



Children's Half Term Holiday Activities

15 - 21 February 2010

Warminster Sports Centre

Timetable

Monday 15th February

7.00am-9.00am	Early Birds
9.00am-9.45am	Aqua Aerobics
9.45am-11.00am	NPLQ course
11.00am-12.30pm	Public Swim
12.30pm-1.45pm	Adults Only
3.00pm-4.00pm	Mature Bathers
4.00pm-6.30pm	Public Swim (Half the pool will be laned off for Swimming Lessons)
8.30pm-9.30pm	Aqua Aerobics
9.30pm-10.30pm	Adults Only

Tuesday 16th February

8.00am-9.00am	Early Birds
9.00am-10.00am	Intensive Swimming Lessons
10.00am-11.00am	NPLQ Course
11.00am-12.30pm	Public Swim
12.30pm-2.00pm	Relaxation Swim (Adults Only)
3.00pm-5.00pm	Swimming Lessons
5.00pm-6.00pm	Ladies Only
6.00pm-8.00pm	Public Swim
8.00pm-9.00pm	Staff Training
9.00pm-10.00pm	Adults Only

Wednesday 17th February

7.00am-9.00am	Early Birds
9.00am-10.00am	Intensive Swimming Lessons
10.00am-11.00am	NPLQ Course
11.00am-12.30pm	Funswim
12.30pm-2.00pm	Adults Only
3.00pm-4.00pm	Mature Bathers
4.00pm-6.00pm	Swimming Lessons
6.00pm-7.00pm	Adult Laned Swim/ Public Swim
7.00pm-8.15pm	Public Swim
8.15pm-9.00pm	Aqua Aerobics
9.00pm-10.00pm	Adult Laned Swim

Thursday 18th February

7.00am -9.00am	Early Birds
9.00am-10.00am	Intensive Swimming Lessons
10.00am-11.00am	NPLQ Course
11.00am-12.00 noon	Public Swim
12.00 noon-1.30pm	Relaxation Swim (Adults Only)
2.30pm-4.00pm	Fun Swim
4.00pm-5.30pm	Swimming Lessons
5.30pm-7.00pm	Public Swim

Friday 19th February

7.00am-9.00am	Early Birds
9.00am-10.00am	Intensive Swimming Lessons
10.00am-11.00am	NPLQ Course
11.00am-12.00noon	Parent & Toddler (under 5's only)
12.00noon-1.45pm	Public Swim
2.30pm-3.30pm	Mature Bathers
3.30pm-5.30pm	Swimming Lessons
5.30pm-6.30pm	Public Swim / NPLQ Course (Half Pool)
8.00pm-9.00pm	Adult Laned Swim

Saturday 20th February

11.30am-1.00pm	Funswim
1.00pm-2.00pm	Relaxation Swim (Adults Only)
2.00pm-4.00pm	Public swimming
4.00pm-5.00pm	Adult Swimming Lessons

Sunday 21st February

8.00am-10.00am	Early Birds
10.00am-11.00am	Parent & Toddler (under 5's only)
11.00am-12.00noon	Adults Only (half-pool Laned)
12.00noon-2.00pm	Fun Swim
2.00pm-4.30pm	Public Swimming



Fun House Club

Do your children get bored and irritable over the holiday period? If so we have the answer. Warminster Sports Centre is running the Ofsted Voluntary registered Fun House Kids 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! The days incorporate supervised play times, quiet times, team games, swimming sessions and each day is themed!

(Pre booking is advised. Payment must be taken on booking)

Children's Activities

Intensive Trampolining Course

Monday 15th – Friday 19th February

Do you want your child to learn the basics of Trampolining in a safe & controlled environment from qualified British Gymnastics instructors? Bring them along to this fun packed intensive course and they will have a bouncing good time! Trampolining is a great way to build co-ordination, balance & stability. This intensive course will work on the FUNdamentals of this fast growing sport such as basic shapes, rotation, landings and twisting.



Intensive Swimming Lessons

Tuesday 16th - Friday 19th February

This 4 day course is an ideal way to start children swimming, through daily practice they are able to learn and retain skills to a better standard. Alternatively children are able to support and improve on their current standard of swimming by getting the extra practice and hints and tips on their strokes, technique and level of understanding.

Children usually make excellent progress on these schemes and the fun element of swimming is still an essential theme throughout the course

Places are limited so book early to avoid disappointment!



NPLQ

National Pool Lifeguard Qualification Warminster Sports Centre

Interested in a career in the leisure industry?

The NPLQ is the essential qualification needed to become a lifeguard.

Every candidate, prior to commencement of training for the NPLQ must

Be 16 years of age;

Be able to meet the following basic fitness criteria:

jump / dive into deep water

swim 50 metres in less than 60 seconds

swim 100 metres continuously on front and back in deep water

tread water for 30 seconds

surface dive to a depth of 2 metres

climb out unaided without ladder / steps

£210

Book at Reception

February Half Term

Saturday 13th February

- Friday 19th February

How to contact us...

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