No Limits
HALF TERM
HOLIDAY ACTIVITIES
29TH OCTOBER - 2ND NOVEMBER 2018

NTCLeisure
www.northtyneside.gov.uk
## No Limits

**HALF TERM HOLIDAY ACTIVITIES**

**29RD OCTOBER - 2ND NOVEMBER**

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### Personal Information

- **Name**: 
- **Parent/carer name**: 
- **Age**: 
- **Date of birth**: 
- **Tel no.**: 
- **Mobile**: 
- **Email**: 
- **Address**: 
- **Postcode**: 
- **Does your child have a medical condition or disability that we need to be aware of?**
  - YES [ ]
  - NO [ ]
  
  **If yes, please specify**: 

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### Activity Details

<table>
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<th>ACTIVITY VENUE</th>
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**TOTAL AMOUNT**

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### 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 [ ].

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### Safeguarding Children

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

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### 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.

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

**Date**

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**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.
**SPOOK-TACULAR HALLOWEEN POOL PARTIES!**

**Waves**
**Sunday 28th October, 3pm – 5pm**
Watch the pool magically change colour and enjoy waves, slides and toys and floats in the pool. There’ll also be soft play, arts and crafts and a visit from Captain Jack!

Price: Adults £5.50, juniors £3.50 (babies under one go free). Tel: (0191) 643 2600.

**Tynemouth Pool**
**Tuesday 30th October, 1pm – 3pm**
Come and join in the family fun as the pool turns green! Take on the Tynemouth Destroyer giant pool inflatable, plus toys and floats in the boom pool.

Price: Juniors £2.30 with an EXTRA card or £3.80 without. Tel: (0191) 643 2900.

**The Lakeside Centre**
**Wednesday 31st October, 1pm – 3pm**
Get into the spirit of the scariest day of the year – we’ll have lifeguards in costumes, spooky decorations, competitions, pool toys and inflatables; and our main pool will change colour too!

Price: Juniors £2.30 with an EXTRA card or £3.80 without. Tel: (0191) 643 4177.

**Hadrian Leisure Centre**
**Friday 2nd November, entry times 1pm and 2pm**
Enjoy pool toys and floats in our orange small pool, with the giant pool inflatable in the main pool. All under-16s will receive a treat!

Price: Juniors £3 with an EXTRA card or £4.50 without. Tel: (0191) 643 2025.

Usual pool admission policy applies, see page 10 for details.
AAA Gymnastics

Whether you’re a beginner or a pro, our qualified gymnastics coaches will teach you new skills or improve skills you already have (parents must stay on site during the activity). Ensure legs are covered and socks are worn, no jewellery.

Ages: 4-8 Years. Price: £7.60

Climb and Splash

A full morning with the climbing wall, followed by an afternoon session in the pool. Participants are advised to wear a top covering the elbows and trousers covering the knees. Includes supervised lunch (bring a packed lunch, drink and swimming kit).

Ages: 8-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

Burney Bear’s Spooky Castle

Play some games with Burney, have your face painted and join him on his haunted bouncy castle.

Ages: 4-7 Years. Price: £7.50 with an EXTRA card or £10.60 without

Captain Jack’s Kids Club

A range of sessions at Waves, with Captain Jack himself often making an appearance! Sessions include arts & crafts, soft play, messy art and mini games. Watch out for our Halloween disco, with prizes for best fancy dress and pumpkin (bring your own).

Age: 5-7 (under 5s welcome with an adult) Price: £4.00 with an EXTRA card or £6.60 without

Climbing Wall

Sessions are run by qualified instructors. All equipment is supplied, participants are asked to wear a top covering the elbows and trousers covering the knees.

Age: 8-15 Years. Price: £8.80 with an EXTRA card or £11.90 without

Autumn Scavenger Hunt

Join our Autumn trail through Wallsend Park, hunting for tree sculptures, doing some wax rubbings and collecting things for the scavenger hunt! We may even find some spooky mini-beasts! Children must be accompanied by an adult.

Ages: 0-7 Years. Price: £4.00 with an EXTRA card or £6.60 without
**Climbing Wall and Orienteering**

A morning on our climbing wall, followed by a supervised lunch and an afternoon spent outdoors with orienteering and games. Children must wear suitable clothing (bring a packed lunch and drink).

Ages: 8-16 Years. Price: £9.10 with an EXTRA card or £15.60 without

**ENERGY (Lunch provided)**

Have fun trying lots of different activities, learn about healthy eating and make your own healthy lunch. Team games in the morning are followed by pool activities in the afternoon (bring a swimming kit). Lunch provided.

Ages: 8-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

**Family Gym Sessions**

Hadrian Leisure Centre
The Parks Sports Centre
Tynemouth Pool
The Lakeside Centre
Waves

**Monday - Friday**
**10am - 3pm**

**Price:**
- Juniors £1.70
- Adults £4.10
- Seniors £3.00

Please note: All participants must book in for an induction on their first visit.

**FootGolf & Splash / Sport and Splash**

Meet at Waves for a supervised walk along to the FootGolf course on The Links or Churchill Playing fields for team games and activities. The group will then walk back along to Waves for lunch. Please note this is an outdoor session followed by a supervised lunch and swim session. Children must wear appropriate clothing (bring a packed lunch, drink and swimming kit).

Ages: 9-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

**Giant Pool Inflatables / Pool Toys and Floats**

Slide, climb and glide along our giant inflatables in the water, or enjoy a selection of toys and floats in the pool.

All ages. Price: See page 10.

**Hadrian Adventure Day**

Experience a fun-packed day of some of our most popular activities. A morning of trampolining, climbing and multi-sports will be followed by a supervised lunch with our Energy team, who’ll be on hand with some games based around nutrition. Then on to an afternoon in the pool with our giant pool inflatable, toys and floats (bring a packed lunch, drink and swimming kit).

Ages: 8-16 Years. Price: £14.99 with an EXTRA card or £19.99 without

**Lakey Lions**

Parents can leave their children to participate in supervised games and play activities. These can include bouncy castle, messy art, parachute games, creative fun and soft play. Children learn to enjoy activities in a team environment while having fun.

Ages: 4-7 Years. Price: £4.00 with an EXTRA card or £6.60 without
**Good Youth Move**

Good Youth Move is a **FREE** 3-month gym or exercise programme for young people aged 14-17*

Sessions take place at all North Tyneside Council sport and leisure centres. Each attendee will receive a full induction, exercise programme, nutritional advice and gym bag.

* Subject to meeting eligibility criteria. GYM is a preventative programme and participants must be above the 75th BMI centile. Please contact us for details.

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BIKEABILITY CYCLE SAFETY TRAINING

Sport North Tyneside is providing Bikeability training this half term for ages 8-14 years. Both courses give young people the skills, confidence and knowledge to cycle safely in modern road conditions.

LEVEL 1

Learn to control and master your bike in a space away from traffic. Skills include how to get on and off your bike without help, use gears and how to share space with pedestrians and other cyclists. Children must be able to ride without stabilisers. Bring a bike in safe condition (with two working brakes), a drink and cycle helmet, and wear appropriate clothing.

The Cedarwood Trust
Avon Avenue, North Shields, NE29 7QT
Wednesday 31st October, 9.30am – 12pm
Book online: https://bikeabilityl1am311018.eventbrite.co.uk

LEVEL 2

Children will be required to confidently demonstrate Level 1 learning outcomes (please visit www.bikeability.org.uk for further information). On arrival, 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 on that day. Bring a bike in safe condition (with two working brakes), a cycle helmet, packed lunch and plenty of water, and wear appropriate clothing.

Hadrian Leisure Centre
Monday 29th October, 9.15am – 3pm
To book, call (0191) 643 2025

The Rising Sun Country Park
Tuesday 30th October, 9.15am – 3pm
Book online: www.risingsuncountrypark.eventbrite.com

Sport North Tyneside
@SportNT
www.sportnorthtyneside.org.uk
Email: Sport@northtyneside.gov.uk
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<td>AAA Gymnastics</td>
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<td><strong>Sport and Splash Camp</strong></td>
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<td>9am-3.30pm, Ages 8-16 years</td>
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**Places may be available on the day for our activities but to avoid disappointment please book in advance.**

**Call:**

**LAKESIDE CENTRE:** (0191) 643 4177

**HADRIAN LEISURE CENTRE:** (0191) 643 2025
Mega Boards Fun Sessions & Toys
11am-12pm, All ages
The Tynemouth Destroyer
1.30pm-3pm, Ages 8-15 years

Pool Toys & Floats
10.30am-12pm, All ages
Mister Twister's Magic Show
1pm-3pm, Under 12s

Mega Boards Fun Sessions & Toys
11am-12pm, All ages
The Tynemouth Destroyer
1.30pm-3pm, All ages

Pool Toys & Floats
10.30am-12pm, All ages
Mister Twister's Magic Show
1pm-3pm, Under 12s

Mega Boards Fun Sessions & Toys
11am-12pm, All ages
The Tynemouth Destroyer
1.30pm-3pm, Ages 8-15 years

FootGolf and Splash
10am-3pm, Ages 9-15 years
Wave Rave
6.30pm-7.30pm, All ages
Our pools are open every day, so come along for a splash or enjoy a swim after one of our other activities!

SWIM PRICES AND POOL ADMISSION POLICY

TYNE MOUTH 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.

Price: £2.30 with an @ASC@EXTRA card or £3.80 without

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.

Price: £2.50 with an @ASC@EXTRA card or £4.40 without
SWIMMING CRASH COURSES

THE LAKESIDE CENTRE

Five 45-minute lessons:
£27.90 with an EXTRA card or £41.10 without
(Monday to Friday)
Stage 1: 8.30am - 9.15am
Stage 2: 9.15am - 10am
Stage 3: 10am - 10.45am

WAVES

Five 30-minute lessons:
£25.25 with an EXTRA card or £36.75 without
(Monday to Friday)
Stage 1: 8.30am - 9am
Stage 2: 9am - 9.30am
Stage 3: 9.30am - 10am
Stage 4: 10am - 10.30am

TYNEMOUTH POOL

Five 30-minute lessons:
£25.25 with an EXTRA card or £36.75 without
(Monday to Friday)
Stage 1: 8.30am - 9am
Stage 2: 9am - 9.30am
Stage 1: 9.30am - 10am

ONE-TO-ONE SWIMMING LESSONS

One-to-one swimming lessons are available at various times.
Ask at any pool for details.

Price:
£21.85 per lesson or £69.40 for a block of four.

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

THE LAKESIDE CENTRE
Southgate, Killingworth, NE12 6SA
(0191) 643 4177

WAVES
The Links, Whitley Bay, NE26 1TQ
(0191) 643 2600

TYNEMOUTH POOL
Beach Road, North Shields, NE29 9PX
(0191) 643 2900

Children must be able to stand with their foot flat on the bottom of the pool with their chin above the water (pool depth for Lakeside, Hadrian and Tynemouth is 0.9 metres and 0.7 metres for Waves).
Looking for something to do after school?

No Limits clubs run every week at sport and leisure centres, offering a fantastic mix of pool and dry activities!

Pool activities include toys and floats, plus giant inflatables at Hadrian, Lakeside and Tynemouth. Dry activities include multi-sports, trampolining and football.

**Pool sessions:**
- Mondays: Waves
- Thursdays: The Lakeside Centre
- Fridays: Tynemouth Pool and Hadrian Leisure Centre

**Dry sessions:**
- Mondays: The Lakeside Centre
- Tuesdays: The Parks, North Shields
- Wednesdays: Hadrian Leisure Centre
- Fridays: Marden Bridge Sports Centre

Activities run during term-time only and can vary, please ask for details. A valid EEXTRA card is required. Usual child admission policy applies for pool sessions.

www.activenorthtyneside.org.uk

Active North Tyneside @active_NT (0191) 643 7171

**NEW DISABILITY No Limits**

At The Parks on Mondays, for ages 0-16. Try multi-skills, boccia, archery, soft play, our multi-sensory room and more. With qualified coaches. Hoist available. Call for details.