

Holiday Activities & Pool Timetable

Monday 13th February -
Sunday 19th February 2012



All Activities need to
be pre-booked unless
otherwise stated and
bookings will be accepted
from Monday 6th February



bridport
leisure centre

www.bridportleisure.com

Intensive 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. Please ensure that your child is booked on at least 2 days prior to the start date.

New to Swimming & Beginners

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, which will allow children to attempt their first unaided swim.

Age:	4 + years	
Day:	Monday - Friday	
Date:	13th - 17th February	
Time:	09.00 - 09.30	
Price:	Non Members	£24.60
	Members/P4L*	£21.00
	P4L	FREE

Main Pool

New & Beginners Swimming for Older Children

Suitable for older children who are weak or non-swimmers and lack confidence in the water. This course will aim to build on their confidence and ability to swim front crawl, back crawl and breast stroke as well as introducing them to treading water and other deep water activities.

Age:	7 + years	
Day:	Tuesday - Friday	
Date:	14th - 17th February	
Time:	09.30 - 10.00 Tuesday, Wednesday, Thursday and 09.30 - 10.30 Friday	
Price:	Non Members	£24.60
	Members/P4L*	£21.00
	P4L	FREE

Diving Techniques

A one hour session to learn techniques for diving from the side of the pool and also to try diving from the starting blocks. Should be able to swim front and back crawl, breaststroke and be confident in deep water.

Age:	7+ years	
Day:	Tuesday	
Date:	14th February	
Time:	15.00 - 16.00	
Price:	Non Members	£5.00
	Members/P4L*	£4.00
	P4L	FREE

Swimming Activity Tasters

A fun filled 2 hours in which to try out Mini Polo, diving, synchronised swimming, starts & turns, fun races and Rookie Lifeguard. Please bring a t-shirt to wear as well as swimming trunks/costumes. Need to be deep water confident and able to swim 25m front and backstroke.

Age:	7+ years	
Day:	Wednesday	
Date:	15th February	
Time:	14.30 - 16.00	
Price:	Non Members	£6.00
	Members/P4L*	£7.50
	P4L	FREE

Have A Go Snorkelling

One hour taster sessions run by qualified BSAC Instructors teaching the fundamentals of Snorkelling in a fun and enjoyable environment. It is essential that children enrolled on this activity are able to swim 25m front and back crawl and are confident in deep water. A Health Declaration form **must** be completed at the time of booking so we are unable to take telephone bookings for these sessions.

Beginners

Age:	6+ years	
Day:	Monday	
Date:	13th February	
Time:	15.00 - 16.00	
Price:	Non Members	£5.00
	Members/P4L*	£4.00
	P4L	FREE



Advanced (for those who have already completed and passed our Beginners Class)

Age:	6+ years	
Day:	Thursday	
Date:	16th February	
Time:	15.00 - 16.00	
Price:	Non Members	£5.00
	Members/P4L*	£4.00
	P4L	FREE

Taster Courses in Trampolining

A 3-day intensive course designed to help your child either learn basic trampolining skills or for those with some knowledge to improve their existing trampoline skills and confidence. The session is ideal as a booster for existing pupils on our trampoline lessons. NB Socks must be worn please.

Age:	5+ years	
Day:	Tuesday - Thursday	
Date:	14th - 16th February	
Time:	12.00 - 13.00	
Price:	Non Members	£14.22
	Members/P4L*	£11.37
	P4L	FREE

Junior Badminton

A 3 hour 3 day course run by a fully qualified instructor to teach children the basics in this fast moving sport. (Non marking soled sports shoes must be worn).

Age:	8 - 15 years	
Day:	Monday, Wednesday and Friday	
Date:	13th, 15th and 17th February	
Time:	15.00 - 16.00	
Price:	Non Member	£14.22
	Members/P4L*	£11.37
	P4L	FREE

Boxercise for Kids

Fun and fitness all rolled into one using classic boxing moves set to music.

Age:	6 - 15 years	
Day:	Thursday	
Date:	16th February	
Time:	10.30 - 11.30	
Price:	Non Members	£5.00
	Member/P4L*	£4.00
	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:	4 - 7 years	
Day:	Friday	
Date:	17th February	
Time:	13.00 - 14.00	

Age:	8-12 years	
Day:	Friday	
Date:	17th February	
Time:	14.30 - 15.30	
Price:	Non Member	£5.00
	Member/P4L*	£4.00
	P4L	FREE

Zumbatomic

Great dance fun session incorporating basic Salsa, Latin, Samba and Tango steps.

Age:	6 - 10 years	
Day:	Wednesday	
Time:	16.00-17.00	

Age:	11-15years	
Day:	Tuesday	
Time:	17.00-18.00	

Price:	Non Member	£5.00
	Member/P4L*	£4.00
	P4L	FREE

Springtime Playtime

Painting, cake decorating and lots more for a fun filled afternoon.

Age:	5 - 9 years	
Day:	Tuesday	
Date:	14th February	
Time:	13.00 - 14.30	
Price:	Non Member	£7.50
	Member/P4L*	£6.00
	P4L	FREE



FREE Junior Squash Course

A 5 day Junior Squash course funded by Sport England to give your child the basics needed for this fast moving sport. Led by a fully qualified Squash Coach from the Bridport Squash and Racketball Club.

Age: 7 - 15 years
Day: Monday to Friday
Date: 13th - 16th February
Time: 15.00 - 16.00
Price: FREE

Family Activities

We have Badminton, Squash and Table Tennis available for hire (including the equipment) for all the family as well as numerous Fitness Classes including Yoga, Zumba, Pilates, Spinning and AquaFit for adults. For full details please visit our website www.bridportleisure.com or call our Reception Team on 01308 427464.

FOR THE UNDER 5'S

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

Taster Courses in Trampolining

These are 3-day intensive courses designed to help your child either learn basic trampolining skills or for those with some knowledge to improve their existing trampoline skills and confidence. Socks must be worn please and please note that parents may be asked to assist.

Age: 3 - 4 years
Day: Tuesday - Thursday
Date: 14th - 16th February
Time: 11.30 - 12.00
Price: Non Member £14.22
Member/P4L* £11.37

Holiday Swimming Pool Timetable Monday 13th - Sunday 19th February 2011

Monday 13th February

Main Pool

06.45 - 09.00
09.00 - 20.00
09.15 - 10.00
10.00 - 11.00
11.15 - 12.30
13.30 - 14.30
15.00 - 16.00
16.00 - 18.00

Adults Only
Public Swimming
Simply Aqua (half pool)
50+ Swim (half Pool)
Aqua Fit (half pool)
Big Splash Fun Session
Snorkelling (2 lanes)
Lessons (2 lanes)

Learner Pool

09.00 - 10.00
10.00 - 10.30
10.30 - 12.00
12.00 - 16.00
13.30 - 14.30
16.00 - 19.00

Swim Course
Little Fish
Swim Lessons
Public Swimming
Big Splash Fun Session
Swim Lessons

Gym Tots

Designed to widen the child's horizon mentally, socially and physically in a challenging, fun-filled safe environment. Parents are actively encouraged to participate as the more you do, the more your child will get from the session. Even children not yet walking can be highly stimulated by watching and listening. No booking needed, just pay and play on the day.

Age: Newborns up to 4 years
Day: Tuesday and Friday
Date: 14th and 17th February
Time: 09.30 - 11.00
Price: Non Member £4.00
Member/P4L* £3.00

Little Fish

An introduction to water through songs and games in a structured environment for babies aged 6 months to 3 years with the emphasis on developing water skill confidence. Parent/carer must accompany children in the water. No booking needed, just pay and play on the day.

Age: 6 months - 3 years
Day: Monday and Thursday
Date: 13th and 16th February
Time: 10.00 - 10.30
Price: Non Member £4.00
Member/P4L* £3.00



Tuesday 14th February

Main Pool

06.45 - 09.00
09.00 - 19.00
09.30 - 10.00
10.00 - 11.00
11.00 - 12.00
11.00 - 19.00
15.00 - 16.00
16.00 - 18.30
19.00 - 20.00
20.00 - 21.30
20.30 - 21.30

Adults Only
Public Swimming
Swim Course (2 lanes)
Adult Lessons
Big Splash Fun Session
Public Swimming
Diving (half pool)
Lessons (2 lanes)
Aqua Zumba
Adults Only
Swim Fit (2 lanes)

Learner Pool

09.00 - 09.30
09.30 - 14.00
11.00 - 12.00
14.00 - 15.00
15.00 - 15.30
15.30 - 18.00
18.00 - 19.00

Swim Course
Public Swimming
Big Splash Fun Session
Lessons
Public Swimming
Lessons
Public Swimming

Wednesday 15th February

Main Pool

06.45 - 09.00
09.00 - 19.00
09.30 - 10.00
11.15 - 12.00
13.30 - 14.30
14.30 - 16.00
16.00 - 18.00
18.00 - 19.00

Adults Only
Public Swimming
Swim Course (2 lanes)
AquaFit (deep end pool)
Big Splash Fun Session
AquaTics (half pool)
Lessons (2 lanes)
Adult Lessons (half pool)

Learner Pool

09.00 - 09.30
09.30 - 15.40
13.30 - 14.30
15.40 - 19.00

Swim Course
Public Swimming
Big Splash Fun Session
Lessons

Thursday 16th February

Main Pool

06.45 - 09.00
09.00 - 19.00
09.30 - 10.00
10.00 - 11.00
11.00 - 12.00
14.00 - 14.45
15.00 - 16.00
16.00 - 18.00
18.00 - 19.00
19.00 - 20.00
19.00 - 20.00
20.00 - 21.30
20.00 - 21.30

Adults Only
Public Swimming
Swim Course (half pool)
50+ Swim (half Pool)
Big Splash Fun Session
Simply Aqua (half pool)
Snorkelling (half pool)
Lessons (2 lanes)
Swim Clinic (2 lanes)
AquaFit (4 lanes)
Swimfit Lev 1 (2 lanes)
Swimfit Lev 2 (half pool)
Adults Only

Learner Pool

09.00 - 09.30
10.00 - 10.30
10.30 - 11.00
11.00 - 14.00
11.00 - 12.00
14.00 - 15.00
15.00 - 15.40
15.40 - 18.00
18.00 - 19.00

Swim Course
Little Fish
Lessons
Public Swimming
Big Splash Fun Session
Lessons
Public Swimming
Lessons
Public Swimming

Friday 17th February

Main Pool

06.45 - 09.00
09.00 - 19.00
09.30 - 10.30
11.30 - 12.00
13.30 - 14.30
15.00 - 15.45
16.00 - 18.30

Adults Only
Public Swimming
Swim Course (half pool)
AquaFit (half Pool)
Big Splash Fun Session
Simply Aqua (half Pool)
Lessons (2 lanes)

Learner Pool

09.00 - 09.30
09.30 - 14.30
13.30 - 14.30
14.30 - 15.00
15.00 - 15.30
15.30 - 18.00
18.00 - 19.00

Swim Course
Public Swimming
Big Splash Fun Session
Lessons
Public Swimming
Lessons
Public Swimming

Saturday 18th February

Main Pool

08.30 - 16.00
08.30 - 10.30
11.00 - 12.00

Public Swimming
Lessons (2 lanes)
Big Splash Fun Session

Learner Pool

08.30 - 11.00
11.00 - 16.00
11.00 - 12.00

Lessons
Public Swimming
Big Splash Fun Session

Sunday 19th February

Main Pool

08.00 - 09.00
09.00 - 17.30
09.00 - 10.00
13.30 - 14.30

Adults Only
Public Swimming
Aqua Zumba (half pool)
Big Splash Session

Learner Pool

09.00 - 16.00
13.30 - 14.30
16.00 - 17.30

Public Swimming
Big Splash Fun Session
Lessons

Lane Swimming

Lanes will be available in the Main Pool
Every Day 12.00 - 13.30
Monday-Friday 18.00 - 19.00

Please refer to our current Swimming Timetable for additional swimming information

Big Splash Fun Sessions

These sessions are run during Public Swimming times and are primarily for children. An assortment of pool toys and floats will be available for children's use. Entrance during this hour will only be £1 per child age 4-15 years. Children under 8 years must be accompanied by an adult.



THINGS YOU NEED TO KNOW WHEN ATTENDING HOLIDAY ACTIVITIES...

Changing Places Facilities

Fully accessible changing rooms are available onsite, which includes a changing table and hoist. We also have a hoist poolside to give full access to our swimming facilities. Our staff are available at all times for assistance into the pool if required.

Clothing and equipment

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

Dropping off and Collection of Children

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

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.

Bookings

All activities are pre-bookable unless otherwise stated. Bookings can be made from Monday 6th February at the Centre and by telephone (except for the Snorkelling Sessions), 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 30th 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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