

# All Year Round Sessions

## Junior Karate

British, and English International, Champion Nariman Jeddi enhances confidence, fitness and character through the teachings of karate. The sessions offer structured grading and accommodate all abilities.

Mondays 17:00-18:30 £4.50 per session

## Junior Football

FA qualified coaches host 10 week skills schools developing technique, teamwork and fitness. With the world cup looming there has never been a better time to take to the pitch!

Wednesdays 16:00-17:00 and 17:00-18:00 £39.50 (10 week course)

## Soccer Tots Under 5's (Parent or guardian must be present).

A football based movement programme taken by FA qualified coaches which develops young children's agility, balance and coordination in a stimulating, interactive environment.

Wednesday 14:00 - 14:45  
Saturday 10:00-10:45  
£3 per session

## Kangaroo Under 5's Trampolining (Parent or Guardian must be present)

Learn basic skills with this exciting introduction to trampolining. Bring your toddlers along and watch their confidence and coordination grow with every bounce!

Monday 10:00-10:45  
Tuesday & Thursday 14:00-14:45  
Saturday 09:15-10:00  
£3 per session

## Tiggers U8's Trampolining

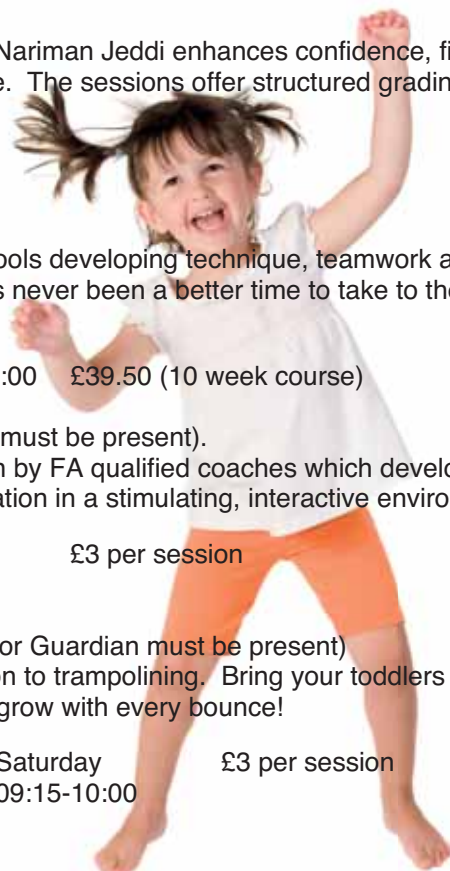
This popular 10 week course is a great way to develop trampoline skills under the watchful eye of our qualified coaches, whilst providing a fantastic opportunity to make loads of new friends. All abilities are catered for and participants are able to work towards awards, and obtain selection for advanced squad sessions.

Tuesday 16:00-16:45  
16:45-17:30  
Thursdays 16:00-16:45  
16:15-17:00  
16:45-17:30  
Saturdays 10:00-10:45  
Cost £39.50 (10 wk course)

## Youth Trampolining & Over 8's Lessons

Our extensive range of classes ensure there will be a session to suit everyone.

# February Half Term Holiday Activities 2010



Harlow Sportcentre · Hammarskjold Road · Harlow · Essex CM20 2JF

**TO BOOK: Call 01279 307300**  
10 week courses need to be pre-booked.  
Other activities above are drop in sessions



**ACTIVATE YOUR KIDS - BOOK NOW**  
[www.harlowsportcentre.co.uk](http://www.harlowsportcentre.co.uk)

# Feb Half Term Kids Activities - Timetable

15th - 19th Feb 2010

## Half Term Sports Camps for children aged 5 - 12

A football fanatic? A trampoline Tigger? A Karate Kid? Our half term sports camps are a great way to get active and meet new friends! Book individual sessions, entire days or for the whole week to guarantee your space (and get a day FREE!).

	Monday	Tuesday	Wednesday	Thursday	Friday
08.45-12:00	<p><b>Trampolining</b></p> <p>Kick start your half term with a bounce at our holiday sessions!</p> <p>Whether you are new to trampolining or more than used to throwing some shapes on the tramp bed, our Half Term trampolining course is a great way to improve your skills, get fit, feel great and have fun whilst you're at it!</p>	<p><b>Mini-Olympics</b></p> <p>Compete for gold at the Sportcentre Olympics!</p> <ul style="list-style-type: none"> <li>• Relays</li> <li>• Javelin</li> <li>• Long jump</li> <li>• Team games,</li> <li>• Penalty shootouts</li> <li>• Races</li> </ul> <p><b>Trampolining Holiday Drop In Session</b> (10:00 - 12:00) £7.90</p>	<p><b>FA Skills School</b></p>  <p>A national programme for football mad kids!</p> <p>A professional qualified FA level 3 coach will develop skills and technique using cutting-edge technical football coaching focussed on individual needs whatever the ability level. The FA Skills Programme is coordinated by the FA and funded by Tesco and the NSF and exists to improve the technique, ball skills and confidence of 5 -11 year old girls and boys in England.</p> <p><b>Only £2 for this session!</b></p>	<p><b>Pirate Day!!!</b></p>  <p>Climb aboard the Sportcentre ship and help us find the missing treasure!</p> <ul style="list-style-type: none"> <li>• Hat making</li> <li>• Flag making</li> <li>• Face painting</li> <li>• Swords</li> <li>• Treasure hunt</li> </ul> <p><b>Trampolining Holiday Drop In Session</b> (10:00 - 12:00) £7.90</p>	<p><b>Colour war!!</b></p> <p>Help your team win the Half Term 'Colour war' Finale! Loads of points to be won during this all action morning! You'll be split into teams, choose your team names, make banners and chants, then the competitions begin with relays, penalty shoot outs, beanbag toss and much more! Only one team can be declared the winner. Will it be your team?</p>
13:00-16:00	<p><b>Football World Cup</b></p> <p>Show off your skills and guide your team to victory! Brazil, United States, England... which team is going to win this fun 5 a-side competition?! Bring a team along, or make one up when you arrive!</p>	<p><b>Bats &amp; Balls</b></p> <p>Our rackets master class offers an exciting chance to try new sports and develop skills in the following games:</p> <ul style="list-style-type: none"> <li>• Squash</li> <li>• Badminton</li> <li>• Rounders</li> <li>• Table Tennis</li> </ul>	<p><b>Karate</b></p> <p>You'll be in safe hands learning the martial art of Karate in our holiday session with the Hankoryu Karate Do Association. You'll learn self-defence techniques and build up your fitness too!</p> <p>Our Karate coaches are English and British Champions.</p>	<p><b>Pirate Day!!!</b></p> <p>Escape a desert island and help your team win gold coins!</p> <p>Can you complete the tasks to escape the desert island, or will you be left to walk the plank?! Complete the games, win the tournaments and collect enough points to guide your crew to safety.</p>	<p><b>Multi-sport madness!</b></p> <p>An action packed afternoon of all your favourite team sports!</p> <ul style="list-style-type: none"> <li>• Uni-hoc</li> <li>• Basketball</li> <li>• Football</li> <li>• Benchball</li> </ul>

To book, please download the form from our website [www.harlowsportcentre.co.uk](http://www.harlowsportcentre.co.uk) or collect a form at the Sportcentre

**Cost: ONLY £20 (Half day £10) (Weds Full Day £12) BOOK THE WHOLE WEEK AND GET ONE DAY FREE!**  
**SUPERB VALUE COMPARED TO AVERAGE CHILDCARE COSTS!**

A late pick up service ensures our camps are convenient for all the family 16:00-17:15 (additional £4 supplement)

**Please Note:** Please provide your child/children with plenty to drink. If your child is staying at the centre over lunchtime, please provide your children with a packed lunch as only vending machines are available at the centre. For trampolining, socks must be worn and jewellery removed.