

# Half Term Holiday Activities & Swimming Pool Timetable

Monday 15<sup>th</sup> February to Sunday 21<sup>st</sup> February 2010

Bookings can be taken from Monday 8<sup>th</sup> February



bridport  
leisure centre

[www.bridportleisure.com](http://www.bridportleisure.com)

## Crash Courses in Swimming

### Learner Pool

These are 5-day intensive courses to help your child improve their skills and confidence in the water. They are excellent booster courses for existing pupils on our Bigfish Swim School or they can provide a good introduction to our lessons for children not currently enrolled on Bigfish. All lessons are taught by experienced, qualified ASA Swimming Teachers.

### Bigfish Newts

Age: 4+ years  
Level: For non swimmers and children with little or no pool experience. This class will work on basic water confidence and orientation as well as introducing a variety of aids and methods of moving in the water.  
Day: Monday 15th February to Friday 19th February  
Time: 9.00am - 9.30am  
Price: Non-Members £22.80  
Members/P4L\* £19.20  
P4L FREE

### Bigfish Penguins

Age: 4+ years  
Level: For children swimming with aids or just beginning to swim unaided. This class continues to build on water confidence, orientation and flotation. Also introduces push and glides, basic leg and arm movements to progress to swimming short distances without aids on their front and back.  
Day: Monday 15th February to Friday 19th February  
Time: 9.30am - 10.00am  
Price: Non-Members £22.80  
Members/P4L\* £19.20  
P4L FREE

### Main Pool

## Learn To Swim for FREE

All non-swimmers age 11-15 years have the opportunity to register for free swimming lessons which will take place Sunday 14<sup>th</sup> to Friday 19<sup>th</sup> February 9.00am to 10.00am. Please contact Reception on 01308 427464 or email Penny Steventon at p.steventon@bridportleisure.com for full details on how to apply. Limited places available.

## Try Dive and Water Polo

Come and learn the techniques for diving from the side of the pool and also try diving from the starting blocks, then follow on with a fun energetic taster session for Water Polo.

Age: 7+ years  
Level: Must be able to swim 25m and be confident in deep water.  
Day: Friday 19th February  
Time: 10.00am - 11.00am  
Price: Non-Members £4.10  
Members/P4L\* £3.20  
P4L FREE

## Have A Go Snorkelling

A taster session run by qualified BSAC Instructors teaching the fundamentals of Snorkelling in a fun and enjoyable environment. Swimmers must be water confident and a Health Declaration form must be completed at the time of booking so we are unable to take telephone bookings for these sessions.

Age: 7-15 years  
Day: Wednesday 17th February  
Time: 3.00pm - 4.00pm  
Price: Non-Members £4.10  
Members/P4L\* £3.20  
P4L FREE

Adults  
Age: 16+  
Day: Wednesday 17th February  
Time: 7.00pm - 8.00pm  
Price: Non Members £4.10  
Members/P4L £3.20

**NEW Rookies Course  
starting 21st April**

**ENROL NOW to avoid  
disappointment!**



## Rookie Lifeguard

A taster session to learn techniques for personal survival and helping others in the water. Swimming costume/trunks plus T shirt and shorts required. Certificates will be awarded.

Age: 8+ years

Level: Able to swim 25m front and back stroke and be confident in deep water

Day: Wednesday 17th February

Time: 10.00am - 11.00am

Price: Non-Members	£4.10
Members/P4L*	£3.20
P4L	FREE

## Crash Courses in Trampolineing

This is a 3-day intensive course to help your child either learn basic trampolineing skills or for those with some knowledge to improve their existing trampoline skills and confidence. Both sessions are ideal booster courses for existing pupils on our trampoline lessons.

Age 3-5 years

Day: Tuesday 16th, Wednesday 17th and Thursday 18th February

Time: 11.30am - 12.00pm

Price: Non Members	£13.35
Members/P4L*	£10.65
P4L	FREE

Age: 6+ years

Day: Tuesday 16th, Wednesday 17th and Thursday 18th February

Time: 12.00am - 1.00pm

Price: Non Members	£13.35
Members/P4L*	£10.65
P4L	FREE

## Boxercise for Kids

A mix of shadow boxing and aerobics makes Boxercise a fun way to get fit. A class especially suited to children.

Age: 7-15 years

Day: Thursday 18th February

Time: 10.45am - 11.30am

Price: Non-Members	£4.10
Members/P4L*	£3.20
P4L	FREE

## Cheerleading

A fabulous, fun and funky way for kids to have a workout! Have a go at this dance routine to music using Pom-Poms.

Age: 5 - 8 years

Day: Monday 15th February

Time: 3.00pm - 4.00pm

Price: Non-Members	£4.10
Members/P4L*	£3.20
P4L	FREE

Age: 9 -12 years

Day: Monday 15th February

Time: 4.00pm - 5.00pm

Price: Non-Members	£4.10
Members/P4L*	£3.20
P4L	FREE

## Have A Go Gym Workshops

Gymnastics for children already on courses or anyone who just wants to 'Have a Go'. Activities will include balance, rebound, rolling and apparatus work.

Day: Thursday 18th February

Age/

Times: 4-7 years 2.00pm - 3.00pm

7-9 years 3.00pm - 4.00pm

Price: Non-Members	£4.10
Members/P4L*	£3.20
P4L	FREE

## For the Under 5's

Parents **must** stay with their children on any session for under 5's.

## Mini Monsters

Have a bounce and a play on our giant bouncy castle and our soft play and toys. Parents must be present during the whole session. No booking needed, just pay and play on the day.

Day: Tuesday 16th and Friday 19th February

Age: Under 6's

Time: 9.00am - 10.00am

Price: Non Members	£4.00
Members/P4L*	£2.70
P4L	FREE

(Member rate is based on the adult being the member)



## Pre-School Gymnastics Have-A-Go

A transitional gym session in a fun freeplay environment which encourages children to learn to respond to a teacher. Ideal for pre-school children.

Day:	Thursday 18th February	
Age:	3-4 years	
Time:	1.00pm - 2.00pm	
Price:	Non Members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

## Ducklings

A fun session of games and songs to help build water confidence. Parents/carers must accompany children in the water.

Day:	Monday 15th and Thursday 18th February	
Age:	Level 1 6 months - 18 months	
	Level 2 18 months - 3 years	
Time:	Level 1/2 Monday 10.00am - 10.30am	
	Level 1 Thursday 10.00am - 10.30am	
	Level 2 Thursday 10.30am - 11.00am	
Price:	Non Members	£3.80
	Members/P4L*	£2.50
	P4L	FREE

(Member rate is based on the adult being the member)

## Holiday Swimming Pool Opening Times

### Monday 15th - Sunday 21st February 2010

#### Monday 15th February

##### Main Pool

7.15am - 9.00am	Adults Only
<b>9.00am - 8.00pm</b>	<b>Public Swimming</b>
9.00am - 10.00am	Swim Lessons (2 Lanes)
10.00am - 11.00am	50+ (Half Pool)
11.30am - 12.00pm	Aqua fit (Half Pool)
2.00pm - 3.00pm	Inflatable Session

##### Learner Pool

9.00am - 10.00am	Crash Courses
10.00 - 10.30am	Ducklings
10.30 - 11.30am	Swim Lessons
<b>11.30am - 4.00pm</b>	<b>Public Swimming</b>
2.00pm - 3.00pm	Fun Session
4.00pm - 6.30pm	Swim Lessons
<b>6.30pm - 7.30pm</b>	<b>Public Swimming</b>

#### Tuesday 16th February

##### Main Pool

7.15am - 9.00am	Adults Only
<b>9.00am - 10.00am</b>	<b>Public Swimming</b>
9.00am - 10.00am	Swim Lessons (2 Lanes)
10.00am - 11.00am	Adult Lessons
11.00am - 12.00pm	Inflatable Session
<b>12.00pm - 7.00pm</b>	<b>Public Swimming</b>
4.00pm - 6.00pm	Lessons (2 Lanes)
7.00pm - 8.00pm	Aquafit
8.00pm - 9.30pm	Adults Only

##### Learner Pool

9.00am - 10.00am	Crash Courses
<b>10.00am - 2.00pm</b>	<b>Public Swimming</b>
11.00am - 12.00pm	Fun Session
2.00pm - 3.00pm	Lessons
<b>3.00pm - 3.30pm</b>	<b>Public Swimming</b>
3.30pm - 6.00pm	Lessons
<b>6.00pm - 7.00pm</b>	<b>Public Swimming</b>

#### Wednesday 17th February

##### Main Pool

7.15am - 9.00am	Adults Only
<b>9.00am - 9.30am</b>	<b>Public Swimming</b>
9.00am - 10.00am	Swim Lessons (2 Lanes)
10.00am - 11.00am	Rookie Lifeguard (Half Pool)
2.00pm - 3.00pm	Inflatable Session
3.00pm - 4.00pm	Snorkelling (Half Pool)
4.00pm - 6.00pm	Lessons (2 Lanes)
7.00pm - 8.00pm	Adult Snorkelling (Half Pool)

##### Learner Pool

9.00am - 10.00am	Crash Courses
10.00am - 11.00am	Private Booking
<b>11.00am - 3.40pm</b>	<b>Public Swimming</b>
2.00pm - 3.00pm	Fun Session
3.40pm - 7.00pm	Lessons

Continued overleaf...

## Thursday 18th February

### Main Pool

7.15am - 9.00am  
**9.00am - 7.00pm**  
9.00am - 10.00am  
10.00am - 11.00am  
11.00am - 12.00pm  
6.30pm - 7.00pm  
8.00pm - 9.00pm  
8.00pm - 9.30pm  
8.00pm - 9.30pm

Adults Only  
**Public Swimming**  
Swim Lessons (2 Lanes)  
50+ (Half Pool)  
Inflatable session  
Adult Lessons (2 Lanes)  
Aquafit  
Adult Fitness (2 Lanes)  
Adults Only

### Learner Pool

9.00am - 10.00am  
10.00am - 11.00am  
**11.00am - 2.00pm**  
11.00am - 12.00pm  
2.00pm - 3.00pm  
**3.00pm - 3.40pm**  
3.40pm - 6.00pm  
**6.00pm - 7.00pm**

Crash Courses  
Ducklings  
**Public Swimming**  
Fun Session  
Lessons  
**Public Swimming**  
Lessons  
**Public Swimming**

## Friday 19th February

### Main Pool

7.15am - 9.00am  
**9.00am - 9.30pm**  
9.00am - 10.00am  
10.00am - 11.00am  
11.30am - 12.00pm  
1.30pm - 2.30pm  
4.00pm - 6.30pm

Adults Only  
**Public Swimming**  
Swim Lessons (2 Lanes)  
Try Dive/Polo (2 Lanes)  
Aquafit (Half Pool)  
Inflatable Session  
Lessons (2 Lanes)

### Learner Pool

9.00am - 10.00am  
**10.00am - 2.30pm**  
1.30pm - 2.30pm  
2.30pm - 3.30pm  
**3.30pm - 4.00pm**  
**4.00pm - 6.00pm**  
**6.00pm - 7.30pm**

Crash Courses  
**Public Swimming**  
Fun Session  
Lessons  
**Public Swimming**  
Lessons  
**Public Swimming**

## Saturday 20th February

### Main Pool

**8.30am - 4.00pm**  
8.30am - 11.00am  
11.00am - 12.00pm

**Public Swimming**  
Lessons (2 Lanes)  
Inflatable session

### Learner Pool

8.30am - 11.00am  
**11.00am - 4.00pm**  
11.00am - 12.00pm

Lessons  
**Public Swimming**  
Fun Session

## Sunday 21st February

### Main Pool

8.00am - 9.00am  
**9.00am - 5.30pm**  
1.30pm - 2.30pm

Adults Only  
**Public Swimming**  
Fun Session

### Learner Pool

**9.00am - 3.30pm**  
1.30pm - 2.30pm  
3.30pm - 5.30pm

**Public Swimming**  
Fun Session  
Lessons

## Lane Swimming

2 Lanes will be available every day in the Main Pool 12.00pm-1.30pm and Monday-Friday 6.00pm -7.00pm



# THINGS YOU NEED TO KNOW

## Clothing and Equipment

Normal activity clothes such as a T-shirt, sweatshirt, tracksuit bottoms and trainers are required. Swimming costumes/trunks will be required for all courses and activities in the pool. Socks must be worn for trampoline courses.

## Safety and Security

Safety equipment EG buoyancy aids will be provided where necessary. There is always a qualified First-Aider on duty. Parents are advised not to allow their children to bring valuable items or large amounts of money with them.

## Medical Details

Individual health records must be submitted and signed by the parent/guardian before the course commences and no child will be accepted without these details in advance. Forms are available at the time of booking or can be sent for telephone bookings. Health Questionnaires must be completed at the time of booking for the Snorkelling class, therefore NO telephone bookings can be accepted for this.

## Refreshments

Drinking water is available from a water dispenser on site, but children must bring their own water bottle as cups are not supplied.

## Dropping off and Collection of Children

Please ensure that children arrive on time for their activity and are collected promptly after.

## Bookings

Bookings can be made from Monday 1<sup>st</sup> February at the centre and by telephone, but must be paid for at the time of booking. Reservations without payment will not be accepted. Cheques should be made payable to 'Bridport Leisure Centre'. Children who are P4L and have joined after 30<sup>th</sup> September 2002, pay Member rates for activities (shown as P4L\*).

## Childcare Policies

Copies of relevant policies are available for parents/carers including: Equal Opportunities, Inclusion, Behaviour, Medication/Sick Children and Child Protection.

## Photographing Children

We occasionally have the local press in to take publicity photos. Please inform Reception if you do not wish your child to be photographed during the Holiday Activities.

*Please note that we reserve the right to make any changes to the programme if required and activities may be cancelled if minimum numbers are not reached. Where refunds are due, these should be collected within one month of cancellation.*



## Bridport Leisure Centre

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