

Late Spring Sports Courses 2010

- Learn to play a new sport or develop your skills
 - Holiday courses for young people

Course Blocks

COURSE CODE	START DATE	BOOKABLE FROM	DURATION
Late Spring 2010	Monday 22 February '10	Thurs. 21 January 2010	5 weeks
Early Summer 2010	Monday 19 April 2010	Thursday 4 March 2010	5/6 weeks



Now booking
for February
Half Term

Sports Camps

RUN EVERY SCHOOL HOLIDAY
see back page for more details



6-week Course Charges 2010

<u>Junior</u>		SPORT	<u>Adult</u>	
Non-Cardholder*	SportsCard Holder		SportsCard Holder	Non-Cardholder*
£52.50*	£46.50	Archery	£46.50	£52.50*
£40.50*	£34.50	Badminton	£34.50	£40.50*
£46.50*	£40.50	Climbing	£40.50	£46.50*
N/A	NEW	Jogging	£10	£15*
N/A	N/A	Pilates	£46.50	£52.50*
£40.50*	£34.50	Squash	£34.50	£40.50*
N/A	N/A	Swimming	£37.50	£43.50*
See Junior Volleyball Poster		Volleyball	See Adult Volleyball Poster	
N/A	N/A	Yoga ~ Evening	£34.50	£40.50*
		Daytime O/Peak	£24	£39*
		Yoga – NEW daytime 'Drop-In Intermediate class ~ see inside for more details		

* 60p entrance fee will be applicable

Should courses be less than 6 weeks the cost will be pro-rata

One-off Activity Taster sessions (see inside for dates)

Junior & Adults:- £11.50 CardHolders / £14.00 Non-CardHolders

ALL COURSES RUN FOR 5 WEEKS UNLESS STATED OTHERWISE

ARCHERY – WEDNESDAYS

Juniors	Ages 8-15	5.30 – 7pm	Adults Ages 16+	7 – 8.30pm
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BADMINTON - THURSDAYS

Juniors	Ages 8-15	6.20 – 7.20pm	Adults Ages 16+	7.20 – 8.20pm
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CLIMBING – VARIOUS DAYS

Juniors	Ages 8-15			Adults	Ages 16+		
	Beginner	Tues	4.30 – 6.00pm		Beginner	Mon	6.30 – 8pm
	Improver	Thur	5 – 6.30pm		Improver	Mon	8 – 9.30pm
	Beginner	Fri	5.45 – 7.15pm		Beginner	Tues	6 – 7.30pm
	Improver	Sat	9.30 – 11am		Improver	Wed	6 – 7.30pm
	Beginner	Sat	11am-12.30pm		Beginner	Wed	8 – 9.30pm
					Beginner	Fri	7.15 – 8.45pm

*Saturday Morning Climbing Club for ***experienced Junior Climbers*** *
 For more details contact Anna Linsmith on a.linsmith@uea.ac.uk or call 01603 593863

JOGGING CLUB ~ THURSDAY

*** NEW ***

Adults	Starts 25 February to 1 April inclusive ~ See separate leaflet for full details	
Ages 16+	Thursdays	1 – 1.40pm

Students special price £5

PILATES – VARIOUS DAYS

Adults Ages 16+	Beginner/Improver	Monday	6 – 7pm	
	Intermediate	Monday	7 – 8pm	
	Beginner/Improver	Wednesday	6.15 – 7.15pm	
	Intermediate	Wednesday	7.15 – 8.15pm	

SQUASH - SATURDAY

Juniors	Ages 8-15		Adults	Ages 16+	
	Beginner	12 – 1pm		Beginner	10 – 11am
				Improver	11am – 12noon

SWIMMING – THURSDAY

Adults	Ages 16+		
Thursday	Improver	6 – 6.45pm	Earlham School pool
Thursday	Learn to Swim – Beginner 1	7 – 7.45pm	Earlham School pool
Thursday	Learn to Swim – Beginner 2	8 – 8.45pm	Earlham School pool

YOGA – VARIOUS DAYS

Adults Ages 16+				
Beginner/Improver		Monday	6 – 7pm	
Intermediate		Monday	7 – 8pm	
Beginner		Friday	9.45 – 10.45am	<i>Day time off –peak price</i>
Intermediate		Friday	11am – 12noon	Drop- In Session -see prices below

NEW drop-in session for experienced yoga participants only.

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

ONE-OFF ACTIVITY TASTER SESSIONS

Course Name, Date, Age & Time		Early Autumn	Late Autumn	Early Spring	Late Spring	Early Summer	Late Summer
ARCHERY							
Family Session Age 8+	Saturday 3 – 4.30pm					29/05/10	
Adult Age 16+	Saturday 4.30 – 6pm						
CLIMBING							
Taster Day 1							
Junior Age 8-15	Saturday 1 – 2.30pm						
Adult Age 16+	Saturday 2.30 – 4pm				06/03/10	08/05/10	19/06/10
Taster Day 2							
Junior Age 8-15	Saturday 1 – 2.30pm						
Adult Age 16+	Saturday 2.30 – 4pm			06/02/10	27/03/10	22/05/10	10/07/10
SQUASH							
Junior Age 8-15	Saturday 1 – 2pm			13/02/10		15/05/10	
Adult Age 16+	Saturday 2 – 3pm						
VOLLEYBALL ONLY £3.50 Junior SportsCard Holders / £5 Non-SportsCard Holders							
Junior Age 8-15	Monday 1 – 3.40pm			15/02/10		31/05/10	
	Saturday 1 – 3.40pm				20/03/10	24/04/10	27/06/10

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

Example.....

Course Code	Course Title	Start Date	Start Time
<i>Late Spring</i>	<i>Junior Archery</i>	<i>Wed 24 Feb '10</i>	<i>5.30pm</i>

NORWICH **sportspark** Sports Camps

FITNESS FOR ALL



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
February Half Term 2010		
4 Days	Tuesday 16 – Friday 19 February 2010	Thurs 19 Nov 2009
Easter 2010		
4 Days	Tuesday 6 – Friday 9 April 2010	Thurs 21 Jan 2010
	Monday 12 – Thursday 15 April 2010	
May Half Term 2010		Thurs 4 March 2010
4 Days	Tuesday 1 – Friday 4 June 2010	
Summer Holidays 2010		
1 Day Specials 9am – 4pm	Monday 12 July – Friday 23 July 2010	Thurs 4 March 2010
5 Day Courses	Weeks 1 – 5 ~ Monday 26 July – Friday 27 August	Thurs 13 May 2010

SportsCamps Prices

	SPORTSCARD HOLDER (8.45AM – 3.30PM)	NON- CARDHOLDER (8.45AM – 3.30PM)	EXTENDED DAY S/CARD HOLDER (8AM-6PM)	EXTENDED DAY NON-C/HOLDER (8AM-6PM)
4 Days	£83	£91	£110	£120
5 Days	£105	£115	£137	£147
1-Day Summer 9am – 4pm	£25	£31	N/A	N/A

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.

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.