

FAMILY & FITNESS IN LATER LIFE

SP
Sportspark

March 2016

Pre-school Gymnastics Drop-in Sessions
Antenatal & Postnatal Pool Drop-in Sessions
Pool Family Fun Sessions
Children's Parties
Junior Climbing Club & Academy
Fitness In Later Life - Activities For The Over Fifties



www.sportspark.co.uk

FAMILY

Sportspark offers many activities, courses and drop-ins for all the family including pre-school play sessions, children's parties, climbing, badminton, archery and a fantastic programme of school-holiday Sportsamps.

SPRING Gymnastics & Trampolining Centre

SPRING Gymnastics and Trampolining Centre is a fantastic venue for our pre-school sessions. Our regular drop-ins are open to children who are walking up to school-age. Run by specially trained staff, sessions are designed to develop agility, balance, co-ordination and climbing skills, in a fun and safe environment.

Pre-School Play

An unstructured class where children and parents play together on the pre-school apparatus under the supervision of coaches.

Pre-School Taught

A structured class for children and parents. Coaches teach basic gymnastics skills on pre-school apparatus.

	10:00-10:45	11:00-11:45	12:00-12:45	13:00-13:45	13:30-14:15	14:00-14:45
Monday	Pre-school play	Pre-school taught	Pre-school play	-	Pre-school taught	-
Tuesday	Pre-school play	Pre-school taught	Pre-school play	Pre-school play	-	Pre-school play
Wednesday	Pre-school play	Pre-school taught	-	Pre-school play	-	
Thursday	Pre-school play	Pre-school taught	-	-	-	Pre-school play

* Classes typically run during term-time only. Sessions are very popular and are bookable up to 10 days in advance for a maximum of 2 children. We may have to cancel sessions at late notice, so please check our website for updates. Recommended ratio - one child per parent/guardian (maximum 1 parent to 2 children)

Pool

Our sparkling and spectacular pool offers a multitude of activities, classes and fun sessions for all of the family.

Parent and Baby / Toddler

Have fun helping your little ones to get used to the water whilst singing and playing with colourful toys. Parents can either join in with led-activities or make up their own fun and games.

Antenatal and Postnatal

These friendly sessions are designed to help expectant mothers maintain a level of fitness throughout pregnancy, or for those who have had their postnatal check and want to get back into an exercise routine.

Pool Family Fun Sessions

Our pool Family Fun sessions are hosted in our shallow pool at a depth of 0.9 metres on Saturdays, and at 1.2 metres on Sundays (with inflatable). Swimming toys and floats are available during all sessions.

Activity (Shallow Pool)	Monday	Tuesday	Wednesday	Saturday	Sunday
Parent and Toddler (1) (3) (4)		9:30-11:00 drop-in	13:10-13:45		
Ante-Natal* (1) (3)	-		12:30-13:05		
Post-Natal* (1) (3)	10:25-11:00				
Family Fun Sessions (2) (3) (4)	-	-	-	12:00-14:00	12:00-14:00

(1) Classes typically run during term-time only.

(2) An increased number of weekday Family Fun sessions usually run during summer holidays. Please check our website for updates.

(3) We may have to close the pool or cancel sessions at late notice, so please check our website for updates.

(4) As a minimum, children under the age of 12 must be accompanied in the water by a parent or guardian aged 16 years+ and there must be a ratio of at least 1 adult to every 2 children aged under 12 years.

Climbing Wall

Why not try out a new sport and visit "The Peak", our 10 metre climbing wall with bouldering cave!

Courses and Tasters

We offer a range of tasters and 6-week beginner and improver courses throughout the year for both juniors and adults. For more information, please check our website or pick up our Sportsamps, Courses and Tasters brochure.

Junior Climbing Club – Saturdays: 09:00-10:30, 10:30-12:00, Thursdays: 17:00-18:30

Any junior (under 16) who has completed 2 x Sportspark climbing courses, is offered the chance to join our Junior Climbing Club. There is a club annual registration fee of £5 (plus a fee per session) and a qualified climbing instructor will be onsite to offer expert tips and challenges.

Junior Climbing Academy, Thursdays 18:30 – 20:00

The Junior Climbing Academy is for experienced climbers and is by invite only. Please speak to one of our climbing instructors for more details.

Sportsamps

Planning ahead and looking for a school holiday programme that will keep your family entertained and active? Our Sportsamps offer the perfect solution for busy parents and are designed for children aged between 5 and 13 years old. These weekly multi-activity camps run during all school holiday periods and offer a wide variety of activities including archery, climbing, swimming, football, tennis, fitness, badminton, korfbal, crafts, and basketball. For more information, please check our website or pick up our Sportsamps, Courses and Tasters brochure.

Children's Parties

If you're looking for ideas for a fun and active children's party, Sportspark offers a range of fantastic options! Choose from a range of party activities including archery, climbing, gymnastics and pre-school gymnastics.

We also offer a choice of catered post-party packages to help make your child's party extra special! We can reserve a Sportscafé table exclusively for your birthday group and offer a choice of healthy child-friendly menu options which include both cold and hot food. For more information or to make a booking please call (01603) 593403 or email events.sportspark@uea.ac.uk.

Why not finish off the fun with a post-party swim* for only £1 per person?

**Subject to availability. Usual swimming ratios and terms and conditions apply.*

Inclusive Sports Club

Our Inclusive Sports Club for disabled adults and groups, offers a fantastic range of activities including climbing, golf, tennis, yoga, boccia and more! Run as a weekly drop-in on Wednesdays between 11:40-13:00, sessions cost just £1.50 and accompanying carers can come for free.

Sports Courses, Drop-Ins & Tasters

Sportspark offer a fantastic range of courses, drop-ins and tasters for all ages and abilities including archery, badminton, climbing, swimming (16+), walking football, yoga and more. For more information, please check our website or pick up our Sportsamps, Courses and Tasters brochure. For more information on our programme of activities for the over fifties (FILL), please see overleaf.

FILL – FITNESS IN LATER LIFE

Activities for the over fifties

Our FILL programme offers a range of sports and activities for the over fifties and offers you the chance to develop a positive, healthy and active lifestyle amongst people with similar interests. Now in its 14th year, our programme has developed into a friendly, active and sociable group of people who meet regularly to exercise, try new sports and enjoy each other's company. All are welcome, whether you choose to come on your own or with friends/partners, and all equipment is provided. Simply turn up and enjoy your session!

These activities are FREE to Gold and Silver members!

Timetable

Monday	09:15-10:00	Aerobics - simple and easy to follow
	11:00-11:45	Aquafit Light in the pool
	11:00-13:00	Badminton - fun recreational games
	13:00-15:00	Cricket - a sociable indoor game (runs until May 2016)
Tuesday	09:15-11:00	HILL (Health in Later Life) - walking, stretching and strengthening
	09:15-11:00	Running Club - All abilities welcome from beginner to competitive
	10:00-12:00	Walking Football - suitable for all abilities
	11:00-12:00	Learn to Swim - beginners and improvers (term time only)
	11:40-13:00	Netball - fun recreational games
	11:40-13:40	Badminton - fun recreational games
Wednesday	14:00-15:00	Dance Fitness - dance routines with oriental influences
	09:30-10:30	Zumba Gold - low impact dance routines
	09:40-11:00	Pickleball - suitable for all abilities
	10:00-11:30	Tennis (outside) - suitable for all abilities
	12:00-13:30	Table Tennis - recreational games for all
Thursday	14:00-14:45	Aquafit Light in the pool
	09:15-11:00	HILL (Health in Later Life) - walking, stretching and strengthening
	10:20-12:20	Badminton - fun recreational games
Friday	09:40-11:00	Pickleball - suitable for all abilities
	10:00-12:00	Climbing - suitable for all abilities
	11:00-12:30	FILL Fitness (takes place in the Fitness Centre)
	11:30-12:30	Yoga - suitable for all abilities

Please note that timetable is subject to change. Please check website for updates. Please also note that some classes are popular and pre-booking is advisable.

Other Sportspark Activities

Tuesday	9:40 - 11:40	Badminton (16+) - ladies group
Wednesday	11:00-13:00	Badminton (16+) - advanced group (mixed)
	18:00-19:00	Walking Football (all ages)
Thursday	17:40 - 18:40	Badminton (family) - drop-in session
	19:40 - 21:00	Badminton (16+) - drop-in session
Friday	9:00 - 11:00	Badminton (16+) - beginners (mixed)
	11:00 - 13:00	Badminton (16+) - intermediate (mixed)

TYPE OF ACTIVITY	Gold / Silver	Bronze	Green	Non-Members
All FILL Activities	Free	£2.75	£3.65	£4.25
Badminton Drop-In Prices	£3.40	£3.40	£3.70	£4.30

Activities run by external organisers

Retired Gents Cricket Group: Call James Malt on 01603 621531 or email james.malt@ntlworld.com for details.

After Cancer Exercise Group (for women): Includes Yoga, Badminton & Aquastrech sessions. Call Coral Warren on 01953 605208, or visit sportactionforwomenaftercancer.wordpress.com

Parkinson's Group: Seated Yoga Sessions. Call Chris Chambers on 01603 485395 for details.

University of the Third Age (U3A) Norwich: For drop-in casual swimming. Call Mike Forrest on 01603 453709 for details.

Call now on 01603 592 398 or visit us at www.sportspark.co.uk

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