

Preston Sport and Health

Summer Holiday Activities 2012

For more information please visit
www.preston.gov.uk/leisure



PARENTAL CONSENT FORM

Name..... Age..... D.O.B.....

Address..... Postcode.....

Email.....

Telephone Mobile

Current school attending..... School Year.....

Our child has been given permission to make their own way home from the activity Yes No

The activity/programme our child is taking part in is

Does your child have any food allergies or intolerances? Yes No

Contact and Medical Information

Name of parent / guardian / carer

Emergency contact number of parent / guardian / carer

Please detail any medical conditions that the coach should be aware of:

.....

Sports Equity

Ethnicity - please tick:

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> White British | <input type="checkbox"/> White & Asian | <input type="checkbox"/> Other Asian background | <input type="checkbox"/> Other ethnic background |
| <input type="checkbox"/> White Irish | <input type="checkbox"/> Other Mixed background | <input type="checkbox"/> Caribbean | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Other White background | <input type="checkbox"/> Indian | <input type="checkbox"/> African | |
| <input type="checkbox"/> White & Black Caribbean | <input type="checkbox"/> Pakistani | <input type="checkbox"/> Other black background | |
| <input type="checkbox"/> White & Black African | <input type="checkbox"/> Bangladeshi | <input type="checkbox"/> Chinese | |

Disability - please tick:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Physical Impairment | <input type="checkbox"/> Visual Impairment | <input type="checkbox"/> Learning Difficulties | <input type="checkbox"/> Hearing Impairment |
| <input type="checkbox"/> Other: | | | |

.....

Where did you hear about the programme?

By signing this form I agree that any photographs taken or videos recorded may be used according to Preston City Council guidelines.

I also give consent for my children to take part in activity sessions. All information provided above is correct.

Signed (parent/guardian/carer).....

Name

.....

Date

.....

Please hand this form to the sports coach at your venue / Leisure Centre reception
Or post to: Sport and Health Development, Preston City Council, Town Hall, Lancaster Road, Preston PR1 2RL

Preston City Council promotes safe, effective and child-friendly sport for all. If you have any queries relating to quality, safety or accessibility of our programmes, please contact Preston Sport and Health Development (in confidence) on **01772 906188**.

go2 Introduction

Preston City Council's Sports & Health Development team is bringing you a full and diverse holiday activity programme right across the city.

Want a holiday packed with action excitement and fun? Then book your place on our summer holiday activity programme.

Booking Details

Booking on each programme varies:

Booking for all sessions is available from

Monday 18th June

unless otherwise stated.

Further details of how to book onto each specific activity can be found on the relevant page.

Staff

All our holiday activities are run by qualified experienced sports coaches. To ensure the programme is safe and child-friendly all staff are:

- checked by the Criminal Records Bureau to an enhanced level.
- fully aware of Health and Safety and Child Protection procedures.
- appropriately qualified with regards to the activity they are delivering.

Please book early to avoid disappointment!

From everyone at Preston City Council...

enjoy your summer holiday!



go2 Fulwood Leisure Centre

Blackbull Lane, Preston PR2 9YA

Fulwood Leisure Centre Sports Camp

Holiday activities at Fulwood Leisure Centre combine coached sports, team games, competitions and fun activities. These weeks offer young people an introduction to a range of sports and are a great opportunity to try new ones.

Dates for holiday activities

- Week 1:** 23rd July - 27th July 2012
- Week 2:** 30th July - 3rd August 2012
- Week 3:** 6th August - 10th August 2012
- Week 4:** 13th August - 17th August 2012
- Week 5:** 20th August - 24th August 2012



Time and prices

Full day: **£20** from 9am - 5pm (children can be registered from 8.45am)
Half day: **£10** either 9am - 1pm or 1pm - 5pm

Passport to Leisure prices

There is a reduction if your child has a valid passport to leisure card:
Full day **£15.00** • Half day **£7.50**

Activities include:

- Rollerskating
- Fun swim
- Rock climbing
- Badminton
- Futsal
- Tri-golf
- Mini-squash
- Netball
- Basketball
- Streetdance

Activities are suitable for both girls and boys aged 8-12 years old.

What you need

- Packed lunch and plenty to drink.
- Swimming costume and towel.
- Any medical necessities e.g. inhalers or tablets.



How to book

- Complete the booking form. Make sure you tick the boxes indicating the days you wish to book.
- One form must be completed for each child.
- Return the completed booking form to the address printed above or drop it in at the main reception at Fulwood Leisure Centre.



EUROPEAN CITY OF SPORT
PRESTON 2012

What is European City of Sport?

European City of Sport is awarded by the European Capital of Sport Association (ACES). The award is based around 5 key objectives:

- Enjoying exercise
- Experiencing community
- Learning of fair play
- Willingness to achieve
- Improving health

Support our aim

Our aim is to hold 100 European City of Sport events in 2012. We are looking for schools, clubs and communities to rise to this challenge and register sporting events under the European City of Sport banner.

2012 is the year for sport on both a local and national scale. Be part of the sporting legacy and register your event!

go2 Gyminies Play

Children aged 0-5 years

(parental supervision essential)

Fulwood Leisure Centre

Date: **Monday 23rd July and 31st August**

Day: **Wednesday and Friday:**

Time: **10am - 10.50am and 11am - 11.50am**

Cost: **£2.00** per session

(no charge for parents)

No booking necessary

Fun family sessions with friendly activities that encourage balance and movement on soft play apparatus such as slides and shapes. Our sessions also include a bouncy castle



go2 Fun in the Park!

Haslam Park

Date: **23rd July – 24th August**

(no need to book):

Day: **Wednesdays**

Time: **10.30am – 12noon**

Cost: **£1.00** per child

(discount for more than 2 children)

Come along and join us for plenty of fun-filled family activities; including arts and crafts, treasure hunts, cress caterpillars and many more, all of which are taking place in the park.



go2 Teen Cook Club

Tanterton Community Centre

Date: **23rd July – 20th August**

Day: **Mondays only**

Time: **12:30pm – 2:00pm**

Cost: **£2.00** per session

To book a place please call: 01772 906951

An interactive cooking club is being delivered for young people aged 11-15 who are interested in learning how to cook healthier versions of takeaway meals. Young people will have the opportunity to learn practical cooking skills in a relaxed and fun environment.



go2 Gymnastics Holiday Camp

West View Climbing and Leisure Centre

Beginner Class

Date: **Mon 6th Aug, Tues 7th Aug, Mon 13th Aug, Tues 14th Aug, Mon 20th Aug, Tues 21st Aug,**

Ages: **4 to 7 years**

Times: **a.m. 10.00am - 12.30pm**

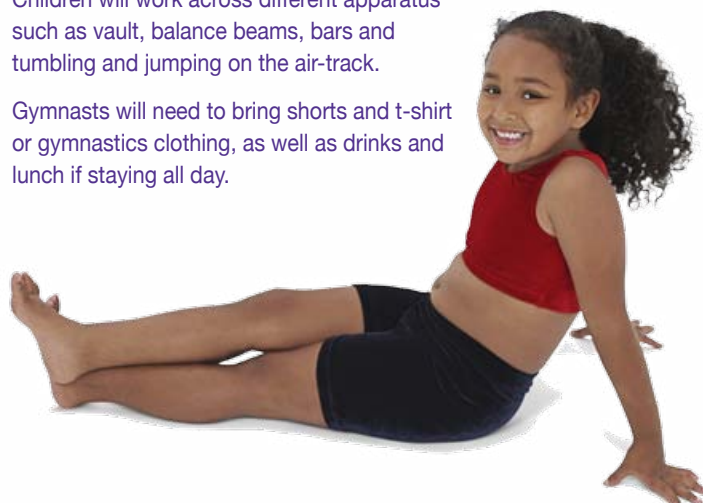
p.m. 1.30pm - 4.00pm

Full day 10.00am - 4.00pm

Price: **a.m. £7.50 • p.m. £7.50 • Full Day £15**

Children will work across different apparatus such as vault, balance beams, bars and tumbling and jumping on the air-track.

Gymnasts will need to bring shorts and t-shirt or gymnastics clothing, as well as drinks and lunch if staying all day.



go2 Summer Dance Academy

Preston Leisure Centres are excited to be opening our first Summer Dance Academy.

Through the summer there will be various 3 day camps where children attend 3 consecutive weeks to work towards a performance routine at the Preston Dance Show held at the end of the summer holidays.

The 2 hour sessions will consist of learning various styles of dance including contemporary ballet, street dance, video pop and partner work.

Each course is one dance routine for the show. Participants may book on multiple courses to increase the number of routines they perform at the show.

Fulwood Leisure Centre Week Commencing 6th, 13th & 20th August

Each session below is a 3 week course

Cost per course: **£20** – includes free Dance Academy T-Shirt

Day /Time: **Tuesday 3pm – 5pm (4 – 8 years)**
Friday 1pm – 3pm (4 – 8 years)
Friday 3pm – 5pm (4 – 13 years)

Ashton Community Centre

Day /Time: **Tuesday 6pm - 8pm (4 - 13 years)**

City of Preston Gymnastics Centre

Day /Time: **Wednesday 10am - 12pm (4 - 13yrs)**
Wednesday 12:30pm - 2:30pm (4 - 13yrs)

West View Climbing and Leisure centre

Day /Time: **Wednesday 2:30 - 4:30pm (4 - 8 years)**

Performers will learn a set routine and then on Saturday 25th August they will be able to take part in a Preston Dance Show where family members are invited to come and watch the evening of entertainment.

For Fulwood & Ashton bookings contact Fulwood Reception.

For West View & Preston Gymnastics Centre bookings contact West View Reception.

To book you will need a swipe card for your child. Swipe cards cannot be created over the phone, if you do not have a swipe card please visit your local leisure centre to create a free card before booking on the course.



go2 Climbing Camp

Ever fancied a go at indoor climbing?

These sessions will allow individuals to experience the different types of climbing all under the supervision of a qualified instructor

Little Tasters - (5 - 7 years old):

West View Climbing and Leisure Centre

Date: **23rd July – 31st August (Mon, Wed, Thurs)**

Time: **10am - 11am**

Cost: **£8.00 per person**

Junior Tasters - (8 - 16 years old):

West View Climbing and Leisure Centre

Date: **23rd July – 31st August (Mon, Wed, Thurs)**

Time: **11am – 12pm**

Cost: **£8.00 per person**

Junior Climbing Clubs - (aged 8 and over)

West View Climbing and Leisure Centre

Date: **23rd July to 31st August (Monday to Friday)**

Time: **2pm - 4pm**

Cost: **£8.00 per session**

Open sessions will run over the summer break for juniors who wish to continue to work towards their nicas and brush up on their skills.

Only juniors who have completed a level 1 nicas can attend the summer clubs (see below on how to obtain level 1 nicas).

Three-day Junior Introduction Course

West View Climbing and Leisure Centre

Date: **23rd July to 22nd August**

Times: **10am – 12pm or 12.30pm to 2.30pm**

Cost: **£40.00 per person**

This course is for young people who want to take up indoor climbing. Upon completion of the course, juniors can join the centre's climbing clubs and come climbing on a weekly basis, working towards a recognised climbing award.

Course 1 • 23rd to 25th July

Course 2 • 30th July to 1st August

Course 3 • 6th to 8th August

Course 4 • 13th to 15th August

Course 5 • 20th to 22nd August

To book please contact West View Climbing and Leisure Centre on **01772 796788**



go2 Disability Summer Camp

This scheme is open to anyone with a disability over the age of 8 years.

These weeks offer an introduction to a range of sports and are a great opportunity to try new ones.

Please note that this scheme is not suitable for those young people who require changing or the administration of medication throughout the day.

Activities will include:

- Swimming • Hockey • Rock climbing • Football • Team games
- Cricket • non contact martial arts • arts and crafts • wii • Xbox
- Gym sessions (over 14 years) • Gymnastics • Sumo Suits • badminton
- table tennis • plus many others

Under 16s & over 16s will be split into separate groups and will take part in activities appropriate to their age.

West View Climbing and Leisure Centre

Dates: **1st, 2nd & 3rd August 2012 • 8th, 9th & 10th August 2012 • 15th, 16th & 17th August 2012 • 22nd, 23rd & 24th August 2012 • 29th, 30th, & 31st August 2012**

Time: **10am - 3pm**

Cost: **£7.00 per person per day**

Day trip: **Further details and cost will be provided during the programme**

What you need

- Packed lunch
- Swimming costume and towel
- Any medical necessities e.g. inhalers

How to book

Please call West View Climbing and Leisure Centre on **01772 796788** to book a place on the scheme.

Please note:

- Bookings will not be accepted on the day
- Places are limited to 30 people per day
- Payment can be in the form of cash, or a cheque made payable to Preston City Council



go2 Streetwise Soccer

Coaching Sessions run for 5 weeks from Monday 23rd July - Friday 24th August across 8 sites:

Moor Nook Rec Zone

Day: **Mondays and Wednesdays**

Time: **5pm - 7pm**

Ashton Primary School

Day: **Mondays and Wednesdays**

Time: **6pm - 8pm**

Brookfield Rec Zone • Callon (St Teresa's Astro) • Longsands Rec Zone

Day: **Tuesdays and Thursdays**

Time: **6pm - 8pm**

Hartington Road Recreation Zone

Day: **Monday and Wednesday**

Time: **5pm - 7pm**

Moor Park Adizone • Ingol Sports Hub

Day: **Wednesday and Friday**

Time: **6 - 8pm**

West View Climbing and Leisure Centre

Day: **Saturdays (all year)**

Time: **7pm - 9pm**



All football sessions are free of charge and have the chance to take part in the **Streetwise Soccer final** held at **Moor Park on Friday 24th August**

go2 Park It

'Park it' is an action packed, fun Friday night for young people and families. Activities such as, large inflatable games and smaller fun games make it suitable for teenagers and children. The entire night is free for all activities.

Date/ Venue:

- 3rd August – **Ashton Park**
- 10th August – **Ribbleton Park**
- 17th August – **Mill Lane Park**
- 24th August – **Moor Park**

Time: **5pm- 8pm**

There is no need to book for any Streetwise or Park it sessions.

West View Climbing and Leisure Centre Community Club

Day: **Every Thursday throughout the summer and term time**

Time: **4pm – 6pm**

Cost: **£1.40**

Activities include swimming, climbing, football and many more for young people aged 8 – 16 years



go2 Learn to Swim Sessions

Intensive swimming lessons are a fantastic way to introduce your children to the experience of swimming.

Beginners

Fulwood Leisure Centre

Date: **23rd - 27th July**

Time: **9am – 9:45am**

Cost: **£22**

Fulwood Leisure Centre

Date: **23rd - 27th July**

Time: **9:45am – 10:30am**

Cost: **£22**

This course is aimed at children aged 4 years and above, and follows the National Teaching Plan Stages 1 - 2.

Improver

Fulwood Leisure Centre

Date: **23rd - 27th July**

Time: **10:30am -**

11.15am

Cost: **£22**

This course is aimed at Children 4+ years, and follows the National Teaching Plan Stages 3/4. Children on this course must be able to swim 3-5m front and back without the use of aids

Rookie Lifeguard

Fulwood Leisure Centre

Date: **23rd - 27th July**

Time: **11:15am - 12 noon**

Cost: **£22**

This course teaches swimmers about the importance of personal survival. It teaches them the techniques to keep them safe and the skills to help others in need. Your children will develop skills and knowledge in water safety, rescue, resuscitation and lifesaving support skills as they work towards Rookie Lifeguard Bronze, Silver and Gold Awards.



go2 British Cycling Sessions

'Breeze Rides' (Free - ladies and girls only ride)

skyride

Visit www.goskyride.com

Sky Ride local - 'everyone's invited' for free led rides visit www.goskyride.com



Contact **Yvonne Ashcroft** for more information **07940 302177**

Cycling Project Sessions

Sessions led by qualified instructors encouraging cycling participation in various cycling initiatives within the communities of Preston, to improve health and wellbeing and increase fitness. Running throughout July and August:

Disability Cycling

Moor Park

Day: **Mondays and Thursdays**

Time: **10:30am - 3pm**

Cost: **£2**

Family Ride

Avenham Park

Day: **Fridays**

Time: **10:30am**

Cost: **£2**



Beginner Sessions

Moor Park Football Pavilion

Day: **Wednesdays**

Time: **12:30pm - 1:30pm**

Cost: **£2**



Junior Wheels for all

Moor Park

Day: **Saturday 4th August (alternate Saturdays)**

Time: **11am - 1pm**

Cost: **£2**

Booking is essential, please contact **Charlotte** on **07971476698**

Preston Indoor Market Kitchen



Come along to Preston's Indoor Market to watch a healthy eating cooking demonstration taking place and get to sample the recipe being cooked up. The aim of this programme is to raise awareness of healthy eating on a budget whilst supporting the local market through using their produce to cook the recipes.

6 July	12:00pm	Preston Indoor Market
3 August	12:00pm	Preston Indoor Market
TBC September	12:00pm	Preston Indoor Market
5 October	12:00pm	Preston Indoor Market



FULWOOD LEISURE CENTRE CAMP BOOKING FORM

This booking form can only be used for Fulwood Leisure centre holiday camp. All other activities have to be booked via alternative channels. Please see activity page for relevant booking information. All our play schemes are very popular and therefore places are allocated on a first come first served basis.

WEEK		PROGRAMMES (please tick)		
		Full Day 9am - 5pm	Half Day 9am - 1pm	Half Day 1pm - 5pm
Week 1 23rd July - 27th July	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	All week			
Week 2 30th July - 3rd August	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	All week			
Week 3 6th August - 10th August	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	All week			
Week 4 13th August - 17th August	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	All week			
Week 5 20th August - 24th August	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	All week			
Total Programme	All 5 weeks			

- Please note that no refunds will be allocated once bookings have been made unless supported by a medical letter from your GP.
- Parental consent form (page 1 of this programme) must be completed and submitted at the same time of booking the activities

go2 memberships

why not join
and save
£££'s

If you are a **regular visitor** to **Fulwood** or **West View Climbing & Leisure Centre** then **membership** may be the most **cost-effective** way to pay for your **leisure time**.

For further information,
please speak to a member
of our membership team.

Contact Fulwood on:

01772 716085

West View Climbing
& Leisure Centre on:

01772 796788



go2

Preston
City Council



Fulwood and West View Climbing and Leisure Centre

A Preston City Council Service

www.preston.gov.uk/leisure