

# get active...



## ...and have fun this May half term!

### May Half Term 2015 Holiday Activity and Sports Coaching Programme

Visit:

[www.southtyneside.gov.uk/  
whatson](http://www.southtyneside.gov.uk/whatson)



South Tyneside Council

change  
**4** **l** **i** **f** **e**  
Eat well Move more Live longer

South Tyneside Council's Sport & Leisure Team is bringing lots of fun and exciting schemes this May (Whit) half term designed to develop and improve your skills and techniques.

## Activity Express Schemes

Play games such as unihoc, kwik cricket, kick rounder's, tennis, football, team games and many more		
<b>Tuesday 26 May - Friday 29 May</b>	The Cabin, School Street, Hebburn	Temple Park Centre, South Shields <b>NB – Friday will be outdoors</b>
<b>Ages</b>	5 – 14 years old*	8 – 14 years old
<b>Times</b>	11am – 3pm	11am – 3pm
<b>Cost</b>	<b>FREE</b>	
<b>Extra Info</b>	<p>These schemes operate an Open Access policy, where children can come and go as they please. No booking required. Bring a packed lunch / drinks.</p> <p><b>*Parents / Guardians of children under 8 years old need to remain on site at all times</b></p>	

## 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 May (Whit) Half Term programme please contact the Sport & Leisure Team on 0191 424 7998.

### Bookings Hotline!

Booking a place couldn't be easier! Just contact one of the following Leisure Facilities or call in at reception:

**TEMPLE PARK CENTRE:** (0191) 456 9119

**MONKTON STADIUM:** (0191) 489 1283

**HEBBURN SWIMMING POOL:** (0191) 483 3163

**HAVEN POINT:** (0191) 424 7021

If your child is under 8 you don't have to remain on site (except Activity Express schemes)

## Make 2015 your healthiest year yet!

Visit the new South Tyneside Change4Life website: [www.change4lifesouthtyneside.co.uk](http://www.change4lifesouthtyneside.co.uk) and find out how you and your family can make a lifestyle change for the better.

This year Change4Life has devised some easy to follow healthy eating tips for the whole family including swapping sugar with vegetables, fruits, yoghurts or plain cereals. The site has fun tips and ideas for getting active and improving fitness levels for increased confidence, improved learning and reduced stress. The more small changes you make, the better you and your family will feel.

Visit today and find ways to boost your health, fitness and well-being one step at a time.



## Football Camp

**Course:** Tuesday 26 – Friday 29 May  
**Venue:** Temple Park Centre. Course will take place on the outdoor 3G artificial pitch. Indoors if wet.  
**Times:** 10am – 3pm. FREE early drop off available from 9am. FREE late pick up available till 4pm (only available during these times).  
**Ages:** 5 - 16 years old  
**Cost:** £22 per child for the 4 days. Includes a medal and certificate.

**Course Ref:** **TPSOCH3**  
**Extra Info:** Bring a packed lunch / drinks. Wear suitable warm clothing, trainers / football boots and shin pads. Please do not wear metal studs.

## Mini Athletics

**Course:** Thursday 28 – Friday 29 May  
**Venue:** Monkton Stadium  
**Times:** 10am - 12 noon  
**Ages:** 5 - 7 years old  
**Cost:** £8 per child for the 2 days.  
**Course Ref:** **MKAMJH3**  
**Extra Info:** Bring a drink. Wear suitable warm clothing and trainers. When possible, the activity will be outdoors.



## StarTrack Athletics

**Course:** Tuesday 26 – Wednesday 27 May  
**Venue:** Monkton Stadium  
**Times:** 9.30am – 3pm. FREE early drop off available from 9am. FREE late pick up available till 4pm (only available during these times).  
**Ages:** 8 - 15 years old.  
**Cost:** £11 per child for the 2 days. Includes a goody bag.

**Course Ref:** **MKASTJH3**  
**Extra Info:** Bring a packed lunch / drinks. Wear suitable warm clothing and trainers. When possible, the activity will be outdoors.

## Tennis

**Course:** Tuesday 26 – Friday 29 May  
**Venue:** Readhead Park  
**Times:** 10am - 12 noon  
**Ages:** 6 - 16 years old  
**Cost:** £16 per child for the 4 days.  
**Course Ref:** **RPTENH3**  
**Extra Info:** Bring a drink. Wear suitable warm clothing and trainers. All equipment is provided. This activity will be outdoors at all times.





# Course Enrolment Form

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

Name of Participant .....

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

Address .....

.....

..... Post Code .....

## Course Details

Booking Course ref.....

Days .....Times.....

Name of parent / guardian.....

Telephone Number .....

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.....

.....

I have read all information and understand that the information provided on this form will be stored and processed in accordance with the principles of the Data Protection Act 1988. I confirm that I consent to this information being stored for the purpose of my child's coaching sessions.

Signature .....

Date.....

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

## Office Use Only

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

Cash / Cheque / Visa ..... No .....

Course Receipt Issued.....