

get active...



February Half Term 2019

Holiday Activity and Sports Coaching Programme

www.southtyneside.gov.uk/sports



South Tyneside Council



The best start in life



South Tyneside Council's Sport & Leisure Team is bringing lots of fun and exciting schemes this February half term designed to develop and improve your skills and techniques. Please note that activity terms and conditions vary from scheme to scheme.

Sports Coaching Programme

All Sports Coaching courses must be booked and paid for in advance. Places are limited so early booking is recommended. For general information on the Half Term Programme please contact the Sport & Leisure Team on 0191 424 7998.



BOOKINGS INFORMATION

Booking a place couldn't be easier. Just contact one of the following leisure facilities or call in at reception to complete the booking form.

Temple Park Centre - 0191 456 9119

Monkton Stadium - 0191 489 1283

Hebburn Central - 0191 424 7801

Haven Point - 0191 424 7800

Jarrow Focus - 0191 489 4100

Multi Sports Holiday Camp

Dates: Monday 18 February - Friday 22 February

Venue: Hebburn Central

Ages: 5 - 14 years old

**FREE swimming for those
over 8 years old!
Proof of age is required.**

Course Information

Cost: **ONLY £50** for the full week or **£12** per day. To guarantee your place you must book in advance as places are limited. Please specify the day(s) you would like to attend on the course enrolment form.

Times: 9am **FREE** early drop off available
9.30am - Games and activities
12noon - 12.30pm Supervised Lunch (bring your own healthy packed lunch)
12.30 - 2pm Games and activities
2 - 3pm Swimming (over 8 year olds only)
2 - 3.30pm Games and activities for non-swimmers
3.30pm - Finish
3.30pm - 4pm **FREE** late pick up available

Course Ref: **SDMAC**

A bonanza of games and activities. Why not give your kids a break from the holiday boredom!

The camp offers 5 days of fun and games where our qualified staff will help children to develop skills and techniques in a variety of sports in a safe environment. Our camp is a fantastic opportunity to help parents who have problems with childcare during the half term.

The camp is varied to suit all ages and abilities and will be indoor-based, but weather permitting will be extended to outdoor space within Hebburn Central.

Our camp offers football, basketball, cricket, dodgeball, swimming, kick rounders, team games and races. Children can also take part in athletic games to improve their running, jumping and throwing. Children will have the opportunity to try different sports including tri golf, mini fencing, badminton, volleyball, boccia and more!

For information on healthy exercise and snacks visit: www.nhs.uk/change4life

Football Camp – Boys & Girls

Course: Monday 18 February - Friday 22 February

Venue: Temple Park Centre – Indoor and outdoor (if the weather is suitable)

Course Ref: TPSOCH1

Course Information

Ages: 5 - 12 years old

Cost: £35 per child or £8 per day. Includes a medal and certificate. To guarantee your place you must book in advance as places are limited.

Times: 10am – 3pm. **FREE** early drop off available from 9am. **FREE** late pick up available until 4pm. (Please note: This provision is only available during these times.)

Extra Info: Bring a packed lunch / drinks. Wear suitable warm clothing and trainers / football boots. Please do not wear metal studs.



Indoor Tennis Camp

Course: Monday 18 February - Friday 22 February

Venue: Temple Park Centre

Course Ref: TPSHTENH1

Course Information

Ages: 6 - 16 years old

Cost: £15 for the 5 days.

Times: 10am - 12noon

Extra Info: Bring a drink. Wear suitable clothing and trainers.





Course Enrolment Form

Please complete this form with Course Ref code. Bookings can be taken at Temple Park Centre, Monkton Stadium, Hebburn Central, Haven Point and Jarrow Focus, along with your payment.

Name of Participant

Date of Birth.....Age Gender M/F

Address

.....Post Code

Course Details

Booking Course ref.....

Days All week Monday Tuesday Wednesday Thursday Friday

Name of parent / guardian.....

Telephone Number..... Mobile Number.....

Email address.....

If your child will be picked up or dropped off by someone other than the contact above please provide their details below.

Mobile Number.....

Email address.....

Medical / Health Details

Please detail any specific medical/ health conditions the coach (es) should be aware of. For example asthma, allergies, epilepsy, hearing difficulties, learning difficulties etc.....

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South Tyneside Council will use the information you provide to do the tasks in order to complete your application. This information will not be shared with a third party. We would like to send you information on similar children's Sports Development activities. If you would like to receive this information please tick this box

I confirm the information which has been provided on this application form is correct.

Signature

Date.....

I agree to my son / daughter taking part in the Sport and Leisure Coaching programme.

Office Use Only

Time & date application received Staff Initial.....

Cash / Cheque / Visa No

Course Receipt Issued.....