



# SWIMMING CRASH COURSES

## AT HOOD PARK LEISURE CENTRE

**Tuesday 30th July - Friday 2nd August**

**Tuesday 6th - Friday 9th August**

**Tuesday 13th - Friday 16th August**

**Tuesday 20th - Friday 23rd August**

**9-9.30am Stage 1**

**9.30-10am Stage 2**

**10-10.30am Stage 3**

**10.30-11am Stage 1**

**£25.00 per person, per four-day  
crash course**



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**Monday 29th July**

**2.45-3.15pm Stage 4 Breaststroke**

**3.15-3.45pm Stage 5 Breaststroke**

**Monday 5th August**

**2.45-3.15pm Stage 4 Butterfly**

**3.15-3.45pm Stage 5 Butterfly**

**Monday 12th August**

**2.45-3.15pm Stage 4 Front Crawl**

**3.15-3.45pm Stage 5 Front Crawl**

**Monday 19th August**

**2.45-3.15pm Stage 4 Breaststroke**

**3.15-3.45pm Stage 5 Breaststroke**

**£6.50 per session**

**Booking is essential, call your  
preferred centre to book today!**



## FOOTBALL FUN DAY

Fun drills and skills for all kids followed by a mini tournament and competitions. Children Must wear shin pads. Booking essential.

Suitable for 5-12 yrs

Every Friday in the summer holidays  
July 19th, 26th, August 2nd, 9th, 16th,  
23rd, 10.30am-3pm  
£15.00 per session



## KARTZ 4 KIDS

Pedal to the metal with our indoor karting Grand Prix. Booking essential.

Suitable for 4-9 yrs

Wednesday 7th and 21st August  
Two sessions, 1-2pm and 2.15-3.15pm  
£6.00 per session



## ROLLER DISCO

Come on down and skate along to all of the latest party and chart bangers! £1.00 for skate hire for boots/blades or bring your own.

Every Friday in the summer holidays  
July 19th, 26th, August 2nd, 9th, 16th and  
23rd, 3.30-5pm

All ages welcome  
£5.00 per person



## DODGEBALL

Can you dodge, duck, dip and dive? Then your perfect for our dodgeball competitions. All abilities welcome. Booking essential.

Every Wednesday in the summer holidays  
17th, 24th, 31st July, 7th, 14th and 21st  
August, 2.30-3.30pm

Suitable for 5-12 yrs  
£3.00 per session



## SWIMMING POOL INFLATABLE

Can you beat the pool inflatable? Many have try, fall but a few manage to make it to the end of the course. Come and take on the challenge.

**Children must be able to swim a length and will be tested prior to taking part.**

Suitable for 8-14 yrs

Every Tuesday and Thursday,  
1.45-2.30pm  
Cost £3.70 per session



## TRI-SPORT

An introduction to various fun games and sports such as dodgeball, basketball, volleyball, cricket, short tennis and more. Booking essential.

Suitable for 5-12 yrs

Every Monday in the summer holidays  
15th, 22nd, 29th July, 5th, 12th and 19th  
August, 12-4pm  
£7.50 per session



## DANCE SHOWCASE!

A mixture of dance from urban through to Jazz followed by a grand performance on the final day. Taught by award winning dance teachers (please bring own lunch). Booking essential.

Monday 29th – Friday 2nd August

9am - 1.30pm

Suitable for 5-12 yrs  
£60 for the full week



## TOUCH RUGBY

Fun drills and skills such as passing, spacial awareness and tag tackling. The session finishes off with a mini tournament or full match. Safe for all ages, tackling is strictly tag only. Booking essential.

Every Wednesday in the summer holidays  
17th, 24th, 31st July, 7th, 14th and 21st August

9.30-11.30am

Suitable for 5-12 yrs

£5.00 per session



## BADMINTON BLOWOUT

Come along to our badminton fun sessions. Coached by county players, learn new skills and techniques to concur all opponents. All abilities welcome. Booking essential.

Every Tuesday in the summer holidays  
16th, 23rd, 30th July, 6th, 13th and 20th August

5.30-6.30pm

Suitable for 8-12 yrs

£2.70 per session



## FAMILY AQUA SPLASH

Come along to our family fun aqua splash sessions. Full of rafts, floats and much more fun for the whole family. All children must be accompanied by a paying adult.

Every Sunday, 1.30-2.30pm

Families only, up to 14 yrs

£4 per adult, £2.70 juniors, under-5s free



## TRAMPOLINE BOUNCE ABOUT

Come along and bounce about in our ever popular trampoline sessions. Coached by our level 3 teacher, learn new skills and moves on the trampoline to show off to your friends. Socks must be worn at all times. Booking essential.

Wednesday 31st July, 7th and 14th August

1.30-2.30pm

Suitable for 5-12 yrs

£3.50 per session



## TOTS SOFT PLAY

Let the little ones burn off some energy in our action packed soft play session. Includes bouncy castle, slides, cars, bikes, soft play shapes and much more.

Tuesday 9.30-11.30am

Thursday 1-3pm

Up to 4 yrs

£3.90 per session



## GYM ACTIVE (JUNIOR GYM)

Come along to our Gym Active sessions and work up a sweat. A 90 minute closed session where children can be helped and guided in the gym environment. Booking essential.

Monday-Friday, 3.30-4.15pm and 4.15-5pm

Suitable for 11-15 yrs

£4.20 per session

