



Summer 2010

Youth Activities

Welcome to a summer of great activities for your children.

This summer Chesterton Sports Centre are offering sports and activities through our Playscheme and also crash courses in swimming and Judo. This year we are introducing week long sports coaching courses such as Football, Tennis and Cricket.



Gilbert Road, Cambridge, CB4 3NY

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Swimming Crash Courses



Week 1: 26th - 30th July (5 sessions)

10.00 - 10.30am	Rookie Lifeguard
10.30 - 11.00am	Diving

Week 2: 2nd - 6th August (5 sessions)

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

Week 3: 9th - 13th August (5 sessions)

10.00 - 10.30am	Duckling 5 / S1	Stage 3
10.30 - 11.00am	Stage 1 / 2	Stage 3 / 4

Week 4: 16th - 20th August (5 sessions)

10.00 - 10.30am	Ducklings 5 / S1	Activity sessions
10.30 - 11.00am	Stage 1	Lifesaving/Diving

Week 5: 23rd - 27th August (5 sessions)

10.00 - 10.30am	Ducklings 5 / S1	Activity sessions
10.30 - 11.00am	Stage 1 / 2	Lifesaving/Diving

- **Ducklings 5 / Stage 1:** Primary water skills, travelling in the water with swim aids. For ages 3 - 6. Teacher is in the water.
- **Stage 2:** Introduction and development of skills using a variety of strokes without swim aids.
- **Stage 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.
- **Rookie Lifeguard:** Child must be minimum stage 6+

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

Swimming Distance Badge Sessions

Dates: Friday 6th and Friday 27th August
Time: 11am - 12.30pm
Price: £4.50 per session (including distance badge and certificate)

Summer PLAYScheme

Our Playscheme 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
(26th July - 27th August) and is open to
5-7 and 8-12 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 (8:30-5:30pm)

Please make payment when booking.

Session	1st Child	2nd Child*	3rd Child*
Morning	£15.00	£13.50	£12.75
Afternoon	£15.00	£13.50	£12.75
All Day	£20.00	£18.00	£17.00

*Applies to second and third children in same family

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.

PLEASE TURN OVER FOR THE FULL ACTIVITIES PROGRAMME

SUMMER PLAYScheme

Week A

26th - 30th July
9th - 13th August
23rd - 27th 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	Football Games	Cricket Games
	10.30 - 11.45	Parachute Games	Football Games
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Basketball Games	Rounders
	2.30 - 3.30	Cricket Games	Basketball Games
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
TUESDAYS	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Roller Skating	Tennis Games
	10.30 - 11.45	Tennis Games	Roller Skating
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Dodge ball	Hockey Games
	2.30 - 3.30	Wacky Races	Dodge ball
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
WEDNESDAYS	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Cricket Games	Hockey Games
	10.30 - 11.45	Playground games	Cricket Games
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Dodge ball	Team Building Games
	2.30 - 3.30	Key Skill Games	Athletics
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
THURSDAYS	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Rounders	Tennis Games
	10.30 - 11.45	Tennis Games	Rounders
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Roller Skating	Football Games
	2.30 - 3.30	Football Games	Roller Skating
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
FRIDAYS	8.30 - 9.00	<i>Sign In and Games</i>	<i>Sign In and Games</i>
	9.00 - 10.15	Multi Sport Tournament	Multi Sport Tournament
	10.30 - 11.45	Multi Sport Tournament	Multi Sport Tournament
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Swimming	Dodgeball
	2.30 - 3.30	Key Skills Games	Swimming
	3.30 - 5.15	Bouncy Fun / Games	Bouncy Fun / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>

SUMMER PLAYScheme

Week B

2nd - 6th August
16th - 20th 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	Cricket Games	Team Games
	10.30 - 11.45	Team Games	Cricket Games
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Roller Skating	Tennis Games
	2.30 - 3.30	Tennis Games	Roller Skating
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	TUESDAYS	8.30 - 9.00	<i>Sign In and Games</i>
9.00 - 10.15		Football Games	Rounders
10.30 - 11.45		Rounders	Football Games
12.00 - 1.00		LUNCH / Video	LUNCH / Video
1.00 - 1.30		<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
1.30 - 2.30		Basketball Games	Ball Games
2.30 - 3.30		Parachute Games	Basketball Games
3.30 - 5.15		Swimming / Games	Swimming / Games
5.15 - 5.30		<i>Sign Out</i>	<i>Sign Out</i>
WEDNESDAYS		8.30 - 9.00	<i>Sign In and Games</i>
	9.00 - 10.15	Roller Skating	Dodge Ball
	10.30 - 11.45		Roller Skating
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Key Skill Games	Hockey Games
	2.30 - 3.30	Arts N Crafts	Athletics
	3.30 - 5.15	Swimming / Games	Swimming / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>
	THURSDAYS	8.30 - 9.00	<i>Sign In and Games</i>
9.00 - 10.15		Tennis Games	Badminton
10.30 - 11.45		Dodge Ball	Tennis Games
12.00 - 1.00		LUNCH / Video	LUNCH / Video
1.00 - 1.30		<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
1.30 - 2.30		Ball Games	Ball Games
2.30 - 3.30		Arts N Crafts	Cricket Games
3.30 - 5.15		Swimming / Games	Swimming / Games
5.15 - 5.30		<i>Sign Out</i>	<i>Sign Out</i>
FRIDAYS		8.30 - 9.00	<i>Sign In and Games</i>
	9.00 - 10.15	Multi Sport Tournament	Multi Sport Tournament
	10.30 - 11.45	Multi Sport Tournament	Multi Sport Tournament
	12.00 - 1.00	LUNCH / Video	LUNCH / Video
	1.00 - 1.30	<i>Sign In / Out and Games</i>	<i>Sign In / Out and Games</i>
	1.30 - 2.30	Swimming	Dodge Ball
	2.30 - 3.30	Arts N Crafts	Swimming
	3.30 - 5.15	Bouncy Fun / Games	Bouncy Fun / Games
	5.15 - 5.30	<i>Sign Out</i>	<i>Sign Out</i>



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, Playscheme numbers and weather.

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: 28th - 30th July (3 sessions)

9.00 - 10.00am	Beginners	All Ages	£13.50
10.00 - 11.00am	Improvers	5 - 7yrs	£13.50
11.00 - 12.00	Improvers	8 - 12yrs	£13.50
12.00 - 1.30pm	Orange Belt +	12 +	£20.25

Week 2: 2nd August - 6th August (5 sessions)

9.00 - 10.00am	Improvers	5 - 7yrs	£22.50
10.00 - 11.00am	Improvers	8 - 12yrs	£22.50
11.00 - 12.30pm	Orange Belt +	12 +	£33.75



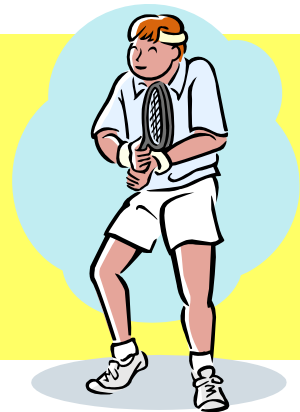
TENNIS Camp

**Monday 9th - Friday 13th
August**

AGES: 12 - 15 year olds

£13.50 per day

£60.00 for the week
Save £7.50



All participants will experience fun coaching drills, games and competitions. Our tennis camp will take place on our outdoor tennis courts

FOOTBALL Camp

Monday 16th - Friday 20th
August

AGES: 12 - 15 year olds

£13.50 per day

£60.00 for the week
Save £7.50



All participants will experience fun coaching drills, games and competitions. The football camp will take place on our brand new 3G Astro turf!

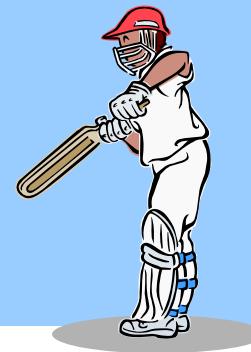
CRICKET Camp

Monday 23rd - Friday 27th
August

AGES: 12 - 15 year olds

£13.50 per day

£60.00 for the week
Save £7.50



All participants will experience fun coaching drills, games and competitions.

ACTIVIY TERMS AND CONDITIONS

Playscheme

- Payment is required at the time of booking.
- To qualify for refunds, a notice of 24 hours is required.
- Refunds are not given if child does not arrive on the day of booking.
- Refunds are not given is participant does not provide a doctors certificate.
- To qualify for discount, the participants need to be from the same immediate family.
- In the unlikeness of an activity being cancelled, notice will be given asap
- Swimming aids will be given to children who cannot swim and to weak swimmers.
- If the weather permits, suitable activities will take place outside.
- If a child is arriving or leaving the facility alone, a written letter must be Produced and signed by the parent or guardian.

Crash Course Swimming Lessons

- Payment is required at the time of booking.
- Refunds are not given if child does not arrive on the day of booking.
- Refunds are not given is participant does not provide a doctors certificate.
- In the unlikeness of an activity being cancelled, notice will be given asap

Judo Crash Courses

- Payment is required at the time of booking.
- To qualify for refunds, a notice of 24 hours is required.
- Refunds are not given if child does not arrive on the day of booking.
- Refunds are not given is participant does not provide a doctors certificate.
- In the unlikeness of an activity being cancelled, notice will be given asap

Football Camp / Tennis Camp / Cricket Camp

- Payment is required at the time of booking.
- To qualify for refunds, a notice of 24 hours is required.
- Refunds are not given if child does not arrive on the day of booking.
- Refunds are not given is participant does not provide a doctors certificate.
- A minimum of 8 participants is needed to run the course
- In the unlikeness of an activity being cancelled, notice will be given asap
- The football camp will take place if the weather is suitable (including rain) If the weather is unsuitable, the camp will be cancelled.
- If the weather for the tennis and cricket camps is unsuitable, the camps will be cancelled. Notice will be given before the camps are due to start.