

# get active...



## Spring Half Term 2019

### Holiday Activity and Sports Coaching Programme

[www.southtyneside.gov.uk/sports](http://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 May 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 or email [sports.development@southtyneside.gov.uk](mailto:sports.development@southtyneside.gov.uk).



### 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 Activity Camp

**Dates:** Tuesday 28 - Friday 31 May

**Venue:** Hebburn Central

**Ages:** 5 - 14 years old

### Course Information

**Cost:** **ONLY £40** 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 4 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](http://www.nhs.uk/change4life)

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

## Football Camp – Boys & Girls

**Course:** Tuesday 28 – Friday 31 May

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

**Course Ref:** TPSOCH1

### Course Information

**Ages:** 5 - 12 years old

**Cost:** £28 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.



FREE Open Access Play scheme	
Play games such as unihoc, kwik cricket, kick rounders, tennis, football, team games and more.	
<b>Wednesday 30 May</b>	West Park, Jarrow
<b>Ages</b>	8 – 14 years old
<b>Times</b>	11am – 3pm
<b>Cost</b>	<b>FREE</b>
<b>Important Info</b>	<b>No under 8 year olds allowed on this scheme</b>
<b>Extra info</b>	This scheme operates an Open Access policy, whereby children can come and go as they please. No booking required. Bring a packed lunch / drinks.

## Tennis Camp

**Course:** Tuesday 28 – Friday 31 May

**Venue:** Readhead Park, South Shields

**Course Ref:** RPTENH1

### Course Information

**Ages:** 6 - 16 years old

**Cost:** £12 for the course.

**Times:** 10am - 12noon

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

## Jarrow Festival Fun Afternoon

This scheme operates an Open Access policy, whereby children can come and go as they please. No booking required. Bring a drink. Wear suitable clothing and trainers

**Venue:** Jarrow Focus  
**Date:** Tuesday 28 May  
**Time:** 1.00pm – 4.00pm  
**Ages:** 8 – 14 year olds  
**Cost:** **FREE**  
**Extra Info:** This scheme operates an Open Access policy, whereby children can come and go as they please. No booking required. Bring a drink. Wear suitable clothing and trainers



Come along to Jarrow Focus for a fun filled afternoon of sport and games. Based in the sports hall you will get the opportunity to play team games, parachute activities, dodgeball and other small sided games



## 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.....

.....

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.....

# DESIGN NOTE:

# FILLER PAGE - DELETE WHEN SENDING TO PRINT AS JUST FOLDED A4

# get active...



## Spring Half Term 2019

### Holiday Activity and Sports Coaching Programme

[www.southtyneside.gov.uk/sports](http://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 May 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 or email [sports.development@southtyneside.gov.uk](mailto:sports.development@southtyneside.gov.uk).



### 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 Activity Camp

**Dates:** Tuesday 28 - Friday 31 May

**Venue:** Hebburn Central

**Ages:** 5 - 14 years old

### Course Information

**Cost:** **ONLY £40** 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 4 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](http://www.nhs.uk/change4life)

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

## Football Camp – Boys & Girls

**Course:** Tuesday 28 – Friday 31 May

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

**Course Ref:** TPSOCH1

### Course Information

**Ages:** 5 - 12 years old

**Cost:** £28 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.



## Tennis Camp

**Course:** Tuesday 28 – Friday 31 May

**Venue:** Readhead Park, South Shields

**Course Ref:** RPTENH1

### Course Information

**Ages:** 6 - 16 years old

**Cost:** £12 for the course.

**Times:** 10am - 12noon

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

## Jarrow Festival Fun Afternoon

This scheme operates an Open Access policy, whereby children can come and go as they please. No booking required. Bring a drink. Wear suitable clothing and trainers

**Venue:** Jarrow Focus

**Date:** Tuesday 28 May

**Time:** 1.00pm – 4.00pm

**Ages:** 8 – 14 year olds

**Cost:** **FREE**

**Extra Info:** This scheme operates an Open Access policy, whereby children can come and go as they please. No booking required. Bring a drink. Wear suitable clothing and trainers



Come along to Jarrow Focus for a fun filled afternoon of sport and games. Based in the sports hall you will get the opportunity to play team games, parachute activities, dodgeball and other small sided games



# 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.....

.....

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.....