



Children's Half Term Holiday Activities

15th - 21st February 2010

Ferndown Leisure Centre
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February Half term

Monday 15th – Friday 19th February 2010

All activities **must** be paid for at the time of booking. Ferndown Leisure Centre accepts most major credit cards. We can accept payment over the telephone. To avoid cancellation please book early for activities & courses. The Centre reserves the right to change/cancel activities and no refunds can be given once a course has been paid for, unless the Centre cancels the course.

Important – Children must be signed in and out on all activities. Please only bring items that are mentioned in the 'Things to bring' section of the individual activity you wish to take part in.

Any activity including shooting, requires **parental consent** please return the form **prior to the activity date**.

Please see below the activity description for 'things to bring'

All of the children's activity staff are fully trained and have been selected for their quality of instructing and friendly personalities. All staff have also been CRB checked at an enhanced level so you can be sure that your children are in safe hands.

Pool Timetable

Monday 15th February

Main Pool

6.30-9.00am	Public Swim with Swim Lane
10.40-12.00pm	Public Swim with Swim Lane
12.00-1.00pm	Fun Session with Swim Lane
2.45-3.30pm	Aqua Aerobics
3.30- 4.30pm	Snorkelling Taster & Stroke Technique Development
7.30-9.00pm	Public Swim with Swim Lane
9.00-10.00pm	'Masters' Swim Coaching

Teaching Pool

10.40-12.00pm	Public Swim
12.00-1.00pm	Fun session
7.30-8.30pm	Public Swim

Tuesday 16th February

Main Pool

6.30-9.00am	Public Swim with Swim Lane
10.40-11.40am	Disabled
11.50-1.00pm	Public Swim with Swim Lane & Activity
6.35-8.30pm	Public Swim with Swim Lane
8.30-10.00pm	Adults only with Swim Lanes

Teaching Pool

11.50-1.00pm	Public Swim
6.30-8.30pm	Public Swim

Wednesday 17th February

Main Pool

6.30-7.30am	'Masters' Swim Coaching
7.30-9.00am	Public Swim with Swim Lane
10.40-11.10am	50+ Aqua Exercise
11.15-12.00pm	Public Swim with Swim Lane
12.00-1.00pm	Fun session with Swim Lane
8.30-9.30pm	Aqua Aerobics

Teaching Pool

11.15-1.00pm	Public Swim
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Thursday 18th February

Main Pool

6.30-9.00am	Public Swim with Swim Lane
10.40-12.00pm	Public Swim with Swim Lane
12.00-1.00pm	Fun session with Swim Lane
2.45-3.30pm	Aqua Aerobics
6.30-8.30pm	Public Swim with Swim Lane
8.30-9.30pm	Adults only with Swim Lane

Teaching Pool

11.30-1.00pm	Public Swim
6.30-8.30pm	Public Swim

Friday 19th February

Main Pool

6.30-9.00am	Public Swim with Swim Lane
12.00-1.00pm	Fun Session with Swim Lane
6.30-7.30pm	'Masters' Swim Coaching
7.30-8.30pm	Public Swim

Teaching Pool

10.30-1.00pm Public Swim
6.30-8.30pm Public Swim

Saturday 20th February

Main Pool

10.30-11.30am 50+
11.30-1.00pm Public Swim
1.00-2.00pm Parties
2.00-4.15pm Fun session with Swim Lane
4.15-5.00pm Public Swim Swim Lane

Teaching Pool

10.30-11.30am Adult & Child Session
11.30-1.00pm Public Swim
1.00-2.00pm Parties
2.00-4.15pm Fun session
4.15-5.00pm Public Swim

Main Pool

8.15-9.15am Aqua Aerobics
9.15-11.00am Public Swim with Swim Lane
11.00-12.00pm Disabled
2.00-3.30pm Public Swim with Swim Lane
3.30-5.00pm Fun session with Swim Lane

Teaching Pool

9.15-11.00am Public Swim
11.00-12.00pm Disabled
12.00-1.00pm Parties
1.00-2.00pm Parties
2.00-3.30pm Public Swim
3.30-5.00pm Fun Session

Sunday 21st February



Wetside Prices

	Non Member	Member	Kinetika Member
Adult swim	£2.95		Free
Senior	£2.30		Free
Junior	£2.20	£2.00	Free
Under 5	Free	Free	Free
Family	£7.80		Free
Disabled session	£1.55		Free

Supervision Ratios

Children under 8 must be supervised in the water and changing rooms by a parent or adult 18+
A maximum of 3 children under 8 is permitted per parent/adult.

Help us to keep the pool clean

Go to the toilet, have a shower and wash your feet before swimming.

Swim Lanes

A Swim Lane may be put in during busy sessions by request. All swimmers are welcome to use the lane regardless of ability.

Wetside Activities

National Pool Lifeguard Qualification with Tracy Baker

Course must be booked in advanced – maximum of 12 candidates.
The NPLQ enables you to become a fully qualified lifeguard and is a must for those aspiring to seek employment in the leisure industry. The award is nationally recognised and comprises practical and theoretical lifesaving, covering Foundation Module Course (units 1 & 2).

Candidate requirements:

- Must have good hearing and sight
- Able to swim 100m on front and back without stopping using a competent breast stroke and front crawl.
- Able to reach the bottom of the pool at the deep end (2m).

Foundation Module Course (units 1 & 2)

Course: Monday 15th – Friday 19th February

Time: Mon-Fri 8.00am-6.00pm Exam starts 1.30pm Fri

Age: 16+

Cost: Members £190 + £48.50 premium qualification pack
Non Members £200 + £48.50 premium qualification pack

Things to bring: Swim Wear, Shorts, T-shirt, Whistle and packed lunch.



Snorkeling – The Reef Explorers!

Book early to avoid disappointment

Activity must be booked in advance - maximum of 12 places available.

Become a reef explorer by discovering underwater fun. In this snorkeling session you will be shown how to use a snorkel, mask and flippers under the guidance of our qualified instructor

You must be able to swim a minimum of 50m and be confident in deep water.

Day: Monday 15th February

Time: 3.30-4.30pm

Age: 8+

Cost: £3.50

Things to bring: Swimming kit

Stroke Technique Development

Book early to avoid disappointment

Activity must be booked in advance - maximum of 12 places available.

Improve your stroke technique, covering all 4 strokes. Children must be able to swim 100m and confident in deep water

Day: Monday 15th February

Time: 3.30-4.30pm

Age: 8+

Cost: £3.50

Things to bring: Swimming kit, drink

All Activities must be booked in advance. Maximum of 16 places available. Things to bring



Dryside Activities (Under 8's)

(unless otherwise stated): Snack and a Drink (Please bring drinks in a sports cap bottle to avoid spillage).

Football FunZone

Book early to avoid disappointment

A morning of fun football games and then a chance to do some shooting, dribbling and take part in match practice!

Day: Monday 15th February
Time: 9.30am – 11.30am
Age: 4-7 yrs
Cost: Kinetika members £3.00
Members £4.50
Non members £5.50

Things to bring: Drink and snack

Michael Jackson Tribute Dance Workshop with Claire & Sophie Camble

Book early to avoid disappointment

Claire Camble explores the world of Michael Jackson legendary music through dance, giving you the chance to create new dance routines, offering a good balance between creativity and health/social skills. Including Thriller, black or white and beat it and others! There will be a show at the end for family and friends to watch!

Day: Monday 15th February
Time: 10.00am – 1.00pm
performance 12.45pm
Age: 4-7yrs
Cost: Kinetika Members £4
Members £7.50
Non Members £8.50

Things to bring: Drink and snack.

Trampolining

Book early to avoid disappointment

Bounce, Bounce, Bounce! Discover trampolining in this fun session with our qualified Instructor. All abilities are welcome so come along, give it a go and have some fun!

Day: Tuesday 16th February
Time: 10.00am-1.00pm
Age: 4-7 yrs
Cost: Members £5.00
Non members £8.50

Things to bring: Drink and snack

Bouncy Castle Club

Book early to avoid disappointment

In this fun morning you will play a number of party games and activities as well as time on our bouncy castle!

Day: Wednesday 17th February
Time: 9.30am-11.30am
Age: 3-7yrs
Cost: Members £3.50
Non members £4.50
Kinetika members £5.50

Things to bring: Drink and snack.

Trampolining

Book early to avoid disappointment

Bounce, Bounce, Bounce! Discover trampolining in this fun session with our qualified Instructor. All abilities are welcome so come along, give it a go and have some fun!

Day: Thursday 18th February
Time: 10.00am-1.00pm
Age: 4-7 yrs
Cost: Members £5.00
Non members £8.50

Things to bring: Drink and snack

Sportathon

Book early to avoid disappointment

Sport, Fun & Games

Day: Friday 19th February
Time: 9.30am – 11.30am
Age: 4-7 yrs
Cost: Kinetika members £3.00
Members £4.50
Non members £5.50

Things to bring: Drink and snack.

Dryside Activities (Over 8's)

All Activities must be booked in advance.

Limited places available.

Things to bring (unless otherwise stated): Swim kit, packed lunch and a drink (Please bring drinks in a sports cap bottle to avoid spillage).

Gladiators with fun swim

Book early to avoid disappointment

Based on the TV series, you will be able to take part in certain activities in a safe environment, you will be divided into teams and compete against each other. Including obstacles and the mighty dual, how long can you stay on for? Gladiators are you ready?

Day: Monday 15th February
Time: 8.30am – 5.15pm
Age: 8+
Cost: £10
Things to bring: Swim Kit, drink, lunch and snack.

Archery, Trampolining & Cycling

Book early to avoid disappointment

A fantastic action packed fun filled day for all, where you can have a go at all 5 disciplines: archery, shooting, swimming and cycling. Come and join in with the excitement of this activity day.

Day: Tuesday 16th February
Time: 8.30am-5.15pm
Age: 8+
Cost: Kinetika Members £7
Members £13.00
Non Members £15.00
Things to bring: Swim Kit, drink, lunch and snack

Interactive Dance Mats

Book early to avoid disappointment

New Interactive advanced Dance Mat System, dance with your friends and show off your dance mat skills. Dance to various levels and speeds, Dance to funky tunes, compete against your friends or as a group. Come and try this fantastic new fun session

Day: Monday 15th, Wednesday 17th & Thursday 18th February

Time: 12.40pm-3.40pm
Age: 7+
Cost: Kinetika members £3.00
Members £5.50
Non members £7.50
Things to bring: drink and snack.

Badminton Academy with Table Tennis & Fun Swim



Book early to avoid disappointment

Learn new techniques and improve your game in this Badminton Academy. Taken by a County Player and qualified coach. There will be structured activities and organised games in this fun day as well as time in the pool for a fun session! For all abilities.

Day: Wednesday 17th February
Time: 8.30am-5.15pm
Age: 8+
Cost: Kinetika Members £7
Members £13.00
Non Members £15.00

Things to bring: Swim Kit, Lunch, Drink and snack

Trampolining, Football, Archery & Water Polo

Book early to avoid disappointment

This is a combined favourite, an action packed day with trampolining, and football with different challenges, then make way for Archery as well as time to jump in the pool for some water polo fun and float session!

Day: Thursday 18th February
Time: 8.30am-5.15pm
Age: 8+
Cost: Kinetika Members £7
Members £13.00
Non Members £15.00

Things to bring: Swim Kit, Lunch, Drink and snack

Shooting and Archery

Book early to avoid disappointment

This combination day allows you to have a go at Archery in the morning, then learn how to handle and shoot .177 air rifles in the afternoon under close supervision. There is also time for a

fun session in the pool!

PLEASE BRING SIGNED CONSENT FORM available from reception.

Day: Friday 19th February
Time: 8.30am-5.15pm
Age: 8+
Cost: Members £13.50
Non Members £16.00
Things to bring: Swim Kit, Lunch, Drink and snack

Michael Jackson Tribute Dance Workshop with Claire & Sophie Camble

Book early to avoid disappointment

Claire Camble explores the world of Michael Jackson legendary music through dance, giving you the chance to create new dance routines, offering a good balance between creativity and health/social skills. Including Thriller, black or white and beat it and others! There will be a show at the end for family and friends to watch!

Day: Friday 19th February
Time: 10.00am – 4.00pm
performance 3.45pm
Age: 8+
Cost: Kinetika Members £7
Members £13.00
Non Members £15.00
Things to bring: drink, lunch and snack.

National Standard Cycling Level 1 and 2

Book early to avoid disappointment

Activity must be booked in advance:-

Maximum of 18 places available level 1
Maximum of 18 places available level 2

As the roads become busier, it is very important to ensure you are aware and can maintain good roadside handling. National Standard Cycling level 1 & 2 will help to ensure your safety whilst

cycling. The course is informative and extremely beneficial as more and more schools are not allowing you to cycle without your level 2.

[Ask about our Bikeability for the year programme!](#)

Level 1: Enables you to carry out and understand bike checks, setting the bike to the correct fit, gain cycling confidence, good bike handling, basic safety, and the initial set-up of bike manoeuvres.

Level 2: Takes you onto the road with the traffic where you will gain practical experience in all aspects of road safety and the Highway Code.

Level 1

Day: Monday 15th February to
Tuesday 16th February
Time: 9.30-11.30am
Age: 8+
Cost: Non Members £15
Members £14

Level 2

Day: Wednesday 17th February to
Friday 19th February
Time: 9.00am-11.30am
Age: 8+
Cost: Non Members £22.50
Members £21

Book both phases: Members: £33

Non Members: £35.50

Things to bring: A roadworthy bike of the right size for the child and a cycle helmet. Drink (Please bring drinks in a cycle style drinking bottle with cap top to avoid spillage)



Junior Courses & Activities

Try one of our courses that run throughout the year

Active4Sport

Comprises a range of different sports and activities including, hockey, football, basketball, cricket and more. Put your skills into plenty of game play action. Includes a swim for year 8+.

Archery

Tried Archery before? Come and join our qualified instructors and learn how to shoot and take part in archery lead games. Are you the next Robin Hood? All abilities welcome. (Coming Soon)

Badminton

A great course to introduce you to the game and develop your skills. With our Badminton Association of England Coach's enjoy structured activities and organised games.

Basketball

Why not spring into exercise with this fantastic course that introduces to the game of basketball. Enjoy lead drills and games with our instructor.

Expressive Dance

A great course for you to create your dance routines and perform to an audience of family and friends, lead by Claire Camble.

Gym Session

All junior gym users must have had an induction before attending the supervised sessions. Please book in advance to avoid disappointment as places are limited.

"Kickabout" Football

Football course available for ages 8+. A chance for juniors to improve their football skills and confidence,

make new friends and have a fun time in a friendly fun environment.

Netball

Learn the skills and tactics of this fast and exciting team game, the club also enables you to enter local leagues and tournaments.

Junior Squash

Clive will help you to develop your skills and improve your game of squash.

Table Tennis

From gaining coaching advice, to playing matches and table tennis lead games. Improve your game and learn the sport whilst having fun.

Teen Balance

As bodybalance but aimed at the 8-15yrs age group. Will promote flexibility, balance, strength and relaxation.

Teeny Boppers

Sample movement through dance in a fun session, specially catering for the young with Claire Camble.

Trampolining

Courses to develop and introduce you to the skills and techniques. You will be able to work towards the British Gymnastics Award Schemes.

Water Activities

A combination of a variety of water based activities including water polo, water games and much more with our swimming instructor.



Ferndown Leisure Centre

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Membership Enquiries

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