

**Summer Holiday &
Early Autumn Sports Courses 2010**
~ Learn to play a new sport or develop your skills
King's Camps ~ School Holiday Sports Courses for children aged 4 – 17yrs

- ✓ SUMMER HOLIDAY ~ CLIMBING COURSES FOR ADULTS & JUNIORS
- ✓ AUGUST 4 WEEK YOGA & PILATES COURSES AVAILABLE

Course Blocks

COURSE CODE	START DATE	BOOKABLE FROM	DURATION
Early Autumn 2010	Monday 13 September '10	Thursday 8 July 2010	6 weeks
Late Autumn 2010	Monday 1 November 2010	Thursday 7 October '10	6 weeks



PICK UP A BOOKLET FROM RECEPTION

- ~ Summer Sports & Activity Camps
- ~ For children from 4 – 17 years old
- ~ During school holidays
- ~ Flexicare available
- ~ Established over 18 years
- ~ Ofsted Registered
- ~ Book Online
- ~ Childcare vouchers accepted
- ~ Discounts available
- ~ Visit: kingscamps.org
or call 0845 643 5270

6-week Course Charges 2010

<u>Junior</u>		SPORT	<u>Adult</u>	
Non-Cardholder*	SportsCard Holder		SportsCard Holder	Non-Cardholder*
£53*	£46.50	Archery	£46.50	£53*
£41*	£34.50	Badminton	£34.50	£41*
£47*	£40.50	Climbing	£40.50	£47*
£35*	£28.50	Fit Kidz	N/A	N/A
N/A	NEW	Jogging	£10	£15*
N/A	N/A	Pilates	£46.50	£53*
£41*	£34.50	Squash	£34.50	£41*
N/A	N/A	Swimming	£37.50	£44*
N/A	NEW	Tai Chi	£32	£40*
£42*	£34.50	Tennis	£45	£51*
See Junior Volleyball Poster		Volleyball	See Adult Volleyball Poster	
N/A	N/A	Yoga ~ Evening	£34.50	£41*
		Daytime O/Peak	£24	£39*
		Yoga – daytime 'Drop-In Intermediate class ~ see inside for more details		

* 60p entrance fee will be applicable

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

Junior & Adults:- £11.50 CardHolders / £14 Non-CardHolders

ALL COURSES RUN FOR 6 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 – SUMMER HOLIDAY COURSES START 21 & 22 JULY ~ 8 WEEK COURSES FOR THE PRICE OF 7!

	Ages 8-15			Adults	Ages 16+		
	Improver	Thur	5 – 6.30pm		Improver	Wed	6 – 7.30pm
					Beginner	Wed	7.30 – 9pm

CLIMBING – VARIOUS DAYS

Juniors	Ages 8-15			Adults	Ages 16+		
	Beginner/Improv	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		Beg/Improvers	Tues	6 – 7.30pm
	Improver	Sat	9.30 – 11am		Improver	Wed	6 – 7.30pm
	Beginner	Sat	11am-12.30pm		Beginner	Wed	7.30 – 9pm
					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

FIT KIDZ – SUNDAY

Juniors	Ages 10+	Sunday	11am – 12pm
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JOGGING CLUB ~ THURSDAY * NEW *

Adults	Starts 14 October to 18 November inclusive		
Ages 16+	~ See separate leaflet for full details		
	Thursdays	1 – 1.40pm	

Students special price £5

PILATES – VARIOUS DAYS

AUGUST	Beginners	Wednesday	6.15pm – 7.15pm	4th – 25th Aug. inclusive
4 week course	Intermediate	Wednesday	7.15pm – 8.15pm	4th – 25th Aug. inclusive
Early Autumn	Beginner	Monday	6 – 7pm	
Adults Ages 16+	Intermediate	Monday	7 – 8pm	12 week option available
	Beginner	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

TAI CHI ~ THURSDAYS ~ 8 WEEK COURSE STARTING 14 OCTOBER

Adults 18+			
	All levels	Thursdays	1.05pm – 1.55pm
Special student price £28 for the 8 week course			

TENNIS – VARIOUS DAYS

Juniors		Adults Ages 16+	
Ages 10+	Monday 6 – 7pm	Mons - Beginners	7 – 8.30pm
	Wednesday 6 – 7pm	Weds - Intermediates	7 – 8.30pm

YOGA – VARIOUS DAYS

AUGUST	Beginners	Monday	6pm – 7pm	2nd – 23rd Aug. inclusive
4 week course	Intermediate	Monday	7pm – 8pm	2nd – 23rd Aug. inclusive
Early Autumn				
Adults Ages 18+	Beginner	Monday	6 – 7pm	
	Intermediate	Monday	7 – 8pm	12 week option available
	Beginner	Friday	9.45 – 10.45am	Day time off – peak price
ALL YEAR	Intermediate	Friday	11am – 12noon	Drop- In Session -see prices below

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	2010	2010	2011	2011	2011	2011
Family Session Age 8+ Saturday 3 – 4.30pm		21/11/10		13/3/11		26/6/11
Adult Age 16+ Saturday 4.30 – 6pm						
CLIMBING						
Taster Day 1						
Junior Age 8-15 Saturday 1 – 2.30pm	18/9/10	13/11/10	15/1/11	5/3/11	7/5/11	18/6/11
Adult Age 16+ Saturday 2.30 – 4pm						
Taster Day 2						
Junior Age 8-15 Saturday 1 – 2.30pm	16/10/10	4/12/10	5/2/11	26/3/11	21/5/11	9/7/11
Adult Age 16+ Saturday 2.30 – 4pm						
SQUASH						
Junior Age 8-15 Saturday 1 – 2pm	23/10/10		12/2/11		28/5/11	
Adult Age 16+ Saturday 2 – 3pm						

For details how to book on to a course see overleaf.....

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>Early Autumn</i>	<i>Junior Archery</i>	<i>Wed 15 Sept. '10</i>	<i>5.30pm</i>

**Don't forget you get great savings
with a Sportscard!**



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.
- 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 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.