



Children's Holiday Activities

Summer 2009

Royston Leisure Centre
Tel: 01763 255190



Fitness Industry Association
Operator of the Year 2008/9



ROYSTON LEISURE CENTRE

Working in Partnership



NORTH HERTFORDSHIRE
DISTRICT COUNCIL

Summer Holiday Activities

Summer 2009

Week 1 - Monday 27th July
Week 2 - Monday 3rd August
Week 3 - Monday 10th August

Week 4 - Monday 17th August
Week 5 - Monday 24th August

Sports Xtra



Sports Xtra are passionate about sport and promoting opportunities for young people to enjoy being active.

Each course is based around fun, physical activity and progressing skills.

All Sports Xtra programmes are delivered by qualified, experienced coaches who are fully CRB checked and insured.

For more information on Sports Xtra or to make a booking please visit the website www.sports-xtra.com (discounts for booking on line) or telephone 0845 6591010

Please note bookings for Sports Xtra courses cannot be made at the leisure centre.

Weeks 1,3 & 5

Day	Time	Activity	Info
Tuesday	9.00am - 3.30pm	Multi Sports Experience	5 - 14 years
Wednesday	9.00am - 3.30pm	Trampoline/Gymnastics/Dance	5 - 14 years
Thursday	9.00am - 3.30pm	Football & Dodgeball	5 - 14 years

Weeks 2 & 4

Day	Time	Activity	Info
Tuesday	9.00am - 12noon	Teenage Street Dance Kwik Cricket/Athletics	13 - 16 years 5 - 14 years
Tuesday	12.30pm - 3.30pm	Fencing & Funfit	5 - 14 years
Wednesday	9.00am - 3.30pm	Trampoline & Funfit	5 - 14 years
Thursday	9.00am - 12.00pm	Street Dance Football & Rock It ball	5 - 14 years
Thursday	12.30pm - 3.30pm	Tennis & Uni-Hoc	5 - 14 years



Snorkelling

14.30 – 15.30

Running weeks 1 - 5

MUST be able to swim 50 meters competently in a recognised stroke and be aged over 8 years.

2 day course

Tuesday and Thursday

£11.50 per course

Wet and Wild – Inflatable fun

14.30 - 15.30

Go wild in this structured fun session.

Must be able to swim 25m's competently in a recognised stroke.

Monday

Wednesday

Friday

£2.10 per session

Creepy Crawlies

Sessions will all be running as normal throughout the holidays.

Restricted to under 5's only

Monday 2.00 – 2.45

Tuesday 9.30 – 10.15 10.30 – 11.15

Wednesday 9.30 – 10.15 10.30 – 11.15

Thursday 9.30 – 10.15 10.30 – 11.15

Sunday 9.30 – 10.15 10.30 – 11.15

£2.70 per child per session

Teen Fitness Sessions

12.00 – 13.00

Exercise with your friends in the studio

Ages 11 - 15 year olds

Mondays

Wednesdays

Fridays

£3.00 per session including swim

Swimming Crash Courses

5 day course

Running weeks 1 – 5

10.30 – Beginners

£25.00 per course

11.00 – Top up swimming

(arranged through the schools).

Age restrictions may
apply on activities.
Timetable subject to change.

New for Summer 2009

Rookie Lifeguard

Running weeks 1 - 5 Monday to Friday

11.30

£25 per course – 30 min session

Rookie Lifeguard is an introduction into lifesaving skills and is suitable to competent and confident swimmers aged 8 and over.



How to find us



ROYSTON LEISURE CENTRE

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