



North Tyneside Council

**No Limits**

**HALF TERM**

**PROGRAMME**

**26th - 30th October 2015**



[www.northtyneside.gov.uk/leisure](http://www.northtyneside.gov.uk/leisure)



Sport North Tyneside



@NTCLEisure

# No Limits HALF TERM PROGRAMME

26th - 30th October 2015

For activities operated by Indoor Sport and Leisure please complete the form below to enable your child to participate. This is for activities when your child is left with us. Please hand this form in when you arrive to take part.

Please note: North Tyneside Council reserves the right to cancel any course that is under subscribed, giving a minimum of three days notice. North Tyneside Council cannot be held responsible for any loss, damage or injury suffered whilst taking part in activities.

Name

Age  Date of birth

Address

Postcode

ease EXTRA card no.

Does your child have a medical condition or disability that we need to be aware of? YES  NO

If yes, please specify:

ACTIVITY	DATE OF ACTIVITY	ACTIVITY VENUE	COST
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>TOTAL AMOUNT</b>			<input type="text"/>

**PHOTOGRAPHY** Your child may have photographs taken during the sports activities which may be used in promotional material and publicity in conjunction with the programmes of North Tyneside Council and its partners, including the website. Please tick the following box if you do not want to give permission for this

In accordance with the Data Protection Act 1989 the information you give us will be held on our database for the purpose of supplying you with information regarding future activities and for monitoring and evaluating the programme. Please tick if you **do not** wish your details to be placed on the database

**BEHAVIOUR SCHEME** North Tyneside Council has a behaviour scheme which any child accessing our service must abide by. If your child behaves in an unacceptable manner they may be asked to leave an activity session. If this situation occurs a parent or guardian will be contacted to collect the child from the delivery venue. Please tick the following box to highlight you have read and understood this information and are happy with the behaviour scheme in place

**Safeguarding Children**  
 All sessions are led by trained coaches with enhanced DBS checks.

**Equipment**  
 All equipment for sessions is provided. Please wear suitable clothing and footwear to the sessions you are attending, as well as plenty of drinks, snacks and lunch if needed.

**Signature** (parent/guardian/carer)

**Date**

# active



## NORTH TYNESIDE

**Active North Tyneside** can help you on your way to being more active. When you *move more*, you're helping yourself to:

Lower  
your risk of  
heart disease  
and some  
cancers

Lower  
stress  
levels

Lose  
weight

Boost your  
confidence  
and feel  
good



We can help you take  
that first step to ...

**Move more,  
live more**

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)



Active North Tyneside



@active\_NT



(0191) 643 7171

# ACTIVITY DESCRIPTION

## AND PRICES

### NO LIMITS KIDZONE

No limits KidZone offers Multi-Sport to keep children between the ages of 8-15 years entertained and active during the holiday periods. It aims to introduce children to sporting activities in a team environment and to develop and experience new skills while having fun.

Price: Full day £8.20 with an @EXTRA card or £13.30 without. Half day (morning session only) £3.60 with an @EXTRA card or £5.60 without.

### BURNEY BEAR AND LAKEY LIONS

(Bouncy Castle and Parachute games)

These clubs above cater for kids aged 4-7 years. Parents can leave their children to participate in supervised tops sport and tops play activities. Children learn to enjoy activities as part of a team in a sporting environment while having FUN.

Sessions are structured as follows:

Activities: 10am - 12pm

Activities: 1pm - 3pm

Price:  
£3.60 with an @EXTRA card or £5.60 without.

### SMASH IT UP BADMINTON

Learn new skills, play badminton games and have fun. Supervised by a qualified badminton coach.

Price: £3.60 with an @EXTRA card or £5.60 without. (Adults accompanying children aged 4-7 must pay an additional £1.60)

Age: 4+ (4-7 year olds must be accompanied by an adult 16 years or over).

### BUBBLE FOOTBALL

Bubble football and bubble activities is an exciting alternative to the traditional football game using hard wearing commercial zorbs for ultimate safety and fun.

Age: 7-12 Cost: £5.60

### GYMNASTICS

Come along and try out a gymnastics session with a BGA qualified instructor, learn new skills and have some fun.

Limited spaces available so please book in advance (0191 643 2025).

Price:  
£5.15 with an @EXTRA card and £7 without  
Age: 5-12 years

**Places may be available on the day for our activities but to avoid disappointment please book in advance.**

## **BIKEABILITY**

Sport North Tyneside are offering children aged 9-14 years the chance to complete their level 2 Bikeability Cycle Safety Award. The training is fun and gives young people the skills and confidence to cycle safely in modern road conditions. On completion young people will be presented with a certificate and badge.

To take part young people will need the following:

- A bike in a safe and road worthy condition with two working brakes
- Cycle helmet
- Packed lunch (for the full day)
- Appropriate clothing
- Plenty of drinks

Please note there are limited spaces for these sessions, so book early.

Time: 9.30am - 3.30pm

## **AAA GYMNASTICS/ TRAMPOLINING**

Variety of sessions providing fun for all abilities. Come along and try our gymnastics and trampolining with the assistance of one of our qualified coaches.

Age: 4-7 Cost: £5.15

## **LASER TAG**

Challenge your friends to a game of '2hyper laser tag' in our giant inflatable area

Age: 5+ Cost: £5.60

## **TRAMPOLINING**

Bounce, Bounce, Bounce with the assistance of a qualified trampoline coach who can help you advance within this sole session.

Age: 8+

Cost: £2.30 with an @B&BEXTRA card or £3.60 without

## **AAA CHEERLEADING**

Learn a variety of cheerleading routines and create your own with one of our qualified coaches.

Age: 5+

Cost: £5.15

# POOL

# ACTIVITIES

Activities from inflatable fun to toys and floats.

Why not come along for an activity then have a splash about in the pool after.

## Pool Activities and Prices

£2 with an  EXTRA card or £3.30 without

### Mega Boards Fun Sessions

Full use of the one metre, three metre and five metre diving boards. Challenge your mam, dad, aunty, uncle or just your mate to dive off the top. Have they got the bottle?

### Inflatable Fun, Toys and Floats

Slide and glide along our inflatable bouncy castles in the water. We have fun themed inflatables for the whole family to enjoy.

Please note: Pool policy admission applies for these sessions.

### How do I book onto a course/session?

All sessions are operated on a first come, first served, basis. To book a place:

- Contact your local sports centre for more information if required
- Complete the consent form
- Call into the centre you wish to attend with a completed consent form and payment
- Keep your receipt from reception as proof of purchase

## POOL CHILD ADMISSION POLICY

### Waves

Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis.

Children aged between 4 and 8 years old must be accompanied in the water by an adult on a two children to one adult basis.

Children aged 9 years or over may attend the pool without adult supervision.

### Tynemouth Pool, The Lakeside Centre and Hadrian Leisure Centre

Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis.

Children aged between 4 and 7 years old must be accompanied in the water by an adult on a two children to one adult basis.

Children aged 8 years or over may attend the pool without adult supervision.

# VITIES

Try our popular swimming lessons based on the Amateur Swimming Association's (ASA) learn to swim programme. Courses must be pre-booked at your chosen centre.

## Swimming Crash Courses

### Hadrian Leisure Centre

#### Swimming Lesson Crash Course:

Monday- Friday  
Stage 1, 4pm-4.30pm  
Stage 2, 4.30pm-5pm

30 minute lesson £20.50  
with an @@#@ card or  
£29 without

Stage 3, 5pm-5.45pm  
Stage 4, 5.45pm-6.30pm

45 minute lesson £30.75  
with an @@#@ card  
or £43.50 without

#### One to one swimming lessons:

£19.15 per lesson £60.50  
for a block of 4

1.30pm-2pm  
2pm-2.30pm  
2.30pm-3pm  
3pm-3.30pm

### Tynemouth Pool

#### Swimming Lesson Crash Course:

Monday-Friday  
Stage 4,  
8.30am – 9am (Boom Pool)  
Stage 3,  
9am – 9.30am (Small Pool)  
Stage 3,  
9.30am – 10am (Small Pool)

#### Swim and Save

10am- 1pm  
Monday-Thursday

Would you like to become a Rookie lifesaver? Why not take part in our October swim and save course running during the half term holidays. You will learn how to perform poolside based and water rescues along with personal water safety and CPR. You must be a confident swimmer and be able to swim at least 25 metres. Pre booking is essential. Cost of the session is £38.80

### Lakeside Centre

#### Swimming Lesson Crash Course:

Tuesday - Friday  
Level 1  
8.30am-9.15am  
Level 1  
9.15am-10am  
Level 2  
10.15am-11am  
Level 2  
11am-11.45am

To avoid disappointment book your places in advance!  
Places may be available on the day.

#### TYNEMOUTH POOL

Beach Road, North Shields, NE29 9PX

(0191) 643 2900

#### HADRIAN LEISURE CENTRE

St Peter's Road, Wallsend, NE28 7LQ

(0191) 643 2025

#### THE LAKESIDE CENTRE

Southgate, Killingworth, NE12 6SA

(0191) 643 4177

# HADRIAN LEISURE CENTRE

MONDAY

**Sport and Splash**  
10am-3pm  
**Toys and Floats**  
1pm-3pm

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call:  
(0191) 643 2025

TUESDAY

**Sport and Splash**  
10am-3pm  
**Toys and Floats**  
1pm-3pm

WEDNESDAY

**Sport and Splash**  
10am-3pm  
**Pool Inflatable Fun**  
1pm-3pm

THURSDAY

**Sport and Splash**  
10am-3pm  
**Toys and Floats**  
1pm-3pm

FRIDAY

**Sport and Splash**  
10am-3pm  
**Pool Inflatable Fun**  
1pm-3pm

# LAKESIDE CENTRE

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call:  
(0191) 643 4177

## AAA Gymnastics/Trampoline

10am - 12pm, Age 4-7 years  
1pm-3pm, Age 8+ years

## Sport and Splash Camp

9.30am-3pm, (9.30am-12pm dryside activities, 12pm-1pm supervised lunch 1pm-3pm pool activities), Age 8-15 years  
**Pool Inflatable Fun**  
1pm-2.30pm, All ages

## Laser Tag

10am-11am, 11am-12pm, Age 5+  
**Lahey Lions Activities**  
1pm-3pm, Ages 4-7 years  
**Pool Inflatable Fun**  
1pm-2.30pm, All ages

## Trampolines

10am-11am, 11am-12pm, Age 8+ years  
**Sport and Splash Camp** - 9.30am-3pm, (9.30am-12pm dryside activities, 12pm-1pm supervised lunch 1pm-3pm pool activities), 8-15 years  
**Pool Inflatable Fun**  
1pm-2.30pm, All ages

## Smash it Up Badminton

10am-12pm, Age 8+ years

## AAA Cheerleading

10am - 12pm, Age 5+ years

## Pool Inflatable Fun

1pm-2.30pm, All ages

## Bubble Football

1pm-2pm and 2pm-3pm, Ages 7-12 years

## Sport and Splash - 9.30am-3pm,

(9.30am-12pm dryside activities, 12pm-1pm supervised lunch, 1pm-3pm Halloween Pool Party Age 8-15 years

## Lahey Lion Activities

1pm-3pm, Ages 4-7 years

## Halloween Pool Party

1pm-2.30pm, All ages



## TYNEMOUTH POOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Diving and Toys**  
11am - 12pm and 1pm - 2pm

**Diving and Toys**  
11am - 12pm and 1pm - 2pm

**Diving and Toys**  
11am - 12pm and 1pm - 2pm

## MARDEN BRIDGE SPORTS CENTRE

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call:  
(0191) 643 2929

Please note:  
Bookings for these sessions will be taken by The Parks Sports Centre

Call:  
(0191) 643 2700

**No Limits KidZone**  
9.30am - 3.30pm  
Ages 8+

**No Limits KidZone**  
10am - 12pm  
Ages 8+

**No Limits KidZone**  
9.30am - 3.30pm  
Ages 8+



## CYCLE SAFETY TRAINING Level 2 Bikeability

Sport North Tyneside are offering children aged 9-14 years the chance to complete their Level 2 Bikeability Award free of charge. Training is instructive and gives young people the skills, confidence and knowledge to cycle safely in modern road conditions.

Prior to children attending, they are required to confidently demonstrate level 1 learning outcomes (please visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for further information on this). On arrival at ALL sessions, children will be asked to complete a short informal competence test to ensure that they are ready to progress onto level 2. ALL parents will be asked to stay for this which will last approximately 15 minutes. If a child is unable to demonstrate competence at level 1, they will not be permitted to remain at the session to progress on to level 2 on that day.

All sessions begin at 9:15am and end at 3:30pm. To take part, you will need the following:

- A bike in a safe and road worthy condition with two working brakes
- A cycle helmet
- A packed lunch and plenty of water
- Appropriate clothing for the weather and sun cream (when required)

**Please contact the venues on the numbers below to book your place:**

### **Monday 26th October**

Rising Sun Country Park - Tel: 0191 643 2241

### **Tuesday 27th October**

Whitley Bay Customer First Centre - Tel: 0191 643 5390

### **Wednesday 28th October**

Rising Sun Country Park - Tel: 0191 643 2241

# DOORSTEP SPORTS CLUB

Sport North Tyneside's Doorstep Sports Clubs provide multi-sport activities for young people aged 14-25 years. A variety of sports are available at each session including Football, Handball, Dodgeball, Rounders and many more. There is no need to book your place at these sessions, just turn up!

Date: Every Monday  
Time: 6:30pm - 8pm  
Venue: Howdon Community Centre

Date: Every Thursday  
Time: 6:30pm - 8pm  
Venue: Howdon Community Centre

Date: Every Friday  
Time: 7pm - 8:30pm  
Venue: Foxhunters Pavilion

Date: Every Friday  
Time: 7pm - 8:30pm  
Venue: Hadrian Leisure Centre

## StreetGames Young Volunteers



### Interested in becoming a VOLUNTEER?

StreetGames Young Volunteers is for young people aged 14-25 year old who are interested in gaining experience, qualifications and giving something back to their community.

To be part of our successful StreetGames programme please contact us on (0191) 643 7447, e-mail [sport@northtyneside.gov.uk](mailto:sport@northtyneside.gov.uk) or find us on Facebook - StreetGames Sport North Tyneside.

healthy4life



# are you worried about your child's weight?

If so, did you know that your child can access  
**FREE** activities in the October half term holiday?

Your children can come along to a **FREE Sport and Splash** (8-13 years)  
at Hadrian Leisure Centre from 10am-3pm on Wednesday 28th October  
or a **FREE mini fun** (4-7 years) morning on Tuesday 27th October from  
10am-12pm at The Parks Sports Centre.

To find out more and to book your place  
contact the Healthy4Life team:

Tel: (0191) 643 7454

Email: [CHAT@northtyneside.gov.uk](mailto:CHAT@northtyneside.gov.uk)

Facebook: Healthy4Life North Tyneside

