50 per hour) includes gift for all, certificates and medals for competition winners.

Braintree Soccer School

Dates: Monday 9th and Tuesday 10th August
2010 10am-3pm

Venue: Astro

Numbers: 60 children maximum

Price: £27.50 (£2.75 per hour) includes gift for all, certificates and medals for competition winners.



Braintree Tournament day

Dates: Wednesday 11th August 2010 10am-3pm

Venue: Astro Turf

Numbers: 60 children maximum

Price: £12.50 (£2.50 per hour) includes gift for all, certificates and medals for competition winners.



Notley Sports Centre

Badminton Course

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

Course 1: Monday 2nd Aug – Fri 6th Aug

Course 2 Monday 16th Aug – Fri 20th Aug

9.00am – 10.00am

Cost £15.00 Per course

Book 1 child get second child half price

Come & Try Football Fun Skills

Come & learn football skills, take part in the “Big Match”, take part in a penalty shoot out competition and lots more.

These fun two hour workshops are great fun for girls and boys aged 5 year – 11 year olds

Monday 3rd , 16th, 23rd Aug 10.30am – 12.30pm

The workshops take place in the Sports Hall.

Please wear suitable footwear and training kit.

Remember, don't forget your drink.

Places are limited, so book in advance at Main Reception

Cost £8.00 per child per workshop, book one place, get second place half price

Dance Workshops

Thursday 29th July Street Dance

Tues 17th August Glee

For children aged 5year – 12 years

10.00am – 4.00pm

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

Cost £15.00 per child.

Book before 20th July to receive discounted price of £12.00 per child

Book One day at full price, get second workshop half price

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

Cool Kids

Summer 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 different 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.

Athletics:

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

Summer Party:

End of summer party with Fun & Games

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.

Summer Cool Kids Sessions

Mondays, Thursday & Fridays

10.00am – 12.00pm & 2pm – 4.00pm

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:

Week 1 Monday 26th July

– Fri 30th July

Day	Morning
Mon	Badminton
Thurs	Short Tennis
Fri	Arts & Crafts

Week 4 Monday 16th Aug

– Fri 20th Aug

Day	Morning
Mon	Badminton
Thurs	Football skills
Fri	Bats & Balls

Week 2 Monday 2nd Aug

– Fri 6th Aug

Day	Morning
Mon	Parachute Games
Thurs	Messy Play
Fri	Cool Kids Quiz

Week 5 Monday 23rd Aug

– Fri 27th Aug

Day	Morning
Mon	Volley Ball
Thurs	Rounders
Fri	Summer Party

Week 3 Monday 9th Aug

– Fri 13th Aug

Day	Morning
Mon	Badminton
Thurs	Arts & Crafts
Fri	Parachute Games



Children's Birthday Parties

School Holiday afternoons
and weekends:

Hold your child's party at Notley Sports Centre.

You will receive 50 mins in the Sports Hall with the fun equipment and 50 mins in the party area afterwards.

You will need to provide your own food / drink.

Tel 01376 323873

www.notleysportscentre.co.uk

Summer Holiday Special Offer Prices

Monday – Friday

Afternoon price of £45 per party

Sat & Sunday prices from £50 per party

Notley Sports Centre is Closed on Bank Holiday Monday 30th August 2010.

Centre Opening Times

Monday – Friday

10.00am – 4.00pm & 6pm – 10.30pm

Sat & Sun

9.00am – 6.00pm

Braintree Swimming Centre

August Bank Holiday

All Pools Open – 10am to 4pm

As normal the band system will operate, with pool access being on a first come basis

Main Pool

Monday (26th July, 2nd 9th 16th 23rd August)

6.00am – 8.30am	Lane Fitness Session (16+)
8.30am – 11.00am	Public Swimming
9.15am – 10.00am	Water Aerobics
11.00am – 12.00pm	Mobility Session
12.00pm – 1.30pm	Public Swimming
1.30pm – 3.30pm	Inflatable Fun Session
3.30pm – 5.30pm	Public Swimming
4.00pm – 6.00pm	Swim Academy
5.30pm – 7.00pm	Lane Fitness Session (2 lanes 4.00pm – 5.30pm)
7.00pm – 8.00pm	Public Swimming (2 lanes 8.00pm – 9.00pm)
8.00pm – 8.45pm	Water Aerobics
8.00pm – 10.00pm	Adult Fitness (16+) (reduced lanes)

Tuesday (27th July, 3rd 10th 17th 24th 31st August)

6.00am – 8.30am	Lane Fitness Session (16+)
8.30am – 2.15pm	Public Swimming
1.00pm – 1.45pm	50+ Water Aerobics
2.30pm – 4.00pm	50+
4.00pm – 6.00pm	Swim Academy
4.00pm – 5.30pm	Public Swimming (2 lanes)
5.30pm – 6.45pm	Lane Fitness Session (16+)
7.00pm – 8.00pm	Public Swimming
8.00pm – 10.00pm	Adult Swim Academy

Wednesday (28th July, 4th 11th 18th 25th Aug, 1st Sept)

6.00am – 8.30am	Lane Fitness Session (16+)
8.30am – 1.30pm	Public Swimming
9.15am – 10.00am	Water Aerobics
9.30am – 10.00am	Adult Lesson (sharing pool with Public Session)
1.30pm – 3.30pm	Inflatable Fun Session
3.30pm – 5.30pm	Public Swimming (2 lanes 4.00pm – 5.30pm)
4.00pm – 6.00pm	Swim Academy
5.30pm – 6.45pm	Lane Fitness Session

6.00pm – 6.30pm

7.00pm – 8.45pm

Water Aerobics.

Public Swimming

Thursday (29th July, 5th 12th 19th 26th August)

6.00am – 8.30am

8.30am – 2.15pm

9.15am – 10.00am

2.30pm – 4.00pm

4.00pm – 6.00pm

4.00pm – 5.30pm

Lane Fitness Session (16+)

Public Swimming

Water Aerobics

50+

Swim Academy

Public Swimming

(2 lanes)

Lane Fitness Session (16+)

Adult Fitness (16+)

(reduced lanes)

5.30pm – 7.00pm

9.00pm – 10.00pm

Friday (23rd 30th July, 6th 13th 20th 27th August)

6.00am – 8.30am

8.30am – 1.30pm

9.15am – 10.00am

10.15am – 11.00am

1.30pm – 3.30pm

3.30pm – 5.30pm

Lane Fitness Session (16+)

Public Swimming

Water Aerobics

Water Aerobics

Inflatable Fun Session

Public Swimming (2 lanes

4.00pm – 5.30pm)

Swim Academy

Lane Fitness Session

Public Swimming

Water Aerobics

Adult Fitness

4.00pm – 6.00pm

5.30pm – 7.00pm

7.00pm – 9.00pm

7.45pm – 8.30pm

9.00pm – 10.00pm

Saturday (24th 31st July, 7th 14th 21st 28th Aug)

6.30am – 7.45am

9.00am – 10.30pm

9.00am – 3.30pm

4.00pm – 9.00pm

Lane Fitness Session (16+)

Swimming Academy

Public Swimming (Only 2

Lanes before 12.15pm)

Private Hire / Party

Bookings

Sunday (25th July, 1st 8th 15th 22nd 29th August)

7.30am – 9.00am

9.00am – 4.00pm

4.00pm – 5.00pm

6.00pm – 9.00pm

Lane Fitness Session (16+)

Public Swimming

Lane Fitness Session (16+)

Private Hire / Party

Bookings

During busy periods one hour band sessions will operate. Children under the age of 8 years MUST be supervised by an adult, with one adult being permitted to supervise three children under the age of 8 years.

Teaching Pool

Monday (26th July, 2nd 9th 16th 23rd August)

9.30am – 1.30pm	Swim Academy
1.30pm – 3.30pm	Fun Session (floats & toys)
3.30pm – 6.00pm	Swim Academy

Tuesday (27th July, 3rd 10th 17th 24th 31st August)

9.30am – 12.30pm	Swim Academy
12.30pm – 4.00pm	Public Swimming
4.00pm – 7.00pm	Swim Academy

Wednesday (28th July, 4th 11th 18th 25th Aug, 1st Sept)

9.30am – 11.30am	Swim Academy
11.30am – 1.30pm	Public Swimming
1.30pm – 4.00pm	Fun Session – floats & toys
4.00pm – 6.00pm	Swim Academy

Thursday (29th July, 5th 12th 19th 26th August)

9.30am – 12.30pm	Swim Academy
12.30pm – 4.00pm	Public Swimming
4.00pm – 6.00pm	Swim Academy

Friday (23rd 30th July, 6th 13th 20th 27th August)

9.30am – 12.00pm	Swim Academy
12.00pm – 1.30pm	Public Swimming
1.30pm – 4.00pm	Fun Session – floats & toys
4.00pm – 6.00pm	Swim Academy

Saturday (24th 31st July, 7th 14th 21st 28th August)

8.00am – 12.30pm	Swim Academy
12.30pm – 3.30pm	Public Swimming
4.00pm – 9.00pm	Private Hire / Party Bookings

Sunday (25th July, 1st 8th 15th 22nd 29th August)

9.00am – 5.00pm	Public Swimming
5.00pm – 9.00pm	Private Hire / Party Bookings

Leisure Waters

Monday (26th July, 2nd 9th 16th 23rd August 10)

9.30am – 10.30am	Parent & Baby – floats & toys (Under 3's Only)
10.30am – 1.30pm	Public Swimming
1.30pm – 3.30pm	Fun Session – floats & toys
3.30pm – 6.30pm	Public Swimming

Tuesday (27th July, 3rd 10th 17th 24th 31st Aug)

9.30am – 6.30pm	Public Swimming
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Wednesday (28th July, 4th 11th 18th 25th Aug, 1st Sept)

9.30am – 10.30am	Parent & Baby – floats & toys (Under 3's Only)
10.30am – 1.30pm	Public Swimming
1.30pm – 3.30pm	Fun Session – floats & toys
3.30pm – 6.30pm	Public Swimming

Thursday (29th July, 5th 12th 19th 26th August)

9.30am – 6.30pm	Public Swimming
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Friday (23rd 30th July, 6th 13th 20th 27th August)

9.30am – 10.30am	Parent & Baby – floats & toys (Under 3's Only)
10.30am – 1.30pm	Public Swimming
1.30pm – 3.30pm	Fun Session – floats & toys
3.30pm – 6.30pm	Public Swimming

Saturday (24th 31st July, 7th 14th 21st 28th Aug)

9.00am – 3.30pm	Public Swimming
4.00pm – 9.00pm	Private Hire / Parties

Sunday (25th July, 1st 8th 15th 22nd 29th August)

9.00am – 5.00pm	Public Swimming
5.00pm – 9.00pm	Private Hire / Parties

During busy periods one hour band sessions will operate. Children under the age of 8 years MUST be supervised by an adult, with one adult being permitted to supervise three children under the age of 8 years



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Street Dance!

New weekly class sessions, Age 11 years upwards,
Monday 3.45pm – 4.45pm, VIBRANT! FUN! ENERGETIC!
Venue: Braintree Leisure Centre Price: £3.35 per session.
A mixture of fusion and other dance styles.



Junior Combat

Age: 5-11 year olds, suitable for boys and girls, the class is a martial arts based childrens activity which includes a variety of team games.
Every Tuesday 4pm – 4.45pm.



£1 per play per session

Tennis, Table Tennis, Football and use of the athletics track. All these facilities for only a pound per person. E.g. 8 people on the synthetic pitch for football only £8. Call for availability. Between 09.00 – 17.00 only. Monday to Friday



Thinking about treating your child to a birthday party? Why don't you hold it at Braintree Leisure Centre.

The fun, energetic staff are great hosts for a wide range of parties which include 'Hotshots – for those football fanatics' 'Mega Bounce – great layout using soft play equipment and a bouncy castle' 'Tots Tea – for those of a younger age, using block and beams around a small climbing frame with a slide'. Food and drink is provided.

Please contact 01376 552585 for any more information.



Braintree Leisure Centre

Panfield Lane, Braintree

Essex CM7 1FF

01376 552585

enquiries@braintreeleisurecentre.com