

Swimming Crash Courses

Week 2: 27th - 31st July (5 sessions)

10.00 - 10.30am	Disability Beginners	
10.30 - 11.00am	Disability Improvers	

Week 3: 3rd - 7th August (5 sessions)

10.00 - 10.30am	Ducklings 5	Level 3
10.30 - 11.00am	Level 1	Level 4

Week 4: 10th - 14th August (5 sessions)

10.00 - 10.30am	Level 1	Level 3
10.30 - 11.00am	Level 2	Level 4

Week 5: 17th - 21st August (5 sessions)

10.00 - 10.30am	Ducklings 5	Level 3/4
10.30 - 11.00am	Level 2	Lifesaving/Diving

Week 6: 24th - 28th August (5 sessions)

10.00 - 10.30am	Level 1	Activity Session
10.30 - 11.00am	Level 2	Lifesaving/Diving

- **Ducklings 5 / Level 1:** Primary water skills, travelling in the water with swim aids. For ages 3 - 6. Teacher is in the water.
- **Level 2:** Introduction and development of skills using a variety of strokes without swim aids.
- **Level 3/4:** Further skills including jumping, breathing techniques, breaststroke legs and retrieving items from pool floor.
- **Activity Sessions:** A chance to have some fun with diving, lifesaving, water polo and much, much more.

All Crash Courses are £23.00 per week (£19 for siblings or with this leaflet)

Swimming Distance Badge Sessions

Dates: Friday 7th and Friday 21st August
 Time: 11am - 12.30pm
 Price: £4.50 per session (including distance badge and certificate)

Judo Crash Courses

The Judo crash courses offer you the chance to have a go or develop your skills. All are run by a qualified coach and offer a fun way to learn new skills and improve fitness.

All you need is comfortable clothing and a positive attitude and these sessions are for you!

Week 1: 22nd - 24th July (3 sessions)

9.00 - 10.00am	Beginners	All Ages	£12.75
10.00 - 11.00am	Improvers	5 - 7yrs	£12.75
11.00 - 12.00	Improvers	8 - 12yrs	£12.75
12.00 - 1.30pm	Orange Belt +	12 +	£19.00

Week 2: 27th - 31st July (5 sessions)

9.00 - 10.00am	Improvers	5 - 7yrs	£21.00
10.00 - 11.00am	Improvers	8 - 12yrs	£21.00
11.00 - 12.00	Orange Belt +	12 +	£21.00

Summer 2009 Youth Activities



Welcome to a summer of great activities for your children.

This summer Chesterton Sports Centre are offering day long sports and activities through our Play Scheme as well as crash course swimming lessons and Judo.

Our Crash Course Swimming lessons run each week during the holidays.

They offer:

- Excellent Value for Money
- ASA National Swim Programme
- All Swim Teachers ASA Qualified
- Small Class Sizes (max 10 per class)
- **Open to all** - you don't need to attend an enrolment day or be on our term-time scheme!!

See back page for more information.

Our Play Scheme offers maximum flexibility, affordability and most importantly; fun packed activity filled days for your child.

The Scheme runs from 8.30 am - 5.30 pm Monday to Friday during the Summer Holidays (20th July - 28th August) and is open to 5-12 year olds.

You can book your child on to a morning session; from 8.30 - 12.30, an afternoon session; from 1.30 - 5.30 or All Day. Please make payment when booking.

Per Session	1st Child	2nd Child*	3rd Child*
Morning	£10.00	£9.00	£8.50
Afternoon	£10.00	£9.00	£8.50
All Day	£15.00	£13.50	£12.75

*Applies to second and third children in same family only.

Lunch can be purchased from the café with a hot food option at £3.90 and cold food option at £3.50. This can be paid for on the day directly to the play scheme staff.

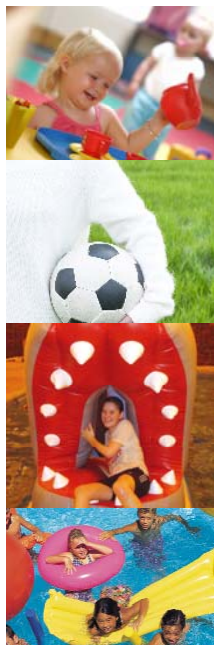
Notes: Please ensure your child brings plenty of drinks and a packed lunch if they are not booking the healthy lunch option. During snack time children can purchase items from the vending machines or you can send a snack with them.

Gilbert Road, Cambridge. CB4 3NY
 Tel: 01223 576110 E-mail: sportscentre@chesterton.cambs.sch.uk

www.chestertonsportscentre.org.uk

Week A

20th - 24th July
3rd - 7th August
17th - 21st August



Don't forget your swimming kit, buoyancy aid and Sun Cream (if required) .

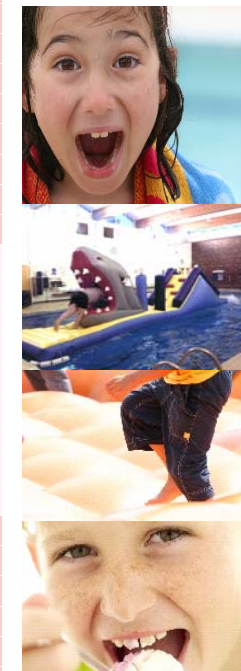
Please Note: The centre may change the programme at anytime according to sports coach availability, Play Scheme numbers and weather.

	5 - 7 yrs	8 - 12 yrs	
MONDAYS	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Ball Games	Touch Rugby
	10.30 - 11.45	Touch Rugby	Ball Games
	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Cricket	Fire Service - TBC
	2.30 - 3.30	Fire Service - TBC	Cricket
TUESDAYS	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Roller Skating	Rounders
	10.30 - 11.45	Playground Games	Roller Skating
	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
WEDNESDAYS	1.30 - 2.30	Tennis	Roller Hockey
	2.30 - 3.30	Multi / Key Skills	Tennis
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Dodge Ball	Team Games
	10.30 - 11.45	Wacky Races	Dodgeball
THURSDAYS	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Roller Skating Gala	Roller Skating Gala
	2.30 - 3.30	Roller Skating Gala	Roller Skating Gala
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
FRIDAYS	9.00 - 10.15	Dodge Ball	Rounders
	10.30 - 11.45	Multi / Key Skills	Dodge Ball
	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Swimming Gala	Basket Ball
	2.30 - 3.30	Basket Ball	Swimming Gala
	3.30 - 5.15	Bouncy Fun / Games	Bouncy Fun / Games

Week B

27h - 31st July
10th - 14th August
24th - 28th August

	5 - 7 yrs	8 - 12 yrs	
MONDAYS	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Dodge Ball	Team Games
	10.30 - 11.45	Wacky Races	Dodge Ball
	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Tennis	Badminton
	2.30 - 3.30	Multi / Key Skills	Tennis
TUESDAYS	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Football	Rounders
	10.30 - 11.45	Playground Games	Football
	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
WEDNESDAYS	1.30 - 2.30	Roller Skating Gala	Roller Skating Gala
	2.30 - 3.30	Roller Skating Gala	Roller Skating Gala
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Trampolining	Touch Rugby
	10.30 - 11.45	Touch Rugby	Trampolining
THURSDAYS	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Basketball	Rounders
	2.30 - 3.30	Rounders	Basketball
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
FRIDAYS	9.00 - 10.15	Ball Games	Ball Games
	10.30 - 11.45	Multi / Key Skills	Roller Hockey
	12.00 - 1.00	LUNCH	LUNCH
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Fire Service - TBC	Roller Skating
	2.30 - 3.30	Roller Skating	Fire Service - TBC
	3.30 - 5.15	Swimming / Games	Swimming / Games



Don't forget your swimming kit, buoyancy aid and Sun Cream (if required) .

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