



Children's Holiday Activities

Summer 2009

Bramston Sports Centre

01376 533400

www.bramstonsportscentre.co.uk

change
4 life
Eat well • Move more • Live longer

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008/9

 **Braintree**
District Council

Braintree District Leisure Community Association Ltd working in partnership with Braintree District Council

Wetside Intensive Courses

Swimming

Beginners	One-to-One
Intermediate	Diving
Advanced	

Swimming lessons for all, taken by qualified teachers. Specific skills can be taught on request.

Costs for 5 day course:

½ hour lesson	£25.00
Private	£76.50
Private – 2 children	£109.50

Aqua Fun

Monday 27th July, Monday 17th August
9.15am – 10.15am

Designed to encourage children to learn basic synchro moves whilst having fun and building confidence in the water

Mini Polo

Tuesday 28th July, Tuesday 18th August
9.30am – 10.30am

A smaller basic game of water polo which helps teach the fundamentals of aquatics and sport as a whole.

Rookie Lifesaver

Wednesday 29th July, Wednesday 19th August
9.30am – 10.30am

Learn how to save a life. You will learn water safety skills and fun activities in the water and on land.

Flip & Fun:

Thursday 30th July, Thursday 20th August
9.30am – 10.30am

Learning Diving skills while building water confidence and having fun in deep water



DC Leisure supports the government's Change4Life campaign.

To maintain a healthy weight, we need to both eat well and move more. Many families are making changes that will help them live healthier and longer. Visit www.nhs.co.uk/Change4Life or call 0300 123 3434 for more information



Cool Kids Club Sports Day Camps

Cool Kids are Ofsted registered Day Camps for children aged 5 years – 14 years. They run Monday – Friday 8.30am – 5.30pm.

Half day and full day sessions are available.

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 and soft play equipment as well as activities listed below.

Special Summer Cool Kids Price

Full Day: £10.00!

Half Day: £7.50!

*For a full day bring a packed lunch.

Please note: we are unable to refrigerate any packed lunches.

Week 1 Monday 20th – Friday 24th July

Day	Morning	Afternoon
Monday	Parachute Games	Trampolines
Tuesday	Badminton	Funky Fitness
Wednesday	Den Building	Athletics
Thursday	Short Tennis	Rounders
Friday	Arts & Crafts	Summer Treasure Hunt

Week 2 Monday 27th – Friday 31st July

Day	Morning	Afternoon
Monday	Parachute Games	Cool kids got talent
Tuesday	Arts & Crafts	Funky Fitness
Wednesday	Volley Ball	Trampolines
Thursday	Messy Play	Football Skills
Friday	Cool Kids Quiz	Rounders

Week 3 Monday 3rd Aug – Friday 7th Aug

Day	Morning	Afternoon
Monday	Short Tennis	Rugby skills
Tuesday	Badminton	Funky Fitness
Wednesday	Rounders	Athletics
Thursday	Arts & Crafts	Tennis Skills
Friday	Den Making	Trampolines





Week 4 Monday 10th – Friday 14th Aug

Day	Morning	Afternoon
Monday	Kwick Cricket	Messy Play
Tuesday	Carpet Bowls	Funky Fitness
Wednesday	It's a Mystery	Rounders
Thursday	Football skills	Volley Ball
Friday	Bats & Balls	Cool kids got talent

Week 5 Monday 17th - Fri 21st Aug

Day	Morning	Afternoon
Monday	Parachute Games	Athletics
Tuesday	Volley Ball	Funky Fitness
Wednesday	Den Making	Trampolines
Thursday	Rounders	Kwick cricket
Friday	Arts & Crafts	Uni Hoc

Week 6 Tuesday 25th Aug – Fri 28th Aug

Day	Morning	Afternoon
Monday	Closed	Closed
Tuesday	Volley Ball	Funky Fitness
Wednesday	Den Making	Trampolines
Thursday	Rounders	Football Skills
Friday	Arts & Crafts	Summer Party

Activities

Parachute Games

The children will learn and experience challenging activity involving mind and co-ordination in a fun activity

Arts & Crafts

Each week a difference 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.

Funky Fitness

Led by the kinetika gym team, the child will learn about fitness and take part in fitness activities. Each week a different activity.

Athletics

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

Cool Kids Got Talent

The children will get to practise various skills / activities and take part in the Cool Kids Show with a prize for the winner

Summer Party

End of summer party with Fun & Games and a Disco

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



Trampoline Course

An enjoyable, energetic and fun session which will help to develop balance and coordination.

Course 1: Monday 20th July – Friday 24th July
 Course 2: Monday 3rd Aug – Fri 7th Aug
 Course 3: Monday 17th Aug – Fri 21st Aug
 9.30am – 10.30am & 10.30am – 11.30am

Cost £20.00 per course
Buy one get one half price!



Badminton Course

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

Course 1: Monday 27th July – Friday 31st July
 Course 2: Monday 10th August – Friday 14th August
 Course 3: Monday 25th Aug – Friday 28th August
 9.30am – 10.30am

Cost £20.00 per course
Buy one get one half price!



How to book Cool Kids and Holiday Courses 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 in person only (debit / Credit card payments available)

REFUNDS: Once payment has been accepted, we regret that refunds cannot be made unless there are exceptional circumstances or Bramston Sports Centre cancels the course.

LATE COLLECTIONS OF CHILDREN: Please be aware that an extra fee will be charged for those who are late picking up their child(ren).

DATES & TIMES: are correct at the date of going to press. Bramston Sports Centre will inform customers of any change where possible. We reserve the right to alter charges, availability of facilities and to cancel classes / courses / activities etc without notice.

INFORMATION SHEET 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 & out of Bramston Sports Centre by an adult.

IMPORTANT: Children will have breaks during the Cool Kids Camps (excluding lunch). Water will be provided and the cafeteria is open during these breaks.

CLOTHING: Loose sports wear, i.e. T-shirt, Shorts and trainers are ideal for energetic sessions. Old clothes are also advisable especially during craft and painting sessions.

Activities may take place outdoors. A hat and sunscreen for your child is strongly advised. Under child protection policies centre staff are not permitted to apply sunscreen directly onto a child.

All places are limited so book early to avoid disappointment!

Dance Workshops

Camp Rock
High School Musical
Hannah Montana
Grease

For children aged 5 years – 12 years
10.00am – 4.00pm

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

Led by our qualified Dance Teacher.

Cost £15.00 per child.

Book before 19th July and pay only £10.00!

For dates of workshops please contact Main Reception.

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



Basket Ball Day Camp With Streetball Extreme

Friday 21st August
10.00am – 4.00pm

Learn amazing skills and Basketball tricks. Led by Streetball Extreme.

Cost £25.00 per child

Summer Drawing Competition

Draw your favourite Ice Age the movie character in the box below.

The winner will receive 4 free Cineworld tickets to watch a film of their choice!

Plus prizes for runners up as well.

Please complete your child's details below and return to Bramston Sports Centre before Friday 10th August 2009.

Child's Name: _____ D.O.B _____
Parent's Name(s): _____
Telephone Number: _____
Address: _____
Postcode: _____
Childs School: _____

School Holiday Swimming Pool Opening Times

MONDAYS

MAIN POOL

6.30am – 8.30am Adult Early Risers
10.00am – 12noon Public Swimming
12noon – 12.55pm Adults Only
1.00pm – 2.00pm Fun Session
2.00pm – 4.15pm Public Swimming
5.40pm – 7.00pm Public Swimming

TEACHING POOL

10.30am – 1.00pm Public Swimming
1.00pm – 4.00pm Public Swimming
5.40pm – 8.00pm Public Swimming

MERLIN POOL

10.30am – 11.30am Public Diving
11.30am – 1.00pm Family Fun Swim
1.00pm – 3.00pm Family Fun Session
5.40pm – 7.00pm Family Fun Swim
7.00pm – 7.45pm Aqua Natal
7.45pm – 8.30pm Aqua Deep

AQUA FLUME

11.00am – 3.00pm & 5.45pm – 7.00pm

TUESDAYS

MAIN POOL

6.30am – 8.30am Adult Early Risers
10.00am – 12noon Public Swimming
12noon – 12.55pm Adults Only
1.00pm – 2.00pm Fun Session
2.00pm – 4.15pm Public Swimming
6.30pm – 7.55pm Adult Lengths

TEACHING POOL

13.00am – 1.00pm Public Swimming
1.00pm – 4.00pm Public Swimming
5.40pm – 8.00pm Public Swimming

MERLIN POOL

10.30am – 11.30am Public Diving
11.30am – 1.00pm Family Fun Swim
1.00pm – 3.00pm Family Fun Session
5.40pm – 7.00pm Family Fun Swim
8.15pm – 9.00pm Aqua Aerobics

AQUA FLUME

11.00AM – 3.00PM* & 6.00PM – 6.30PM

WEDNESDAYS

MAIN POOL

6.30am – 8.30am Adult Early Risers
10.00am – 12noon Public Swimming
12noon – 1.00pm Adults Only
1.15pm – 4.00pm Disco Fun Session
6.15pm – 8.00pm Public Swimming
8.00pm – 9.15pm Ladies Only Swim

TEACHING POOL

10.30am – 1.00pm Public Swimming
1.15pm – 3.50pm Disco Fun Session
6.15pm – 8.00pm Public Swimming
8.00pm – 9.15pm Ladies Only Swim

MERLIN POOL

10.30am – 11.30am Public Diving
11.30am – 1.00pm Family Fun Swim
1.15pm – 4.00pm Disco Fun Session
6.30pm – 7.20pm Family Fun Swim
7.25pm – 8.10pm Aqua Aerobics
8.15pm – 9.00pm Aqua Deep

AQUA FLUME

11.00AM – 1.00PM*, 1.15PM – 4.15PM & 6.30PM – 7.30PM

THURSDAYS

MAIN POOL

6.30am – 8.30am Adult Early Risers
10.00am – 12noon Public Swimming
12noon – 12.55pm Adults Only
1.00pm – 2.00pm Fun Session
2.00pm – 4.15pm Public Swimming
6.30pm – 8.00pm Public Swimming
8.00pm – 9.00pm Adults Only Swim

TEACHING POOL

10.30am – 1.00pm Public Swimming
1.00pm – 4.00pm Public Swimming
6.15pm – 8.00pm Public Swimming
8.00pm – 9.00pm Adults Only Swim

MERLIN POOL

10.30am – 11.30am Public Diving
11.30am – 1.00pm Family Fun Swim
1.00pm – 3.00pm Family Fun Swim
6.15pm – 7.15pm Family Fun Swim
7.25pm – 8.10pm Aqua Aerobics
8.15pm – 9.00pm Aqua Circuits

AQUA FLUME

11.00AM – 3.00PM* & 6.15PM – 7.15PM

FRIDAY

MAIN POOL

6.30am – 8.30am Adult Early Risers
10.00am – 12noon Public Swimming
12noon – 12.55pm Adults Only
1.00pm – 2.00pm Fun Session
2.00pm – 4.15pm Public Swimming
5.35pm – 9.00pm Public Swimming

TEACHING POOL

10.30am – 1.00pm Public Swimming
1.00pm – 4.00pm Public Swimming
6.00pm – 9.00pm Public Swimming

MERLIN POOL

10.30am – 11.30am Public Diving
11.30am – 1.00pm Family Fun Swim
1.00pm – 3.00pm Family Fun Swim

AQUA FLUME

11.00AM – 3.00PM*

SATURDAY

MAIN POOL

12.05pm – 2.00pm Public Swimming
2.00pm – 3.00pm Fun Session
3.00pm – 5.00pm Public Swimming

TEACHING POOL

12.05pm – 2.00pm Public Swimming
2.00pm – 3.00pm Fun Session
3.00pm – 5.00pm Public Swimming

MERLIN POOL

12.15pm – 1.15pm Public Diving
1.30pm – 5.00pm Family Fun Swim#

AQUA FLUME

12.15PM – 1.15PM & 1.30PM – 5.00PM#

SUNDAY

MAIN POOL

8.40am – 2.00pm Public Swimming
2.00pm – 3.00pm Fun Session
3.00pm – 5.00pm Public Swimming

TEACHING POOL

8.40am – 2.00pm Public Swimming
2.00pm – 3.00pm Fun Session
3.00pm – 5.00pm Public Swimming

MERLIN POOL

8.40am – 5.00pm Family Fun Swim#

AQUA FLUME

8.40AM – 5.00PM#

- # These sessions may not operate due to private hire.
- *Aqua Flume: The Flume will be open the first 15 minutes of each half hour. (e.g. 10.00am – 10.15am, 10.30am – 10.45am).
- In all Main Pool Swimming sessions, except Fun Sessions, a fast and slow lane are roped off for length swimming.
- At certain times, sections of the Pools will be used for a National Pool Lifeguard Course. A notice will be displayed.
- In busy times 1 hourly session may operate.
- The Management reserve the right to refuse admission.

SWIMMING ADMISSIONS POLICY

- Children under 8 years old MUST be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.
- Maximum ratio of 3 children to 1 adult. Those supervising must accompany the children in the water.

Wetside Activities

Disco Fun Session

Every Wednesday in school holidays
1.15pm – 4.00pm

Take up the challenge of the Monster Island in the Main pool, have fun with the mats and equipment in the Merlin & Teaching Pool. Unlimited rides on the 55metre Aqua Flume. Listen to the sounds of our Disco. Cost £1.20 per person.

Fun Sessions

Take up the Challenge of the Monster Island
Every day except wed 1.00pm – 2.00pm

Family Fun Swim

These take place in the warm waters of the Merlin Pool. Floats and fun equipment in the Pool, Unlimited rides on the Aqua Flume.



Public Diving

Monday – Friday 10.30am – 11.30am
Saturdays 12.15pm – 1.15pm

Come and try our 1 metre Springboard.
(You must be able to swim 25 metres to use the diving board)

Over 50's Swimming

Fridays 10.00am – 11.00am in the Main Pool

Birthday Parties

Let us do all the hard work for you, just pick your party.

- Aqua Splash
- Aqua Challenge
- Hot Shots
- Mega Bounce

For more information please call
01376 533401.



Little Lullabies Crèche

The crèche runs throughout the year, including all holidays.

Take advantage of our Ofsted registered crèche for 0 – 5 years olds. Monday – Friday 9.15am – 12.00pm

Leave your children in the capable hands of our staff, whether using the centre or going in to town for a shop.



Memberships

Join now and get 2 months completely FREE!*

To find out more about this fantastic offer contact our membership team on 01376 533422.

*Offer applies to annual memberships. Terms and conditions apply.



change4life

Sunday 28th June 2pm – 4.30pm
Come and Try our Free taster sessions.

Trampoline, Badminton, Cricket, Bouncy Castle, Football, Rounders, Basketball (with street ball extreme),

Free Swimming for Children aged 16 and under and Adults aged 60 and Over*.

For details on how to sign up see our website, www.bramstonsportscentre.co.uk



**change
4 life**

Eat well Move more Live longer

*Terms and Conditions apply

National Pool Lifeguard Courses

Would you like to be a
lifeguard?

Saturday 18th July – Friday 24th July
8.00am – 5.00pm everyday

Saturday 8th August – Friday 14th August
8.00am – 5.00pm everyday

Cost £250.00 per person



Pre requisites:

- You must be 16 years or over at the start of the course.
- You must be able to swim 100 metres of continuous swimming on both a front and back stroke.
- Must be able to swim 50 metres within 50 seconds.
- Must be able to submerge to a depth of at least 1.5 metres.

We run courses throughout the year. For more information or booking please contact Main Reception on 01376 533400.