

| Course Code | Course starts week beginning | Bookable from | Course duration* |
|-------------------|------------------------------|----------------------|------------------|
| Late Summer 2009 | Monday 1 June 2009 | Thursday 7 May 2009 | 6 weeks |
| Early Autumn 2009 | Monday 14 Sept 2009 | Thursday 9 July 2009 | 6 weeks |

*ALL COURSES RUN FOR 6 WEEKS UNLESS STATED OTHERWISE

Late Summer 2009 Sports Courses



- Learn to play a new sport or develop your skills
- Volleyball Courses for Juniors & Adults
- Holiday courses for young people

May Half Term & Summer Holidays now open for booking

**Sports
Camps**

~ see back page for full details

| 6-week Course Charges 2009 - a pro rata charge will be made for shorter courses | | | | |
|--|-------------------|---|-------------------|-----------------|
| Junior | | SPORT | Adult | |
| Non-Cardholder* | SportsCard Holder | | SportsCard Holder | Non-Cardholder* |
| £51.00* | £45.00 | Archery | £45.00 | £51.00* |
| £39.00* | £33.00 | Badminton | £33.00 | £39.00* |
| £26.40* | £21.00 | Basketball | 21.00 | 26.40* |
| £45.00* | £39.00 | Climbing | £39.00 | £45.00* |
| £33.00* | £27.00 | Fit Kidz | N/A | N/A |
| N/A | N/A | Pilates | £45.00 | £51.00* |
| £39.00* | £33.00 | Squash | £33.00 | £39.00* |
| N/A | N/A | Short Tennis – New F.I.L.L. activity ask at Reception for more details | | |
| N/A | N/A | Swimming | £36.00 | £42.00* |
| N/A | N/A | Tai Chi – ‘Pay As You Go’ sessions ask at Reception for more details | | |
| £40.50* | £33.50 | Tennis | £43.50 | £49.50* |
| N/A | N/A | Yoga | £33.00 | £39.00* |
| | | ~ Off-peak | £24.00 | £39.00* |
| | | Yoga – <u>NEW</u> daytime ‘Drop-In’ Intermediate class ~ see inside for more details | | |

* Does NOT include 60p entrance fee

Summer Yoga Courses in August

– see inside for more details



SportsCamps ~ extra week added

....also NEW one-day SportsCamps

~ see back page for more details



ARCHERY – WEDNESDAYS

| | | | | | |
|----------------|-----------|---------------|--|------------------------|---------------|
| Juniors | Ages 8-15 | 17:30 – 19:00 | | Adults Ages 16+ | 19:00 – 20:30 |
|----------------|-----------|---------------|--|------------------------|---------------|

BADMINTON - THURSDAYS

| | | | | | |
|----------------|-----------|---------------|--|------------------------|---------------|
| Juniors | Ages 8-15 | 18:20 – 19:20 | | Adults Ages 16+ | 19:20 – 20:20 |
|----------------|-----------|---------------|--|------------------------|---------------|

BASKETBALL - FRIDAYS

| | | |
|----------------|--------------|---------------|
| Juniors | Ages 9 - 11 | 16:00 – 17:00 |
| | Ages 12 - 14 | 17:00 – 18:00 |
| | Ages 15 - 18 | 18:00 – 19:00 |

CLIMBING – VARIOUS DAYS

| Juniors | Ages 8-15 | | | Adults | Ages 16+ | | |
|----------------|------------------|-------|---------------|---------------|-----------------|------|---------------|
| | Beginner | Tues | 16:30-18:00 | | Beginner | Mon | 18:30-20:00 |
| | Improver | Thurs | 17:00-18:30 | | Improver | Mon | 20:00-21:30 |
| | Beginner | Fri | 17:45-19:15 | | Beginner | Tues | 18:00 – 19:30 |
| | Improver | Sat | 09:30 – 11:00 | | Improver | Wed | 18:00 –19:30 |
| | Beginner | Sat | 11:00 – 12:30 | | Beginner | Wed | 20:00 – 21:30 |
| | | | | | Beginner | Fri | 19:15 – 20:45 |

*Saturday Morning Climbing Club for ***experienced Junior Climbers*** *

For more details contact Anna Linsmith on a.linsmith@uea.ac.uk or call 01603 593863

FIT KIDZ – VARIOUS DAYS

| | | | |
|----------------|------------|---------|---------------|
| Juniors | Ages 5 - 9 | Tuesday | 16:15 – 17:15 |
| | Ages 10+ | Sunday | 11:00 – 12:00 |

PILATES – VARIOUS DAYS

| | | | |
|------------------------|--------------|-----------|---------------|
| Adults Ages 16+ | Beginner | Monday | 18:00 – 19:00 |
| | Intermediate | Monday | 19:00 – 20:00 |
| | Beginner | Wednesday | 18:15 – 19:15 |
| | Intermediate | Wednesday | 19:15 – 20:15 |

SQUASH - SATURDAY

| Juniors | Ages 8-15 | | Adults | Ages 16+ | |
|----------------|------------------|-------------|---------------|-----------------|---------------|
| | Beginner | 12:00 13:00 | | Beginners | 10:00 – 11:00 |
| | | | | Improver | 11:00 -12:00 |

SWIMMING – THURSDAYS

| Adults | Ages 16+ | | |
|---------------|----------------------------|---------------|---------------------|
| Thursday | Improvers | 18:00 – 18:45 | Earlham School pool |
| Thursday | Learn to Swim – Beginner 1 | 19:00 – 19:45 | Earlham School pool |
| Thursday | Learn to Swim – Beginner 2 | 20:00 – 20:45 | Earlham School pool |

TENNIS – WEDNESDAYS

| Juniors | | | Adults | | |
|-----------------|-----|---------------|-----------------|---------------------|---------------|
| Ages 10+ | Mon | 17:00 – 18:00 | Ages 16+ | Mon – Beginners | 19:00 – 20:30 |
| | | | | Tues – Improvers | 19:00 – 20:30 |
| | Wed | 17:00 – 18:00 | | Wed – Intermediates | 19:00 – 20:30 |

YOGA – VARIOUS DAYS

| | | | | |
|---|--------------|--------|---------------|---|
| Adults Ages 16+ | Beginner | Monday | 18:00 – 19:00 | |
| | Intermediate | Monday | 19:00 – 20:00 | |
| | Beginner | Friday | 09:45 – 10:45 | |
| | Intermediate | Friday | 11:00 – 12:00 | NEW Drop- In Session -see below |
| August Courses | Beginner | Monday | 18:00 – 19:00 | 4 weeks |
| 3 rd – 24 th August | Intermediate | Monday | 19:00 – 20:00 | ~ cost pro rata |

NEW drop-in session for experienced yoga participants only.

Per Session: - SportsCard Holders: £5 / Non SportsCard Holders £6 plus 60p entry fee

ONE-OFF ACTIVITY TASTER SESSIONS

| Course Name, Date, Age & Time | | | | Late Spring | Early Summer | Late Summer |
|---------------------------------|---|--|--|-------------|---------------------------------------|-------------|
| ARCHERY | Junior & Adults:- £11.50 SportsCard Holders / £14.00 Non-Card Holders | | | | | |
| Family Session Age 8+ | Saturday 15:00 – 16:30 | | | | | 06/06/09 |
| Adult Age 16+ | Saturday 16:30 – 18:00 | | | | | |
| BASKETBALL | ONLY £3.50 Junior SportsCard Holders / £5 Non-SportsCard Holders | | | | | |
| Junior Age 8 - 15 | Monday 10:00 – 12:20 | | | | | |
| | Saturday 13:00 – 15:40 | | | | | |
| CLIMBING | Taster Day 1 Junior & Adults:- £11.50 CardHolders / £14.00 Non-CardHolders | | | | | |
| Junior Age 8-15 | Saturday 13:00 – 14:30 | | | | | 20/06/09 |
| Adult Age 16+ | Saturday 14:30 – 16:00 | | | | | |
| | Taster Day 2 | | | | | |
| Junior Age 8-15 | Saturday 13:00 – 14:30 | | | | 16/05/09 Some spaces are available | 11/07/09 |
| Adult Age 16+ | Saturday 14:30 – 16:00 | | | | | |
| SQUASH | Junior & Adults:- £11.50 SportsCard Holders / £14.00 Non-Card Holders | | | | | |
| Junior Age 8-15 | Saturday 13:00 – 14:00 | | | | | |
| Adult Age 16+ | Saturday 14:00 – 15:00 | | | | 23/05/09 | |
| VOLLEYBALL | ONLY £3.50 Junior SportsCard Holders / £5 Non-SportsCard Holders | | | | | |
| Junior Age 8-15 | Monday 13:00 – 15:40 | | | | | |
| | Saturday 13:00 – 15:40 | | | | | |

To book your place on the course of your choice simply.....

1. Pick up / Download a Booking Form
2. Fill it in
3. Hand it in to Reception



A great chance to enjoy sports and meet new friends!
Action packed courses offering a wide variety of activities and crafts all within our fabulous facilities. SportsCamps run EVERY school holiday and are supervised by a qualified PE Teacher.
A packed lunch is provided each day
(an afternoon meal is provided on the extended day option).
5% discount offered for 2nd sibling.

SportsCamps times are 8.45am – 3.30pm
(extended day option:- 8am – 6pm)

| School Holiday | Course Duration | Bookable from |
|---|--|--|
| May Half-Term 2009 | | |
| 4 Days | Tuesday 26 th – Friday 29 th May | 12 th March 2009 |
| NEW Summer 1-Day SportsCamps (9am ~ 4pm) | Available Monday 13 th July to Friday 17 th July Also Tuesday 1 st September to Friday 4 th September | 7 th May 2009 7 th May 2009 |
| Summer Holidays 2009 | | |
| 5Days | Week 1 Monday 20 th July – Friday 24 th July | 7 th May 2009 |
| | Week 2 Monday 27 th July – Friday 31 st July | 7 th May 2009 |
| | Week 3 Monday 3 rd August – Friday 7 th August | 7 th May 2009 |
| | Week 4 Monday 10 th August – Friday 14 th August | 7 th May 2009 |
| | Week 5 Monday 17 th August – Friday 21 st August | 7 th May 2009 |
| EXTRA WEEK | Week 6 Monday 24 th August – Friday 28 th August | 7 th May 2009 |

SportsCamps Prices

| | SportsCard Holder (8.45am – 3.30pm) | Non-CardHolder (8.45am – 3.30pm) | EXTENDED DAY SportsCard Holder (8am-6pm) | EXTENDED DAY Non-CardHolder (8am-6pm) |
|-------------------------------|--|-------------------------------------|--|---------------------------------------|
| 4 Days | £79.00 | £87.00 | £106.00 | £114.00 |
| 5 Days | £98.75 | £107.50 | £132.50 | £142.50 |
| 1-Day ~ 9am – 4pm | | | N/A | N/A |
| | £25 per day | £31 per day | | |
| - summer holidays only | | | | |

COURSES TERMS & CONDITIONS

- **REFUNDS** are only given on Course fees if the Course is full and we can find a replacement to cover your space.
- The Sportspark reserves the right to alter or cancel any session/course if circumstances beyond their control deem it necessary. An alternative or voucher may be offered and the Sportspark will endeavour to keep all participants informed as far as humanly possible.
- Entry fee applies to all non-cardholders. Adults dropping off or collecting children from junior courses are required to show the confirmation letter to gain free access to Sportspark.

For a full set of Courses Terms & Conditions please see the display board in the foyer, visit our website at www.sportspark.co.uk or ask for a copy from Reception.