



North Tyneside Council

No Limits

SUMMER

PROGRAMME

20th July - 28th August 2015



www.northtyneside.gov.uk/leisure



Sport North Tyneside



@NTCLEisure

No Limits SUMMER PROGRAMME

20th July - 28th August 2015

For activities operated by Indoor Sport and Leisure please complete the form below to enable your child to participate. This is for activities when your child is left with us. Please hand this form in when you arrive to take part.

Please note: North Tyneside Council reserves the right to cancel any course that is under subscribed, giving a minimum of three days notice. North Tyneside Council cannot be held responsible for any loss, damage or injury suffered whilst taking part in activities.

Name Parent/carer name

Age Date of birth Tel no.

Address Mobile

Postcode Email

ease EXTRA card no.

Does your child have a medical condition or disability that we need to be aware of? YES NO

If yes, please specify:

ACTIVITY	DATE OF ACTIVITY	ACTIVITY VENUE	COST
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
TOTAL AMOUNT			<input type="text"/>

PHOTOGRAPHY Your child may have photographs taken during the sports activities which may be used in promotional material and publicity in conjunction with the programmes of North Tyneside Council and its partners, including the website. Please tick the following box if you do not want to give permission for this

In accordance with the Data Protection Act 1989 the information you give us will be held on our database for the purpose of supplying you with information regarding future activities and for monitoring and evaluating the programme. Please tick if you **do not** wish your details to be placed on the database

BEHAVIOUR SCHEME North Tyneside Council has a behaviour scheme which any child accessing our service must abide by. If your child behaves in an unacceptable manner they may be asked to leave an activity session. If this situation occurs a parent or guardian will be contacted to collect the child from the delivery venue. Please tick the following box to highlight you have read and understood this information and are happy with the behaviour scheme in place

Safeguarding Children

All sessions are led by trained coaches with enhanced DBS checks.

Equipment

All equipment for sessions is provided. Please wear suitable clothing and footwear to the sessions you are attending, as well as plenty of drinks, snacks and lunch if needed.

Signature (parent/guardian/carer) Date

WELCOME

Welcome to this year's indoor sport and leisure, doorstep sport and libraries summer activity programme. There are lots of fun play, physical activities and sports for children and young people to try throughout the summer holidays.

Why not come along, give it a go and-most importantly-have

FUN!



CONTENTS

- 4 ACTIVITY DESCRIPTION AND PRICES
- 6 HIGH BORRANS
- 7 SUMMER FUN DAYS
- 8 POOL ACTIVITIES
- 10 HADRIAN LEISURE CENTRE
- 12 THE LAKESIDE CENTRE
- 14 THE PARKS SPORTS CENTRE
- 14 TYNEMOUTH POOL
- 15 MARDEN BRIDGE SPORTS CENTRE
- 16 DOORSTEP SPORT
- 18 ACTIVE NORTH TYNESIDE
- BACK LIBRARIES

ACTIVITY DESCRIPTION AND PRICES

No Limits KidZone

No limits KidZone offers Multi-Sport to keep children between the ages of 8-15 years entertained and active during the holiday periods. It aims to introduce children to sporting activities in a team environment and to develop and experience new skills while having fun.

Price:

Full day £8.20 with an @EXTRA card or £13.30 without. Half day (morning session only) £3.60 with an @EXTRA card or £5.60 without

Smash it up Badminton

All sessions supervised by a qualified coach. Learn new skills, play badminton games and have fun.

Price:

£3.60 with an @EXTRA card or £5.60 without. (Children aged 4-7 must be accompanied by an adult, additional payment of £1.60 for the adult)

Sport and Splash Camp

Including Smash it up Badminton, a fun way to experience badminton.

Enjoy activities like dodgeball, frisbee, rounders, team games and football in the morning, then stay for a supervised lunch. All activities are supervised by a qualified coach.

Swim wear is required for the afternoon session and, if it is a nice day, activities will take place outside.

Price:

Full day £8.20 with an @EXTRA card or £13.30 without. Half day (morning session only) £3.60 with an @EXTRA card or £5.60 without

Age: 8+

Climbing Wall

Have fun scaling to the top of our climbing wall. The sessions are run by qualified instructors and all equipment is supplied. Participants are asked to wear a top covering the elbows and trousers covering the knees. Must wear comfortable clothing.

Price:

£7.75 with an @EXTRA card and £10.50 without

Age: 8+

Archery

Enjoy hitting the target with an arrow. All sessions are delivered by a qualified instructor.

Price:

£4 per session or £6 if attending both sessions

Age: 8+

Burney Bear and Lakey Lion

(Bouncy castle and parachute games)

These clubs cater for kids aged 4-7 years. Parents can leave their children to participate in supervised sport and play activities. Children learn to enjoy activities as part of a team in a sporting environment while having FUN.

Sessions are structured as follows:

Activities: 10am - 12pm

Activities: 1pm - 3pm

Price:

£3.60 with an @EXTRA card or £5.60 without

Trampolines

Bounce, bounce. Our instructors can even lead you towards achieving recognised trampoline badges.

Session price:

£2.30 with @EXTRAcad and £3.60 without

Crash course price:

Full day £8.20 with an @EXTRA card or £13.30 without. Half day (morning session only) £3.60 with an @EXTRA card or £5.60 without

Age: 8+

Gymnastics

Come along and try out a gymnastics session with a BGA qualified instructor, learn new skills and have some fun.

Limited spaces available so please book in advance (0191 643 2025).

Price:

£5.15 with an @B&B@EXTRA card and £7 without

Age: 5-12 years

AAA Gymnastics, Trampoline and Cheerleading

Variety of sessions are designed to provide fun for participants of all ages and abilities.

Come along and try out gymnastics and trampolining. See how far you can progress in just one day. Our highly qualified and experienced coaches are waiting to help.

Price:

£5.15 with an @B&B@EXTRA card or £7 without

Age: 4-7 years and 8+

NUWFC Football Camp

Improve your skills and have fun. Sessions are led by Newcastle United Womens Football Club coaches.

Three day course price:

£24.60 with an @B&B@EXTRA card

£39.90 without

Age: 8+

Animal Fun

A show full of fun, animals and surprises. Meet, hold and learn all about some of the most unique reptiles and animals in this interactive session.

Price: £5.60

Age: 4+

2 Hyper Laser Tag

Challenge your friends in our giant inflatable arena.

Price:

£5.60 per session (a session is one hour)

Age: 8+

Swim and Save

Would you like to become a Rookie lifesaver? Then why not take part in our summer Swim and Save course running 'Week 5' of the school holidays? You will learn how to perform poolside-based and water rescues along with personal water safety and CPR. You will do a daily three hour lesson starting off with a two hour water-based session. The first hour is a Rookie lesson, second hour No Limits fun and the last hour a dry side-based lesson. You must be a confident swimmer and be able to swim at least 25meters. Pre booking is essential.

Price:

£26.00

Free Cycle Safety Training

Sport North Tyneside is offering children aged 9-14 years the chance to complete their Level 2 Bikeability Cycle Safety Award. The training is fun and gives young people the skills and confidence to cycle safely in modern road conditions. On completion, young people will be presented with a certificate and badge.

To take part, young people will need the following:

- A bike in a safe and roadworthy condition with two working brakes
- Cycle helmet
- Packed lunch
- Appropriate clothing
- Plenty of drinks

Please note there are limited spaces for these sessions, so book early.

Time: 9.30am - 3.30pm

Football Squirts

Football fun for young children.

Price:

£2.30 with an @B&B@EXTRA card

£3.60 without

Age: 4-7 years



North Tyneside Council

High Borrans Outdoor Adventure Week 2015

Monday 3rd to Friday 7th August 2015

Age: 10-14

Book now! - Only £220 for 5 days!

(Payable in 1 x £220 or 4 x £55)

Day Activities:

Canoeing, climbing, caving, gorge walking

Evening Activities:

Camp fire, BBQ, team games/challenges, quiz night

All transport, accommodation, meals, outdoor specialist clothing and equipment are included in the cost!

For further information and to book a place contact

Sport North Tyneside on 0191 643 7447

Email: sport@northtyneside.gov.uk

twitter: @sportNT

Facebook: Sport North Tyneside



Get the family **ACTIVE**
at our ...

**SUMMER
FUN DAYS**



There will be fun games, challenges, music, dance and family fitness, inflatables, face painting, sports tasters, giant games. Plus try out our new smoothie bike! All ages welcome.

Children must be supervised at all times. Each ACTIVE family fun day runs from 11am-2pm.

All activities are FREE.

Please note:
parking at venues may be limited.



Wednesday 22 July

Rising Sun Countryside Centre

Friday 24 July

Springfield Park, Forest Hall

Wednesday 29 July

Howdon Community Centre, Howdon

Friday 31 July

Richardson Dees Park, Wallsend

Wednesday 12 August

Foxhunters Playing Fields, Whitley Bay

Friday 14 August

Churchill Playing Fields, Monkseaton

Wednesday 19 August

Lockey Park, Wideopen

Friday 21 August

Killingworth Park, Killingworth

POOL ACT

Activities from inflatable fun to toys and floats.

Why not come along for an activity then have a splash about in the pool after.

Pool Activities and Prices

£2 with an  EXTRA card or £3.30 without

Mega Boards Fun Sessions

Full use of the one metre, three metre and five metre diving boards. Challenge your mam, dad, aunty, uncle or just your mate to dive off the top. Have they got the bottle?

Inflatable Fun, Toys and Floats

Slide and glide along our inflatable bouncy castles in the water. We have fun themed inflatables for the whole family to enjoy.

Please note: Pool policy admission applies for these sessions.

How do I book onto a course/session?

All sessions are operated on a first come, first served, basis. To book a place:

- Contact your local sports centre for more information if required
- Complete the consent form
- Call into the centre you wish to attend with a completed consent form and payment
- Keep your receipt from reception as proof of purchase

POOL CHILD ADMISSION POLICY

Waves

Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis.

Children aged between 4 and 8 years old must be accompanied in the water by an adult on a two children to one adult basis.

Children aged 9 years or over may attend the pool without adult supervision.

Tynemouth Pool, The Lakeside Centre and Hadrian Leisure Centre

Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis.

Children aged between 4 and 7 years old must be accompanied in the water by an adult on a two children to one adult basis.

Children aged 8 years or over may attend the pool without adult supervision.

ACTIVITIES

Swimming Crash Courses

HADRIAN LEISURE CENTRE

30 minute lesson
£20.50 with an @BS@EXTRA
card or £29 without

Swimming Lesson Crash Course (Monday to Friday)

Week 1: 20th-24th July
Stage 2 – 8.45am-9.15am
Stage 1 – 10.30am-11am

Week 5: 17th-21st Aug
Stage 3 – 8.45am-9.15am
Stage 1 – 10.30am-11am

Week 6: 24th-28th Aug
Stage 4 – 8.45am-9.15am
Stage 1 – 10.30am-11am

£19.15 for one lesson or
£60.50 for a block of four

One to One Swimming Lessons

Week 1: 20th-24th July
9.15am-9.45am
9.45am-10.15am

Week 5: 17th-21st Aug
9.15am-9.45am
9.45am-10.15am

Week 6: 24th-28th Aug
9.15am-9.45am
9.45am-10.15am

LAKESIDE CENTRE

45 minute lesson
£24.60 with an @BS@EXTRA
card or £34.80 without

Swimming Lesson Crash Course (Monday to Thursday)

Week 1: 20th-24th July
Level 1 – 9am-9.45am
Level 1 – 9.45am-10.30am
Level 1 – 10.30am-11.15am
Level 2 – 11.15am-12pm

Week 2: 27th-31st July
Level 1 – 9am-9.45am
Level 1 – 9.45am-10.30am
Level 2 – 10.30am-11.15am
Level 2 – 11.15am-12pm

Week 3: 3rd-7th August
Level 1 – 9am-9.45am
Level 1 – 9.45am-10.30am
Level 2 – 10.30am-11.15am
Level 3 – 11.15am-12pm

Week 4: 10th-14th August
Level 1 – 9am-9.45am
Level 2 – 9.45am-10.30am
Level 2 – 10.30am-11.15am
Level 3 – 11.15am-12pm

£19.15 for one lesson or
£60.50 for a block of four

One to One
Swimming Lessons
(Fridays week 1-4)
9am-12pm

WAVES

30 minute lesson
£20.50 with an @BS@EXTRA
card or £29 without

Swimming Lesson Crash Course (Monday to Friday)

Week 1: 20th-24th July
Stage 1 – 8.30am
Stage 4 – 9am
Stage 2 – 9.30am
Stage 1 – 4pm
Stage 3 – 4.40pm
Stage 5/6 – 5.20pm

Week 2: 27th-31st July
Stage 1 – 8.30am
Stage 4 – 9am
Stage 2 – 9.30am
Stage 1 – 4pm
Stage 3 – 4.40pm
Stage 5/6 – 5.20pm

Week 3: 3rd-7th August
Stage 1 – 8.30am
Stage 4 – 9am
Stage 2 – 9.30am
Stage 1 – 4pm
Stage 3 – 4.40pm
Stage 5/6 – 5.20pm

Week 4: 10th-14th August
Stage 1 – 4pm
Stage 3 – 4.40pm
Stage 5/6 – 5.20pm

TYNEMOUTH POOL

30 minute lesson
£20.50 with an @BS@EXTRA
card or £29 without

Swimming Lesson Crash Course (Monday to Friday)

Week 1: 20th-24th July
Stage 1 – 8.30am-9am
Stage 1 – 9am-9.30am
Stage 2 – 9.30am-10am

Week 2: 27th-31st July
Stage 1 – 8.30am-9am
Stage 2 – 9am-9.30am
Stage 3 – 9.30am-10am

Week 3: 3rd-7th August
Stage 3 – 8.30am-9am
Stage 4 – 9am-9.30am

Week 4: 10th-14th August
Stage 1 – 8.30am-9am
Stage 2 – 9am-9.30am
Stage 3 – 9.30am-10am

Week 5: 17th-21st August
Would you like to become a Rookie
lifesaver? Why not take part in our
summer Swim and Save course running
'Week 5' of the school holidays.
Price: £26.00

Week 6: 24th-28th August
Stage 1 – 8.30am – 9am
Stage 2 – 9am – 9.30am
Stage 3 – 9.30am – 10am

To avoid disappointment book your places in advance!
Places may be available on the day.

WAVES

The Links, Whitley Bay, NE26 1TQ
(0191) 643 2600

TYNEMOUTH POOL

Beach Road, North Shields, NE29 9PX
(0191) 643 2900

HADRIAN LEISURE CENTRE

St Peter's Road, Wallsend, NE28 7LQ

(0191) 643 2025

THE LAKESIDE CENTRE

Southgate, Killingworth, NE12 6SA

(0191) 643 4177

HADRIAN LEISURE CENTRE

WEEK 1

Monday

Smash It Up Badminton

10am-12pm

4+ (4-7 year olds must be accompanied by an adult 16 years or over)

Pool Toys and Floats

1.30pm-3pm

All ages

Tuesday

Climbing Wall

10am-12pm

8-15 years

Archery

1pm-2pm or 2pm-3pm, or both

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

Wednesday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Bikeability

9.30am-3.30pm

9-15 years

Thursday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Burney Bear

10am-12pm

4-7 years

Friday

Laser Tag

10am-11am and 11am-12pm

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

WEEK 2

Monday

Smash It Up Badminton

10am-12pm

4+ (4-7 year olds must be accompanied by an adult 16 years or over)

Pool Toys and Floats

1.30pm-3pm

All ages

Tuesday

Climbing Wall

10am-12pm

8-15 years

Archery

1pm-2pm or 2pm-3pm, or both

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

Wednesday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Thursday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Burney Bear

10am-12pm

4-7 years

Friday

Laser Tag

10am-11am and 11am-12pm

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

WEEK 3

Monday

Pool Toys and Floats

1.30pm-3pm

All ages

Tuesday

Gymnastics

10am-12pm

5-12 years

Climbing Wall

10am-12pm

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

Wednesday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Thursday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Burney Bear

10am-12pm

4-7 years

Friday

Pool Inflatable Fun

1.30pm-3pm

All ages

**TO BOOK ANY OF THE ACTIVITIES LISTED BELOW
PLEASE CONTACT HADRIAN LEISURE CENTRE ON (0191) 643 2025**

WEEK 4

Monday

Smash It Up Badminton

10am-12pm

4+ (4-7 year olds must be accompanied by an adult 16 years or over)

Pool Toys and Floats

1.30pm-3pm

All ages

Tuesday

Gymnastics

10am-12pm

5-12 years

Climbing Wall

10am-12pm

8-15 years

Archery

1pm-2pm or 2pm-3pm, or both

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

Wednesday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Thursday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Burney Bear

10am-12pm

4-7 years

Friday

Pool Inflatable Fun

1.30pm-3pm

All ages

WEEK 5

Monday

Smash It Up Badminton

10am-12pm

4+ (4-7 year olds must be accompanied by an adult 16 years or over)

Pool Toys and Floats

1.30pm-3pm

All ages

Tuesday

Climbing Wall

10am-12pm

8-15 years

Archery

1pm-2pm or 2pm-3pm, or both

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

Wednesday

Burney Bear

10am-12pm

4-7 years

Thursday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Burney Bear

10am-12pm

4-7 years

Friday

Laser Tag

10am-11am and 11am-12pm

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

WEEK 6

Monday

Smash It Up Badminton

10am-12pm

4+ (4-7 year olds must be accompanied by an adult 16 years or over)

Pool Toys and Floats

1.30pm-3pm

All ages

Tuesday

Climbing Wall

10am-12pm

8-15 years

Archery

8-15 years

1pm-2pm or 2pm-3pm, or both

Pool Inflatable Fun

1.30pm-3pm

All ages

Wednesday

Burney Bear

10am-12pm

4-7 years

Thursday

Sport and Splash Camp

9.30am-3.30pm

(9.30am-12pm dry side activities

12pm-1pm supervised lunch

1pm-3.30pm pool activities)

8-15 years

Burney Bear

10am-12pm

4-7 years

Friday

Laser Tag

10am-11am and 11am-12pm

8-15 years

Pool Inflatable Fun

1.30pm-3pm

All ages

THE LAKESIDE CENTRE

WEEK 1

Monday

Pool Inflatable Fun

1pm-2.30pm
All ages

Tuesday

2hyper Laser Tag

10am-11am, 11am-12pm
Age 5+

Lakey Lions Bouncy Castle/Games

FREE TASTER SESSION (must pre book)

1pm-3pm
4-7 years

Pool Inflatable Fun

1pm-2.30pm
All ages

Wednesday

Sport and Splash Camp

9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

Pool Toys and Floats

1pm-2.30pm
All ages

Thursday

Lakey Lions Soft Play/Arts & Crafts

FREE TASTER SESSION (must pre book)

10am-12pm
4-7 years

Pool Inflatable Fun

1pm-2.30pm
All ages

Friday

Pool Toys and Floats

1pm-2.30pm
All ages

WEEK 2

Monday

Sport and Splash Camp

9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

AAA Sports Cheerleading

10am-12pm, Age 5+

Pool Inflatable Fun

1pm-2.30pm, All ages

Tuesday

2hyper Laser Tag

10am-11am, 11am-12pm, Age 5+

Lakey Lions Softplay/Arts & Crafts

1pm-3pm, 4-7 years

Pool Inflatable Fun

1pm-2.30pm, All ages

Wednesday

Football Squirts

10am-11am and 11am-12pm, 4-7 years

Trampolines

10am-11am, 11am-12pm, 8-15 years

Lakey Lions Bouncy Castle/Games

1pm-3pm, 4-7 years

Pool Toys and Floats

1pm-2.30pm, All ages

Thursday

Special Event – Animal Fun

1pm-2pm, Age 5+

Pool Inflatable Fun

1pm-2.30pm, All ages

Friday

Sport and Splash Camp

9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

Lakey Lions Bouncy Castle/Games

10am-12pm, 4-7 years

Pool Toys and Floats

1pm-2.30pm
All ages

WEEK 3

Monday

Sport and Splash Camp

9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

AAA Sports Cheerleading

10am-12pm, Age 5+

Pool Inflatable Fun

1pm-2.30pm, All ages

Tuesday

Smash It Up Badminton

(Family Activity)

10am-12pm, 4+ (4-7 year olds must
be accompanied by an adult)

Lakey Lions Softplay/Arts & Crafts

1pm-3pm, 4-7 years

Pool Inflatable Fun

1pm-2.30pm, All ages

Wednesday

Football Squirts

10am-11am and 11am-12pm, 4-7 years

Trampolines

10am-11am, 11am-12pm, 8-15 years

Lakey Lions Bouncy Castle/Games

1pm-3pm, 4-7 years

Pool Toys and Floats

1pm-2.30pm, All ages

Thursday

Lakey Lions Messy Art

1pm-3pm, 4-7 years

Pool Inflatable Fun

1pm-2.30pm, All ages

Friday

Sport and Splash Camp

9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

Pool Toys and Floats

1pm-2.30pm
All ages

**TO BOOK ANY OF THE ACTIVITIES LISTED BELOW
PLEASE CONTACT THE LAKESIDE CENTRE ON (0191) 643 4177**

WEEK 4

Monday

Sport and Splash Camp
9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

AAA Sports Gymnastics
10am-12pm, Age 5+
Pool Inflatable Fun
1pm-2.30pm, All ages

Tuesday

Smash It Up Badminton
(Family Activity)
10am-12pm, 4+ (4-7 year olds
must be accompanied by an adult)
Lakey Lions Softplay/Arts & Crafts
1pm-3pm, 4-7 years
Pool Inflatable Fun
1pm-2.30pm, All ages

Wednesday

Football Squirts
10am-11am and 11am-12pm, 4-7 years
Trampolines
10am-11am, 11am-12pm, 8-15 years
Lakey Lions Bouncy Castle/Games
1pm-3pm, 4-7 years
Pool Toys and Floats
1pm-2.30pm, All ages

Thursday

Special Event - Animal Fun
1pm-2pm, Age 5+
Pool Inflatable Fun
1pm-2.30pm, All ages

Friday

Sport and Splash Camp
9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities), 8-15 years
Lakey Lions Bouncy Castle/Games
1pm-3pm, 4-7 years
Pool Toys and Floats
1pm-2.30pm, All ages

WEEK 5

Monday

Sport and Splash Camp
9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years

AAA Sports Cheerleading
10am-12pm, Age 5+
Pool Inflatable Fun
1pm-2.30pm, All ages

Tuesday

2hyper Laser Tag
10am-11am, 11am-12pm
Age 5+
Lakey Lions Softplay/Arts & Crafts
1pm-3pm, 4-7 years
Pool Inflatable Fun
1pm-2.30pm, All ages

Wednesday

Trampolines
10am-11am, 11am-12pm, 8-15 years
Why not work towards a badge!!
Lakey Lions Bouncy Castle/Games
1pm-3pm, 4-7 years
Pool Toys and Floats
1pm-2.30pm, All ages

Thursday

Sport and Splash Camp
9.30am-3pm
(9.30am-12pm dryside activities
12pm-1pm supervised lunch
1pm-3pm pool activities)
8-15 years
Lakey Lions Messy Art
1pm-3pm, 4-7 years
Pool Inflatable Fun
1pm-2.30pm, All ages

Friday

Pool Toys and Floats
1pm-2.30pm
All ages

WEEK 6

Monday

AAA Sports Gymnastics/Trampolining
10am-12pm
Age 8+
AAA Sports Gymnastics/Trampolining
1pm-3pm
Age 4-7
Pool Inflatable Fun
1pm-2.30pm
All ages

Tuesday

AAA Sports Gymnastics/Trampolining
10am-12pm
Age 8+
AAA Sports Gymnastics/Trampolining
1pm-3pm
Age 4-7
Pool Inflatable Fun
1pm-2.30pm
All ages

Wednesday

NUWFC Football Camp
10am – 3pm (supervised lunch)
Age 8+
3 day camp
Pool Toys and Floats
1pm-2.30pm, All ages

Thursday

NUWFC Football Camp
10am – 3pm (supervised lunch)
Age 8+
3 day camp
Lakey Lions Softplay/Arts & Crafts
1pm-3pm, 4-7 years
Pool Inflatable Fun
1pm-2.30pm, All ages

Friday

NUWFC Football Camp
10am – 3pm (supervised lunch)
Age 8+
3 day camp
Pool Toys and Floats
1pm-2.30pm
All ages

THE PARKS SPORTS CENTRE

TO BOOK ANY OF THE ACTIVITIES LISTED BELOW
PLEASE CONTACT THE PARKS SPORTS CENTRE ON (0191) 643 2700

WEEK 1

Monday-Thursday, 10am-3pm

Gymnastics Crash Course (4 days)

Ages 8 – 16 years

Supervised Lunch (Bring a packed lunch)

WEEK 2

Monday-Thursday, 10am-3pm

Gymnastics Crash Course (4 days)

Ages 8 – 16 years

Supervised Lunch (Bring a packed lunch)

6 DAY FRIDAY ONLY COURSE

24, 31 July and 7, 14, 21, 28 August
10am-3pm

Trampolining

Ages 8 – 16 years

Supervised Lunch (Bring a packed lunch)

TYNEMOUTH POOL

WEEK 1-6

**Every Monday,
Wednesday
and Friday**

Diving and Toys

11am – 12pm

Diving and Toys

1pm – 2pm



MARDEN BRIDGE SPORTS CENTRE

TO BOOK ANY OF THE ACTIVITIES LISTED BELOW
PLEASE CALL (0191) 643 2700

WEEK 2

Tuesday
No Limits KidZone
9.30am- 3.30pm
8-14 years

Wednesday
No Limits KidZone
9.30am-3.30pm
8-14 years

Thursday
No Limits KidZone
9.30am-3.30pm
8-14 years

WEEK 3

Tuesday
No Limits KidZone
9.30am- 3.30pm
8-14 years

Wednesday
No Limits KidZone
9.30am-3.30pm
8-14 years

Thursday
No Limits KidZone
9.30am-3.30pm
8-14 years

WEEK 4

Tuesday
No Limits KidZone
9.30am- 3.30pm
8-14 years

Wednesday
No Limits KidZone
9.30am-3.30pm
8-14 years

Thursday
No Limits KidZone
9.30am-3.30pm
8-14 years

WEEK 5

Tuesday
No Limits KidZone
9.30am- 3.30pm
8-14 years

Wednesday
No Limits KidZone
9.30am-3.30pm
8-14 years

Thursday
No Limits KidZone
9.30am-3.30pm
8-14 years



CYCLE SAFETY TRAINING Level 2 Bikeability

Sport North Tyneside are offering children aged 9+ the chance to complete their Level 2 Bikeability Cycle Safety Award free of charge this summer. The training is fun and gives young people the skills and confidence to cycle safely in modern road conditions. On completion, young people will be presented with a certificate and a badge. All sessions begin at 9:30am and end at 3:30pm. To take part, you will need the following:

- A bike in a safe and roadworthy condition with two working brakes
- A cycle helmet
- A packed lunch and plenty of water
- Appropriate clothing for the weather



To book your place please contact the relevant venue:

Monday 20th July

Whitley Bay Customer First Centre
0191 643 5390

Wednesday 22nd July

Hadrian Leisure Centre
0191 643 2025

Wednesday 29th July

Rising Sun Country Park
0191 643 2241

Monday 3rd August

The Lakeside Centre
0191 643 4177

Tuesday 4th August

Rising Sun Country Park
0191 643 2241

Wednesday 5th August

The Oxford Centre
0191 643 2750

Monday 10th August

Marden Bridge Sports Centre
0191 643 2700

Wednesday 12th August

Rising Sun Country Park
0191 643 2241

Monday 17th August

Rising Sun Country Park
0191 643 2241

Wednesday 19th August

Whitley Bay Customer First Centre
0191 643 5390

Monday 24th August

The Lakeside Centre
0191 643 4177

Wednesday 26th August

John Willie Sams Centre
0191 643 2032



DOORSTEP SPORTS CLUBS

Sport North Tyneside's Doorstep Sports Clubs provide multi-sport activities for young people aged 14-25 years. A variety of sports are available at each session including Football, Handball, Dodgeball, Rounders and many more. There is no need to book your place at these sessions, just turn up!

Date: Every Monday
Time: 6:30pm - 8pm
Venue: Howdon Community Centre

Date: Every Thursday
Time: 6:30pm - 8pm
Venue: Howdon Community Centre

Date: Every Friday
Time: 7pm - 8:30pm
Venue: Foxhunters Pavilion

Date: Every Friday
Time: 7pm - 8:30pm
Venue: Hadrian Leisure Centre

STREETGAMES YOUNG VOLUNTEERS



Interest in becoming a VOLUNTEER?

StreetGames Young Volunteers is for young people aged 16-25 year old who are interested in gaining experience, qualifications and giving something back to their community.

To be part of our successful StreetGames programme please contact us on (0191) 643 7447, e-mail sport@northtyneside.gov.uk or find us on Facebook - StreetGames Sport North Tyneside.



Live in North Tyneside?

Get moving and join in
with new **FREE** activities -
find out more today!

Even a little extra
physical activity can
boost your mood and
make a big difference
to your health.



www.activenorthtyneside.org.uk



Active North Tyneside



@active_NT



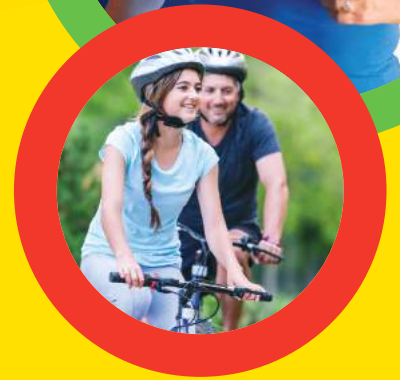
(0191) 643 7171



Active North Tyneside
is all about helping you to
move more and live more –
with free activities near you.

When you move more, you're helping yourself to:

- Lower stress levels
- Lose weight
- Boost your confidence and feel good
- Lower your risk of heart disease and some cancers



Making a change to be more active is one of the best things you can do to help keep your body healthy.

We can help you take
that first step to ...

**Move more,
live more**

LIBRARIES

North Tyneside Libraries are getting ready to keep young readers busy over the holidays as the free Summer Reading Challenge begins on 11 July.

Organised by The Reading Agency charity and libraries, the annual Summer Reading Challenge is aimed at 4 to 11 year olds. It is a great way to keep children reading throughout the summer break as research has shown that children's reading can 'dip' during the long summer holidays this is a way to encourage children to keep reading.

This year, it has teamed up with Guinness World Records – the global authority in record-breaking achievements and publisher of the annual Guinness World Records™ book. 'Record Breakers' brings together fact and fiction, challenging readers to explore astonishing real-life achievements and world records.

To take part in the challenge, children are encouraged to read six or more library books of their choice during the summer holidays. Collecting stickers as they go, they will discover the weird, wonderful and wacky records from around the world

Every child who completes the challenge is awarded a special Record Breakers medal. Children can sign up at any North Tyneside Library from Saturday 11 July – it's absolutely free.



Record Breakers

Have you got what it takes to be a Record Breaker? Join us for a fun filled hour of crazy games and challenges and find out! You don't have to be the smartest, strongest or fastest...just give it a go and set your personal best, everyone's a winner! Suitable for children aged 6+. Booking essential.

Thursday 30th July

Wallsend Customer First Centre, 2pm (0191) 643 2075

Wednesday 5th August

White Swan Centre, 10am (0191) 643 2040

Wednesday 12th August

North Shields Customer First Centre, 10am (0191) 643 5270

Thursday 20th August

Whitley Bay Customer First Centre, 10am (0191) 643 5390

Little Sparklers

Stories, songs and fun for the under 6s. Booking essential.

Tuesday 28th July

Monkseaton Library, 3pm (0191) 643 2072

Monday 3rd August

Forest Hall Library, 2:30pm (0191) 643 2085

Tuesday 4th August

Cullercoats Library, 10:30am (0191) 643 2073

Tuesday 11th August

Battle Hill Library, 10:30am (0191) 643 2255

Shark Workshops

Sharks are known by many of us as fearsome predators, but there is so much more to the story of these fascinating animals. Explore the weird and wonderful world of sharks through an interactive 'shark awards' workshop. Touch some shark eggs, teeth, jaws, skin, and skeleton. Ask your own questions about sharks. Share your own knowledge and find out some jaw-dropping facts! Suitable for children aged 7+. Booking essential.

Thursday 30th July

John Willie Sams Centre, 10am (0191) 643 2035

Thursday 30th July

Oxford Centre, 2pm (0191) 643 2750

Friday 31st July

North Shields Customer First Centre, 10am (0191) 643 5270

Friday 31st July

Shiremoor Library, 2pm (0191) 643 2036

Mr Windbags Magic Show

Booking essential. Suitable for children aged 4+.

Wednesday 26th August

White Swan Centre, 11am (0191) 643 2040

Wednesday 26th August

North Shields Customer First Centre, 2pm (0191) 643 5270

Friday 28th August

Whitley Bay Customer First Centre, 11am (0191) 643 5390

Friday 28th August

Wallsend Customer First Centre, 2pm (0191) 643 2075

Animal Antics – Animal Handling Show

Booking essential. Suitable for children aged 4+.

Thursday 13th August

Howdon Library, 11am (0191) 643 2070

Tuesday 18th August

Wideopen Library, 2:30pm (0191) 643 2071

There will be loads of free craft activities and film clubs in libraries over the holidays. Email library.events@northtyneside.gov.uk to join our email list for info about holiday activities in libraries. 'Like' us on Facebook or follow us on Twitter @NorthTyneLibs or event information.