

Have you registered your children  
for FREE Swimming?  
(contact reception for your Application form)



# Children's Holiday Activities

## Summer 2009

Warminster Sports Centre

# Pool Timetable

## Mondays

27th July, 3rd, 10th, 17th, 24th Aug 2009

7.00am – 9.00am	Early Birds (1 lane)
9.00am – 9.45am	Aqua Aerobics
9.45am – 10.30am	Courses – Please see Course timetable Box
10.30am – 12.30pm	Public Swim
12.30pm – 1.45pm	Adults Only
3.00pm – 4.00pm	Mature Bathers
4.00pm – 5.30pm	Public Swim (half pool, along side swim lessons)
5.30pm – 6.30pm	Adults Only (half pool, along side swim lessons)
6.30pm – 8.30pm	WASC
8.30pm – 9.30pm	Aqua Aerobics
9.30pm – 10.30pm	Adults Only

## Tuesdays

28th July, 4th, 11th, 18th, 25th Aug 2009

7.00am – 8.00am	WASC
8.00am – 9.30am	Early Birds (1 lane)
9.30am – 10.30am	Courses – Please see Course timetable Box
10.30am – 12.30pm	Public Swim
12.30pm – 1.30pm	Adults Only
1.30pm – 2.45pm	Funswim
3.00pm – 5.00pm	Swimming Lessons
5.00pm – 6.00pm	Ladies Only (Adults Only)
6.00pm – 8.00pm	Public Swim
8.00pm – 9.30pm	Adults Only
(Tuesday 18th August the 8pm-9.30pm swim will be cancelled)	

## Wednesdays

29th July, 5th, 12th, 19th, 26th Aug 2009

7.00am – 9.30am	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
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
(29th July & 26th Aug, the 12.30 – 1.45-Adults only will be cancelled)	

## Thursdays

30th July, 6th, 13th, 20th, 27th Aug 2009

7.00am – 9.30am	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
2.30pm – 3.00pm	Clouds House
3.30pm – 5.30pm	Swimming Lessons
5.30pm – 7.00pm	Public swim
7.00pm – 10.00pm	WASC

## Fridays

31st July, 7th, 14th, 21st, 28th Aug 2009

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 – 1.45pm	Adults Only
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

1st, 8th, 15th, 22nd, 29th, Aug 2009

8.30am – 11.30am	Swimming Lessons
11.30am – 1.00pm	Funswim
1.00pm – 2.00pm	Relaxation Swim (Adults Only)
2.00pm – 5.00pm	Public Swim

## Sundays

2nd, 9th, 16th, 23rd, 30th Aug 2009

8.00am – 10.00am	Early Birds
10.00am – 11.00am	Parent & Toddler
11.00am – 12noon	Adults Only (half Pool Laned)
12.00noon – 2.00pm	Funswim
2.00pm – 4.30pm	Public swim

## Bank Holiday

Monday 31st Aug 2009

8.00am – 10.00am

10.00am – 12noon

12noon – 2pm

BUILDING CLOSES AT 2.00PM

Early Birds

Public Swim

Adults Only

## 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.

## Birthday Parties

If you want to throw a party in the summer but don't know where to hold it, let us help!

## Fantasy Island Inflatable Party Saturday Evenings Only

Exclusive hire of the pool. Like the water? Enjoy a challenge? Then this party Package is for you. Make your way to the end of the island without falling into the deep blue sea.

A Splashing good time in the pool, in a safe. Fully supervised environment. (Please note that the pool is split with a combination of inflatable and fun swim session running simultaneously during the 60minutes)

Maximum of 29 people – please note 1 adult must accompany up to 2 children if under 8 years old). Children must be confident swimmers and be able to swim at least 25m with ease before attempting the inflatable. No armbands are permitted on the inflatable.

## Striker Party (4-14years)

This party is designed for the footie fanatic. You will join our party co-ordinator for 60 minutes of dribbling, passing and shooting drills To finish your party, use your skills in a game of 2 halves and finally a penalty shoot out.

Available on

Saturdays between 12noon – 5.00pm

Sundays between 10.00am – 6.00pm

(maximum of 16 children)

## Birthday Tea

Why not take advantage of our studio after your party, for your birthday tea. We provide tables, chairs and a music box for you to wind them up!

Other Parties on offer at Warminster Sports Centre

Wet 'n' Wild

Trampoline Party

Games Party

# 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 (Monday, Wednesdays & Friday)

<b>Mon 27th July</b>	Mexico	<b>Mon 17th Aug</b>	USA Day
<b>Tues 28th July</b>	Monsters	<b>Tues 18th Aug</b>	Super Heroes
<b>Wed 29th July</b>	Healthy Eating	<b>Wed 19th Aug</b>	Cookery
<b>Thurs 30th July</b>	Under the Sea	<b>Thurs 20th Aug</b>	999 Day
<b>Fri 31st July</b>	Pop Stars	<b>Fri 21st Aug</b>	Amination Play
<b>Mon 3rd Aug</b>	French Day	<b>Mon 24th Aug</b>	China
<b>Tues 4th Aug</b>	Knights & Dragons	<b>Tues 25th Aug</b>	Cops & Robbers
<b>Wed 5th Aug</b>	Nature Day	<b>Wed 26th Aug</b>	Space Odessey
<b>Thurs 6th Aug</b>	Water Safety	<b>Thurs 27th Aug</b>	Bounce and Fun
<b>Fri 7th Aug</b>	Creepy Crawleys	<b>Fri 28th Aug</b>	PARTY!!!!
<b>Mon 10th Aug</b>	Egyptian Day	Special Offer – book Monday to Thursday (same week) and get the Friday FREE.	
<b>Tues 11th Aug</b>	Cowboys & Indians		
<b>Wed 12th Aug</b>	Mini Olympics		
<b>Thurs 13th Aug</b>	Fire Safety		
<b>Fri 14th Aug</b>	Historic Legends		

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

### 'Free Time' Pathfinder Scheme

Could you take part in some of our activities for free?

If you go to school in Trowbridge and are part of the 'Free Time' Pathfinder you can access many of our activities for free, this includes Fun House Club and Kinetika Krew Klub. To take part, simply choose what you would like to do, jot down the details and take these to your school. They will help you book on and pay for your place.

**WARMINSTER**  
Sports Centre

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