

SPORTSCAMPS COURSES & TASTERS

SP
Sportspark

November 2017

**School Holiday Sportsamps
Sports Courses & Taster Sessions
Gymnastics Courses**

www.sportspark.co.uk



Sportscamps

Sportspark's multi-activity camps for children aged 5 - 13 years, offer an ideal opportunity for children to get active in a fun and safe environment. Run during every school holiday, Sportscamps offer a wide variety of activities including archery, climbing, swimming, football, tennis, fitness, badminton, korfbal, crafts and more.

Course		Duration	Prices: Junior Member		Prices: Non-Member	
			Standard Day (08:30 - 15:30)	Extended Day (08:00 - 18:00)	Standard Day (08:30 - 15:30)	Extended Day (08:00 - 18:00)
Christmas camps 2017	Weds 20th & Thurs 21st December	1 day	£35 All 1 day camps run 8:30 - 17:30		£45 All 1 day camps run 8:30 - 17:30	
Half term 2018	Mon 12th February - Fri 16th February	5 days	£125.75	£158.50	£138.75	£177.00
Easter camps April 2018	Tues 3rd April - Fri 6th April	4 days	£95	£130.60	£111.00	£141.60
Easter camps April 2018	Monday 9th April - Fri 13th April	5 days	£125.75	£158.50	£138.75	£177.00
May half term 2018	Tuesday 29th May - Friday 1st June	4 days	£95	£130.60	£110.00	£141.60

- Great discounts on prices and additional benefits with a Sportspark junior card - only £10 per year.
- Packed lunches provided daily and an afternoon snack on extended day option.
- Sportscamps run either 08:30 - 15:30 (standard) or 08:00 - 18:00 (extended) days.
- Sporting activities start at 09:00.

Tasters and Drop-in Classes

We offer a range of taster sessions throughout the year. Please refer to the Courses and Tasters insert for further details or visit our website for updates.

We also offer a range of drop-in classes and sessions, including walking football, walking netball, Aquafit and badminton. These run in addition to our group exercise timetable and our FILL - Fitness in Later Life (50+) programme. Please visit our website for a current timetable.



Sports Courses

Ever fancied learning a new sport or getting back into sport? If so our range of courses, led by qualified instructors will help you get started or improve your skills. We offer sports course (typically 5 or 6 weeks long) in a range of activities

2017/2018 Course Dates	No of weeks	Starts W/C	Bookable from
Early Spring	5 weeks	8th January	22nd November
Late Spring	6 weeks	19th February	24th January
Early Summer	6 weeks	16th April	14th May

To book onto a sports course please complete a booking form and return to the Sportspark. Booking forms are available at reception or can be downloaded at www.sportspark.co.uk

JUNIOR COURSES	Level	Day		
Climbing 8 - 15 year olds	Beginners	Thursday	Saturday	
	Improvers	Thursday	Saturday	
Children's University climbing course	Beginners / General	Friday		
Climbing helps to develop fitness, stamina, strength and coordination, and our instructors will help you make the most of your experience within this safe and structured programme. The perfect introduction to discovering the highest climbing wall in Norfolk.				
Squash	All Abilities	Saturday		
An opportunity to try a new sport learning the basic skills of squash with an expert squash coach				
Fit Kidz	10 - 15 years	Sunday AM	Sunday PM	
Work with a fitness advisor to follow a special programme using selected gym equipment				
Freestyle Gymnastics	(Juniors & Adults 13+)	Thursday		
Aspects of parkour, free running, tricking, break-dance and martial arts in a safe indoor environment. Classes include a structured warm up and cool down lead by one of our Freestyle coaches, followed by an open session for gymnasts to use the equipment in new and creative ways. Gymnasts are given a certain level of freedom to develop their own "paths" within the gymnastics centre, but coaches will be on hand to supervise and to introduce skills to beginners.				
Pre-School Independent	{3-4 year olds}	Mon	Weds	Thurs
A structured course for children who are taught gymnastics skills on the pre-school apparatus. Parents do not take part but are welcome to watch the sessions from the viewing gallery.				
Tumbling - Spring Gymnastics	Experience Required {10 - 15 year olds}	Wednesday		
Learn to tumble down our full length tumble track. Experience required, please speak to a member of the gymnastic team if unsure				

FAMILY COURSES

Family Climbing	Level	Day
	Beginners	Saturday
All Adults must be accompanied by a Junior on this course		

ADULT COURSES (16+)	Level	Day	
Badminton	General	Thursday	
Sessions led by a qualified coach where you have the opportunity to learn or hone the basic skills of badminton or improve your game play			
Squash Course	General	Saturday	
An opportunity to try a new sport learning the basic skills of squash with an expert squash coach			
Climbing	Beginners	Monday	Wednesday
	Improvers	Monday	Wednesday
Climbing helps to develop fitness, stamina, strength and coordination, and our instructors will help you make the most of your experience within this safe and structured programme. The perfect introduction to discovering the highest climbing wall in Norfolk.			

SPRING Gymnastics

Our Gymnastics and Trampolining Centre has a foam filled pit, asymmetric bars/high bar, rings, parallel bars, beams, a pommel horse, fast track, tumble track, vaulting track, 2 x floor level trampolines with rig, a sprung floor area, wall bars and mirrors. During term time we run short and long courses for all ages, comprising essential gymnastic exercises across a range of disciplines. Please refer to our SPRING Gymnastics webpage for further details on our current courses.

Freestyle Gymnastics (13+ years old) - 90 minute class

A new and emerging branch of gymnastics which includes aspects of parkour, free running, tricking, break-dance and martial arts in a safe indoor environment. Gymnasts are given a certain level of freedom to develop their own "paths" within the gymnastics centre, but coaches will be on hand to supervise and to introduce skills to beginners.

Pre-school Independent (3-5 year olds) - 45 minute class

A structured course for children who are taught gymnastics skills on the pre-school apparatus. Parents do not take part but are welcome to watch the sessions from the viewing gallery.

Tumbling (10-15 years old) - 60 minute class

Learn to tumble down our full length tumble track.

TERM-LENGTH BEGINNER & IMPROVER GYMNASTICS (12-14 WEEKS LONG)

Beginner Gymnastics Courses (5 years and upwards)

An introduction to gymnastics and its apparatus. Participants learn the basic skills that provide a foundation in gymnastics. Moves taught may include rolls, cartwheels, handstands, walkovers, jumps, leaps and spins on the floor.

Improver Gymnastics Courses (5 - 13 years old)

Improver courses may be more appropriate for those who have mastered the basic skills. There is more focus on conditioning and strengthening exercises that are needed to achieve more difficult skills.

Prices

Duration	Course	Junior Sportscard	Adult Sportscard	Non Member
14 weeks x 60 minutes*	Beginner Gymnastics (5-13yrs)	£85.40	-	£105
14 weeks x 90 minutes*	Improver Gymnastics (5-13yrs)	£133	-	£147

* Prices are correct at time of going to print, but are subject to change at short notice. Please check website for updates.

Please note that the Junior Sportscard and non-member course prices include 2 x Sportspark free entry cards. These are made available to parents/guardians to allow them to drop off and pick up children without having to pay the standard Sportspark 60p entrance fee. Free entrance cards will need to be scanned at the turnstiles on each visit to Sportspark. Failure to do so will result in the standard entry fee being charged. Please also note that there is a replacement charge of £3.00 for any lost cards.

How to Book

Please fill in the enclosed booking form and return to Sportspark's reception (after the bookable from date). All courses must be pre-booked and paid for in advance. Forms are administered in order of receipt from the bookable date. Refunds on courses are only available if cancelled places are filled by another paid booking prior to the course start date. No monetary refunds will be given – vouchers may be issued on receipt of a written request. All courses are subject to Sportspark's terms and conditions of use which can be found on our website.