



MELBOURN SPORTS CENTRE

HOLIDAY ACTIVITIES

SATURDAY 21st OCTOBER – SUNDAY 29th OCTOBER, 2017

Activities for children aged from 4 - 14 year olds:-

SWIMMING CRASH COURSE

This 5 day crash course is ideal for children either just starting on lessons or those finding it difficult to progress to the next level.

Date: Monday 23rd October – Friday 27th October, 2017
Time: 08.30 – 09.00 / 09.00 – 09.30 (depending on group)
Price: Members £20.75 / Non Members £25.00

08.30 / Red (Stg 1b Shallow) – Ideal for children at full time school who are weak swimmers but are confident without buoyancy aids in shallow water.

08.30 / Yellow (Stg 3a/b Deep) – Suitable for confident swimmers who can swim a short distance (at least 8 metres or 1 width) without aids. Lesson will take place out of swimmers depth.

08.30 / Green (Stg 4a/b) – Entrants to this class will be able to show all three basic strokes with breath control and a good understanding of basic technique.

09.00 / Red (Stg 1a Deep) – Entrants to this class will be using armbands and will be learning basic movement skills and water confidence. This lesson will be taking place in deep water, out of pupils depth but is ideal for children at full time school who are either non or weak swimmers.

09.00 / Orange (Stg 2 Shallow) – Entrants to this class will be water confident and capable of independent movement with/without aids. They will be able to demonstrate basic floatation skills and have the ability to swim 5 metres, all without aids.

09.00 / Breaststroke / Butterfly Course - This fun class is aimed at improving the strokes of breaststroke and butterfly, and is ideal session for pupils that are struggling to understand the basic technique or want to improve on what they have learnt in their group.

THE KIDZ FACTOR

(An OFSTED Registered Playscheme)

Let us entertain your child/children this Half Term Holiday! We'll amuse, encourage and tire them in a fun packed day(s) of activities that will include: Art & Crafts, Trampolining, Dry Sports, Fun Games & Swimming.

Age range: 5 - 14 year olds
Date: Monday 23rd October – Friday 27th October, 2017
 (half days are available for children aged 4 years and above who attend full-time school)
Time: 08.30 – 17.30
Price: from Members £20.00 / Non Members £25.00 pp per day

TRAMPOLINE TASTER SESSION

Get fit and have fun at the same time. This friendly class will introduce your child to all the basic skills under the instruction of a qualified instructor.

Date: Wednesday 25th October, 2017
Time: 09.45 - 10.45 (4 years plus)
Price: Members Price: £4.50 pp Non Members Price: £5.50 pp

CAMBRIDGE UNITED SOCCER SCHOOL for further information and to book then please contact Cambridge United directly

SWIMMING SESSIONS including Fun Sessions / Family Swims / Public Swims. For further details on our pool timetable then please contact reception or visit our website www.mc-sport.co.uk.



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