

25 July - 31 August 2011



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get into the
ZONE

Tendring Sport, Leisure and Entertainment Facilities
Summer Holiday Activity Programme

Contains information on
Children's activities / courses and pool timetables

Tendring
District Council



Welcome

to Tendring District Council's action packed Summer Holiday Activity Programme offering a wide range of activities to brighten everyone's holiday whatever the weather! The aim of this leaflet is to provide a one-stop shop to activities available across the District.



The **activetendring** community sport network contributes towards this brochure and funds some of the activities taking place.



get into the **ZONE**

creative **ZONE**

An opportunity for children to express themselves through soft play activities, art/craft, dance, music and performance.

skills **ZONE**

A combination of taster and fully coached sessions in a number of sports including, archery, badminton, basketball, football, trampoline and volleyball, Sessions are supervised by qualified coaches and provide children with an opportunity to simply experience a new sport or develop existing skills and meet new friends.

aqua **ZONE**

Simply refresh yourself in the cool water of the swimming pool, take the challenge of the fun inflatable or play around with the various floats.

xtreme **ZONE**

Skateboarding, in-line skating and BMX cycling, now acknowledged as a fast-growing sport nationally is certainly well provided for within the District. Enthusiasts can enjoy the 'TRAX' facility located at Clacton Leisure Centre along with facilities located in Brightlingsea, Dovercourt and Walton.

Play activities by their very nature provide an element of risk. However, users can assist in making the facilities a safe environment by tasking the following actions.

- Only use the facilities for their intended purpose.
- Wear appropriate clothing and protective gear at all times
- Do not take glass or alcohol into the area
- Take pride in the facilities - help to keep the site in good condition

All the skate parks are free to use and offer young people an ideal environment to show off their skills and socialise with friends.

Booking your activities

Choose the activities you wish to book and simply turn up at the relevant Sports Facility to register. A registration form will need to be completed for each child per facility visited. A number of the sessions outlined in this booklet have limited capacity. To avoid disappointment it is recommended that places are booked* in advance. *Please note booking fees are non-refundable.

BRIGHTLINGSEA Sports Centre

Date	Time	Activity	Ages	Cost	Zone
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MONDAY

1, 8, 15, 22 August	10.00 - 11.00	Skills Football Academy	5 - 7	£3.00	Skills
	11.00 - 12.00	Skills Football Academy	8 +	£3.00	Skills
	13.00 - 14.00	Basketball Coaching with Mini Competition	8 +	£3.50	Skills
	13.00 - 14.00	Arts & Crafts	5 - 8	£3.00	Creative

TUESDAY

2, 9, 16, 23 August	10.00 - 11.00	Superkids Athletics	8 +	£3.00	Skills
	11.00 - 12.00	Mini Boxercise (Karate Kids)	8 +	£3.00	Skills
	13.00 - 14.00	Kids Club (Bouncy Castle & Multi Sports)	5 - 11	£3.00	Skills
	14.00 - 15.00	Tri Golf & Mini Competition	6 - 10	£3.50	Skills

WEDNESDAY

3, 10, 17 & 24 August	10.00 - 11.00	Skills Football Academy	5 - 7	£3.00	Skills
	11.00 - 12.00	Skills Football Academy	8 +	£3.00	Skills
	13.00 - 14.00	Arts & Crafts	5 - 8	£3.00	Creative

THURSDAY

4, 11, 18, 25 August	10.00 - 11.00	Kids Quick Cricket	6 - 10	£3.00	Skills
	11.00 - 12.00	Kids Racketball	8 - 11	£3.00	Skills
	13.00 - 14.00	Kids Club (Bouncy Castle & Multi Sports plus Arts & Crafts)	5 - 11	£3.00	S C

FRIDAY

5, 12, 19, 26 August	10.00 - 11.00	Skills Football Academy	5 - 7	£3.00	Skills
	11.00 - 12.00	Skills Football Academy	8 +	£3.00	Skills
	13.00 - 16.00	Arts & Crafts	5 - 8	£3.00	Creative

BRIGHTLINGSEA Open Air Swimming Pool

Promenade Way, Brightlingsea

**Open until Sunday
2nd September 2011**

Opening times are:

Weekends & School Holidays

10.00am - 7.00pm

Mon - Fri (outside school holidays)

3.30pm - 7.00pm



For Further Information call 01206 303067

CLACTON Leisure Centre

Date	Time	Activity	Ages	Cost	Zone
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MONDAY

25 July, 1, 8, 15, 22 August	12.00 - 14.00	Pay & Play Astro (unsupervised & excluding equipment hire)	8 - 14	£1.00	Skills
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TUESDAY

26 July, 9 August	10.00 - 11.00	Karate Taster* (with Links Karate Club)	5 - 16	£3.70	Skills
26 July, 9, 16 August	10.00 - 12.00	Pay & Play Tennis (unsupervised & excluding equipment hire)	8 - 14	£1.00	Skills
26 July, 23 August	10.00 - 12.00	Pool Fun (including WATERWALKERZ)	8 - 14	£3.85	Aqua
2 August	10.00 - 12.00	Pool Fun with Inflatable	8 - 14	£2.85	Aqua
9, 16 August	10.00 - 12.00	Pool Fun	8 - 14	£2.85	Aqua
2, 23 August	11.30 - 13.00	Tennis Fun Session & Competition* (with qualified coach)	6 - 10	£4.00	Skills
9 August	15.00 - 16.00	Basketball Taster* (with Cannons Basketball Club)	3 - 14	£3.00	Skills
26 July, 2, 9, 16, 23 August	16.30 - 17.30	Archery Taster*	10 +	£3.70	Skills

WEDNESDAY

3, 17 August	10.00 - 11.30	Street Dance*	5 - 13	£4.00	Creative
27 July, 10 August	10.00 - 11.00	Say it with Ceramics* (create your own masterpiece)	6 - 12	£6.00	Creative
27 July, 3, 24 August	10.00 - 12.00	Pool Fun	8 - 14	£2.85	Aqua
10, 17 August	10.00 - 11.00	Canoe Taster*	8 - 10	£3.70	Skills
10, 17 August	11.00 - 12.00	Canoe Taster*	11 +	£3.70	Skills

THURSDAY

28 July, 4, 11, 18, 25 August	10.00 - 15.00	Gymkins - Soft Play Area (children must be supervised)	Under 5	£3.00	Skills
28 July, 4, 11, 18, 25 August	10.00 - 12.00	Pay & Play Tennis (unsupervised & excluding equipment hire)	8 - 14	£1.00	Skills
4, 18 August	12.30 - 14.00	Junior Cricket Fun Session* (with Clacton Cricket Club)	6 - 12	£3.00	Skills
4, 18 August	10.00 - 12.00	Pay & Play Main Hall (unsupervised & excluding equipment hire)	8 - 14	£1.00	Skills
28 July, 11, 25 August	10.00 - 12.00	Bodyzorb Bonanza (organised fun & games. Kneepads/long trousers must be worn. All participants do so at their own risk)	8 - 11	£4.00	Skills
			12 - 15	£4.00	Skills

FRIDAY

12, 19 August	10.00 - 11.00	Canoe Taster*	8 - 10	£3.70	Aqua
12, 19 August	11.00 - 12.00	Canoe Taster*	11 +	£3.70	Aqua
29 July, 5, 26 August	10.00 - 12.00	Pool Fun	8 - 14	£2.85	Aqua
29 July, 5, 12, 19, 26 August	12.00 - 14.00	Pay & Play Astro (unsupervised & excluding equipment hire)	8 - 14	£1.00	Creative
29 July	15.00 - 16.00	Basketball Taster* (with Cannons Basketball Club)	3 - 14	£3.00	Skills

ADDITIONAL PAY & PLAY SESSIONS ARE AVAILABLE THROUGHOUT THE YEAR

TENNIS	Monday, Wednesday & Friday 16.00 - 18.00 / Saturdays & Sundays 15.00 - 17.00
ASTRO	Tuesday, Wednesday & Thursday 16.00 - 18.00 / Sundays 10.00 - 12.00

* Advance booking of session is strongly recommended

CLACTON Leisure Centre FOOTBALL FUN WITH COLCHESTER UNITED

Date	Time	Activity	Ages	Cost	Zone
Tues 26 July & Wed 27 July	13.00 - 15.00	Mini Kickers* Football fun designed for 4 year olds to school year 2. Learn new skills and play small sided matches.	4 - 6	£12.50	Skills
Tues 26 July & Wed 27 July	10.00 - 15.00	Strikers Camp* Two days packed full of football fun and skill challenges - Plenty of small sided matches.	7 - 12	£25.00	Skills
Wed 10 August	10.00 - 15.00	Soccer Tournament Day* A whole day playing small-sided matches. Players play in their own age group and are placed in teams. Awards to be won and medals for winning teams.	7 - 12	£12.50	Skills

No football boots to be worn on the astro, trainers and astro trainers only. Gifts for all players and trophies to win.
All Colchester United Soccer Sessions MUST be booked 48 hrs in advance and are subject to cancellation or change without notice.
For further information please ask at reception or telephone (01255) 686688. * Advance booking of session is strongly recommended

DOVERCOURT Swimming Pool

Date	Time	Activity	Ages	Cost	Zone
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AQUA ZONE - FUN SESSIONS

Sat 23, 30 July, 6, 13, 20, 27 August	11.00 - 13.00	Pool Inflatable Fun Session	3 - 15	£2.85	Aqua
Sun 24, 31 July, 7, 14, 21, 28 August	14.00 - 16.00	Float n Fun Session (including WaterWalkerz)	3 - 15	£2.85	Aqua
Thurs 28 July, 4, 11, 18, 25 August	10.00 - 12.00	Pool Inflatable Fun Session	3 - 15	£2.85	Aqua

CRASH COURSE SWIMMING LESSONS

Mon 25 July to Fri 29 July inclusive	9.00 - 9.30	Beginners (Pre-enrolments from 2 July)	3 - 6	£21.50	Aqua
	9.30 - 10.00	Flip and Fun Diving Course (Pre-enrolments from 2 July)	5 - 12	£21.50	Aqua

YOUTH ZONE

Sat 23 July to Sun 29 August	7.00 - 17.00	Pay and Play on Synthetic Pitch (No booking required. Informal & unsupervised sports. Subject to availability)	5 - 16	£1.20	Skills
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NEW FOR 2011

Sun 24, 31 July, 7, 14, 21, 28 August	14.00 - 16.00	WATERWALKERZ Sessions - Human Hamster Ball on Water Fantastic fun and fitness on water	5 - 15	See below	Aqua
Mon 25 July, 1, 8, 15, 22, 29 August	16.00 - 18.00	WATERWALKERZ Sessions - Human Hamster Ball on Water Fantastic fun and fitness on water	5 - 15	See below	Aqua
	Price: £3.85 per 5 minute session, including free swim, booked on arrival				
Thurs 28 July, 4 August	16.30 - 17.30	NATIONAL SWIM AWARDS SESSION Open to all swimmers to allow an opportunity to achieve recognised qualification in junior swimming. Available to existing pupils in class 1B up to Junior Coaching plus water confident swimmers not currently in a lesson scheme - contact site swimming lesson co-ordinator for guidance. Badges & certificates on sale at £2.80. (Pre-enrolments from 2 July)	5 - 12	£1.50	Aqua



NEW FOR 2011

WATERWALKERS

**at Clacton Leisure Centre, Dovercourt and
Frinton & Walton Swimming Pools**

FRINTON & WALTON Swimming Pool

Date	Time	Activity	Ages	Cost	Zone
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AQUA ZONE - FUN SESSIONS

Sat 23, 30 July, 6, 13, 20, 27 August	15.00 - 16.00	Pool Inflatable Fun Session	3 - 15	£2.85	Aqua
Sun 24, 31 July, 7, 14, 21, 28 August	9.30 - 10.30	Floats Fun Session (including WaterWalkerz)	3 - 15	£2.85	Aqua
Tues 26 July, 2, 9, 16, 23, 30 August	14.30 - 15.30	Pool Inflatable Fun Session	3 - 15	£2.85	Aqua
Thurs 28 July, 4, 11, 18, 25 August	14.30 - 15.30	Pool Inflatable Fun Session	3 - 15	£2.85	Aqua

NEW FOR 2011

Sun 24, 31 July, 7, 14, 21, 28 August	9.30 - 11.00	WATERWALKERZ Sessions - Human Hamster Ball on Water Fantastic fun and fitness on water	5 - 15	See below	Aqua
Wed 27 July, 3, 10, 17, 24, 31 August	9.00 - 10.45	WATERWALKERZ Sessions - Human Hamster Ball on Water Fantastic fun and fitness on water	5 - 15	See below	Aqua
Price: £2.85 pool entry plus £1.00 per 5 minute session booked on arrival					

HARWICH Sports Centre

Date	Time	Activity	Ages	Cost	Zone
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MONDAY

1 August	10.00 - 11.00	Dance - Disco & Street Dancing with Princes Youth Theatre	6 - 11	£3.70	Creative
	11.00 - 12.00	Dance - Disco & Street Dancing with Princes Youth Theatre	11 +	£3.70	Creative
8 August	13.30 - 15.30	Family Frenzy (Parents & children sports events)	5 +	£5.00 per family	Skills
15 August	10.00 - 11.00	Glee Workshop	6 - 10	£3.70	Creative
	11.00 - 12.00	Glee Workshop	11 +	£3.70	Creative
22 August	10.30 - 12.00	Disc Golf & Ultimate Frisbee	8 +	£3.70	Skills

TUESDAY

2 August	10.00 - 12.00	Soccer Tots Skills & Tournament Session 5v5	5 - 7	£4.00	Skills
	13.00 - 14.00	Art & Craft By the Sea	5 - 7	£3.70	Creative
	14.15 - 15.15	Art & Craft By the Sea	8 +	£3.70	Creative
	14.30 - 15.30	Karate Taster Session with Links Karate Club	6 - 15	£3.70	Skills
9 August	10.00 - 12.00	Tri Golf with Coastal Golf Academy Skills	6 - 10	£4.00	Skills
	14.30 - 15.30	Karate Taster Session with Links Karate Club	6 - 15	£3.70	Skills

HARWICH Sports Centre (continued)

Booking can be made from
10am Mondays - Fridays

Date	Time	Activity	Ages	Cost	Zone
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TUESDAY (continued)

16 August	9.30 - 12.30	Morning Madness (action packed multisports session)	7 +	£6.00	Skills
	13.00 - 14.00	Art & Craft - By the Sea	5 - 7	£3.70	Creative
	14.15 - 15.15	Art & Craft - By the Sea	8 +	£3.70	Creative
23 August	10.00 - 12.00	Tri Golf with Coastal Golf Academy Skills and Mini Fun Competition	6 - 10	£4.00	Skills
	13.30 - 15.00	Junior Table Tennis & Fun Tournament	8 +	£3.70	

WEDNESDAY

3 August	10.00 - 12.00	Junior Fun Racket-a-thon (Squash, Badminton, Table Tennis)	8 +	£4.00	Skills
3, 24 August	13.30 - 14.30	Trampolining	5 - 12	£3.70	Skills
	14.45 - 15.45	Trampolining	5 - 12	£3.70	Skills
3 August	14.00 - 16.00	Tots Tennis Fun Tournament	5 - 8	£4.00	Skills
10 August	10.30 - 12.00	Disc Golf & Ultimate Frisbee	8 +	£3.70	Skills
	13.30 - 15.00	Bouncy Castle & Soft Play (Parents must stay)	3 - 7	£3.70	Skills
17 August	14.00 - 16.00	Junior Tennis Fun Tournament	8 +	£4.00	Skills
24 August	10.00 - 11.30	Mini Squash-a-thon (fun mini skills competition)	4 - 7	£4.00	Skills

THURSDAY

4 August	10.00 - 12.00	Junior Soccer Skills & Tournament Session 5v5	8 +	£4.00	Skills
	14.00 - 16.00	Roller Skating Fun Session (indoors, skates available or bring your own)	5 +	£3.70	Skills
11 August	10.00 - 12.00	Bikeability (must bring bike & helmet - indoor/ outdoor)	School yrs 4 - 6	£5.00	Skills
18 August	10.00 - 12.00	Soccer Tots Skills & Tournament Session 5v5	5 - 7	£5.00	Skills
	13.00 - 15.00	Roller Skating Fun Session (indoors, skates available or bring your own)	5 +	£3.70	Skills
25 August	10.00 - 12.00	Bikeability (must bring bike & helmet - indoor/ outdoor)	School yrs 4 - 6	£5.00	Skills
	13.30 - 15.00	Junior Rounders & Fun Tournament	8 +	£3.70	Skills

FRIDAY

5, 12, 26 August	9.30 - 12.30	Morning Madness (action packed multisports session)	5 - 7	£6.00	Skills
19 August	10.00 - 12.00	Junior Skills. Skills & Tournament Session 5v5	8 +	£4.00	Skills

MANNINGTREE Sports Centre

Booking can be made from 10am
Mondays - Thursdays and 1pm Fridays

Date	Time	Activity	Ages	Cost	Zone
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MONDAY

1, 22 August	10.00 - 11.00	Soccer Skills and Fun Tournament with Paul Skingley	5 - 8	£3.70	Skills
	11.00 - 12.00	Soccer Skills and Fun Tournament with Paul Skingley	8 - 12	£3.70	Skills
1, 8, 15, 22 August	14.00 - 15.30	Mini Tennis with Fun Tournament	6 - 10	£3.70	Skills
8 August	10.00 - 12.00	Bikeability Course (must bring bike & helmet - indoor/ outdoor)	8 - 11	£5.00	Skills

TUESDAY

2, 9, 16, 23 August	10.30 - 12.00	Bouncy Castle & Soft Play	3 - 7	£3.70	Skills
2, 16 August	10.00 - 12.00	Tri Golf with Coastal Golf Academy Skills and Mini Fun Competition	6 - 10	£4.00	Skills
23 August	10.30 - 12.00	Disc Golf & Ultimate Frisbee	8 +	£3.70	Skills

WEDNESDAY

3, 10, 17, 24 August	10.00 - 11.00	Trampoline	5 - 12	£3.70	Skills
	11.00 - 12.00	Trampoline	5 - 12	£3.70	Skills

THURSDAY

4 August	10.00 - 11.00	Art & Craft - By the Sea	5 - 7	£3.70	Creative
	11.15 - 12.15	Art & Craft - By the Sea	7 - 12	£3.70	Creative
11 August	10.00 - 11.00	Art & Craft - Around the World	5 - 7	£3.70	Creative
	11.15 - 12.15	Art & Craft - Around the World	7 - 12	£3.70	Creative
18 August	10.00 - 11.00	Art & Craft - Animals	5 - 7	£3.70	Creative
	11.15 - 12.15	Art & Craft - Animals	7 - 12	£3.70	Creative
25 August	10.00 - 11.00	Art & Craft - Pick & Mix	5 - 7	£3.70	Creative
	11.15 - 12.15	Art & Craft - Pick & Mix	7 - 12	£3.70	Creative
4, 18, August	13.15 - 14.15	Wall Climbing	8 - 12	£3.70	Skills
	14.30 - 15.30	Wall Climbing	8 - 12	£3.70	Skills
11, 25, August	13.15 - 14.15	Wall Climbing	8 - 12	£3.70	Skills
	14.30 - 15.30	Wall Climbing	10 - 16	£3.70	Skills

FRIDAY

5, 12, 19, 26 August	14.00 - 16.00	Roller Disco	5 +	£4.00	Skills
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ACROSS THE DISTRICT

TENNIS

Kirby Tennis Club, Kirby Playing Fields, Halstead Road, Kirby Cross

A variety of tennis activities for different age groups for boys and girls

Date	Time	Session	Ages	Cost	Contact
Thurs 28 July	15.00 - 17.00	Junior Session	10 +	£2.50	Matthew Watson 07708 548 920
Tues 2 August	10.00 - 12.00	Mini Tennis Session	5 - 10	£2.50	
Thurs 4 August	15.00 - 17.00	Junior Session	10 +	£2.50	
Mon 8 August	10.00 - 12.00	Mini Tennis Session	5 - 10	£2.50	
Fri 12 August	15.00 - 17.00	Junior Session	10 +	£2.50	
Tues 23 August	15.00 - 17.00	Mini Tennis Session	5 - 10	£2.50	

BOXING

Harwich Amateur Boxing Club, Club Gym, Rear of Magistrates Court, Harwich

Youngsters can attend sessions on a daily basis and learn the core skill of amateur boxing in a safe, non-contact, friendly and relaxed environment

Date	Time	Session	Ages	Cost	Contact
Mon 25 July to Fri 29 July	10.30 - 12.00	Boxing	7 - 12	Free	Marcus Poston 0779 475 3894

KARATE

Links Karate Club, Clacton Leisure Centre, Vista Road, Clacton and Gt. Holland Village Hall, Manor Road

Date	Time	Session	Ages	Cost	Contact
Thurs 4 August	16.00 - 17.00	Clacton Leisure Centre	6 - 15	£1.00	Paul Harris 07766 170 848
Fri 12 August	17.00 - 18.00	Gt. Holland Village Hall	6 - 15	£1.00	

SQUASH

North Essex Squash Academy, Brightlingsea SC, Harwich SC, Ardleigh SC, Frinton LT & Squash, Wick Lodge

Date	Time	Session	Ages	Cost	Contact
Mon 8 to Fri 12 August inclusive	10.00 - 13.00	Tendring and District Festival of Squash	School Years 6 - 8	£3.50 per day	Chris Vine 07768 067 044

Golf

Millers Barn Golf Club, Harwich Golf Club

Date	Time	Session	Ages	Cost	Contact
4, 11, 18, 25 August	09.30 - 10.30	Millers Barn Golf Club	8 - 14	£3.00	Tom Hide 07940 510 450
4, 11, 18, 25 August	11.30 - 12.30	Harwich Golf Club	8 - 14	£3.00	

Cricket

Clacton Cricket Club, Clacton Leisure Centre, Vista Road Mistley Cricket Club

27-29 July, 3-5 and 10-12 August	10.00 - 12.30	Clacton Cricket Club	8 - 14	£3.00	Martyn Cull 07875 265 201
27 July, 3, 10 August	14.00 - 15.30	Mistley Cricket Club	7 - 12	£2.00	Robin Mills 07742 293 830

HAPPY VALLEY Pitch & Putt Golf and tennis courts

Open Days	Open time	Last ticket sold	Cost
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Pitch & Putt

Fri 24 June - Sun 4 Sept	11.00 am	6.00 pm	Cost per round: £5.00 per adult £3.50 Level 2 concession only on production of ONE Card £13.00 Family up to 2 adults & 2 children under 16 years
Fri 9 Sept - Sun 11 Sept	11.00 am	5.00 pm	
Fri 16 Sept - Sun 18 Sept	11.00 am	5.00 pm	
Fri 23 Sept - Sun 25 Sept	11.00 am	5.00 pm	

Tennis

Opens from Fri 29 April (dates and times as pitch & putt, weather permitting)	£2.50 per person. No concession rate
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WALTON-ON-SEA Coronation Putting/Crazy Golf

Date	Time	Activity	Ages	Cost
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SITUATED ON BATH HOUSE MEADOW, WALTON-ON-SEA.

OPEN FROM Saturday 23 July to Sunday 4 September	11.00 - 17.00	Crazy Golf	ALL	£1.00 (level 1), 75p (level 2) per round
		Putting x 18 holes	ALL	£2.50 (level 1), £2.00 (level 2) per round

POSITIVE ACTIVITIES FOR YOUNG PEOPLE

Multi Activity sessions will run:

Monday: 1, 8, 15, 22 August
Wednesday: 3, 10, 17, 24 August
Friday: 5, 12, 19, 26 August

from 10.30am - 3.30pm at Bishops Park College Sports Hall. The sessions are free to young people aged 10 - 19 years in West Clacton and Jaywick.

A separate leaflet for this programme is available from Colbayns High School, Bishops Park College, and Connexions.

For more information contact:

Lee Barrett, NACRO,
07890321480

David Streetley, CUCST,
07771 652434

www.cucst.org.uk

The 'ONE' Leisure Card Why get one?

Imagine ONE Card for health and fitness membership, access to a range of activities and ONE Card for benefits and even bigger savings!

Now you've got ONE with the launch of the new ONE Leisure card offering great value and instant access to all of Tendring District Council's sports facilities.

The ONE Card gives you more for less when you visit our excellent sports facilities including the new Lifestyles Development at Clacton Leisure Centre.

Whether you wish to pay on the day or take advantage of a ONE Card activity package payable monthly or 12 months in advance the ONE Leisure Card offers something for everyone whatever your lifestyle.



For further details and an application form please contact your local sports facility.

TAKE THE PLUNGE!

Costs

Adult £3.80; Junior £2.85

Pool Information

- Prices are applicable for public swimming sessions only; please ask at Reception for prices of special sessions.
- **An adult (16+ years) must accompany children under the age of 8 years in the water. Maximum ratio allowed is one adult to every two under 8s.**
- To allow for changeovers, sessions may terminate 10 minutes before the advertised closing time.
- During busy times it may be necessary to operate a band system, where customers will be guaranteed a minimum of 45 minutes in the water.

Learn to Swim

Our comprehensive range of classes caters for all ages and abilities under the instruction of our ASA fully qualified and experienced teachers.

Lesson prices start from just £43 for 10 half hour lessons!

For more information and to book places contact:

Clacton Leisure Centre
01255 686688

Dovercourt Swimming Pool
01255 508266

Frinton & Walton Swimming Pool
01255 676608



Dovercourt Swimming Pool

	7am	8am	9am	10am	11am	12am	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	Dawn Dip (Public)		Parent & Under 5's		Public Swim						WaterWalkerz Half pool	Club Use				
TUE	Dawn Dip (Public)			Aqua Aerobics		Public Swim				Junior Lessons		Public Swim			Masters Coaching	
WED	Dawn Dip (Public)			50+ and Disabled		Public Swim				Junior Swim Lessons		Adult Lessons	Adults Only		Sub Aqua Club	
THUR	Dawn Dip (Public)			Junior Fun Session		Public Swim (inflatable fun 10.00 - 12.00pm)					Lessons	Club Use				
FRI	Dawn Dip (Public)		Parents & Under 5's		Public Swim					Junior Swim Lessons		Public Swim		Aqua Aerobics		
SAT	Cleaning Duties	Public Swim	Parents & Toddler Splash	50+ and Disabled	Junior Fun Session		Public Swim (inflatable fun 3.00 - 4.00pm)				Private Hire					
SUN	Cleaning Duties		Public Swim					Junior Float Fun Session inc WaterWalkerz		Public Swim		Club Use				

Clacton Leisure Centre Timetable

SAFEchild

Swimming Pool Exclusive Hire

Now available Saturdays 10am - 11am.
Ideal for children's parties. £120 including inflatable.

Swimming Lessons

10 for 8 commencing
2 August 2011



For further information contact Reception on (01255) 686688

	6.45am	7.30am	8am	9am	10am	11am	12am	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON	Early Morning Lane Swim		50+	Disabled	Staff Training	Public Lane Swim	Parent & Babies	Public Swim			Club Use							
TUE	Early Morning Lane Swim		Aquacise	Activity to be confirmed		Public Lane Swim		50+ and Disabled	Junior Swim Lessons		Public Swim	Adults Only	Aqua Beam	Ladies Only				
WED	Club Use	Early Morning Lane Swim		Aquacise	Activity to be confirmed		Public Lane Swim	Public Swim	Junior Swim Lessons		Club Use	Public Swim			Pool Cleaning			
THUR	Early Morning Lane Swim		50+ and Disabled	Aquacise	Parents & Babies	Public Lane Swim	Activity to be confirmed	Public Swim	Junior Swim Lessons		Club Use							
FRI	Early Morning Lane Swim		Public Swim	Activity to be confirmed		Public Lane Swim	Public Swim			Junior Swim Lessons		Public Swim	Adults Only					
SAT	Club Use		Public Lane Swim	Occasional Private Hire Contact Reception	Under 16's Funtime	Public Swim			Occasional Courses Contact Reception		Private Hire							
SUN	Club Use		Public Lane Swim	Public Swim		Public Swim		Family Floats n' Fun	Adult Lessons	Junior Lessons	Club Use							

Frinton & Walton Swimming Pool Timetable

	7am	8am	9am	10am	11am	12am	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	Dawn Dip (Public)		Pool Cleaning	50+ Swim		Public Swim 11.30-3.50pm				Junior Swim Lessons		Adult Lessons	Public Swim			
TUE	Public Swim (including Floats 'n' Fun 9.00am - 10.30am)			Aqua Aerobics	Public Swim 11.30-3.50pm (inflatable fun 2.30-3.30pm)				Junior Lessons		Public Swim	Adults Only	Masters Coaching			
WED	Public Swim (including NEW WATERWALKERZ 9.00-10.45am)			50+ Swim	Public Swim 12.00-3.50pm				Junior Lessons		Public Swim		Ladies Only	Masters Coaching		
THUR	Public Swim		Disabled Swim	Aqua Aerobics	Parents & under 5	Public Swim 12.00-3.50pm (inflatable fun 2.30-3.30pm)			Junior Lessons		Public Swim (including Rafts & Woggles 5.30-6.30pm)		Adult Lessons	Sub Aqua Course		
FRI	Dawn Dip (Public)		Staff Training	Adult & Junior Lessons	Parents & under 5	Public Swim 11.30-3.50pm			Junior Lessons		Public Swim		Aqua Aerobics	Ladies Only	Public Swim	
SAT	Dawn Dip (Public)		Junior Coaching	Public Swim 10.00-4.50pm including Inflatable Fun (3.00-4.00pm) & Rafts & Woggles (4.00-4.45pm)						Private Hire						
SUN	Public Swim 7.00-5.00pm including Inflatable Fun (9.30-10.30pm) and NEW WATERWALKERZ 9.30 - 11.00)									Lifeguard Training						

USEFUL INFORMATION

How to contact us

Brightlingsea Sports Centre	01206 304946
Clacton Leisure Centre	01255 686688
Dovercourt Swimming Pool	01255 508266
Frinton & Walton Swimming Pool	01255 676608
Harwich Sports Centre	01255 504380
Manningtree Sports Centre	01206 393003
The Princes Theatre	01255 686633 or 01255 686650

Every Child An Opportunity

Please note that we would not wish to exclude any child on the basis of financial circumstance, therefore funding is available to ensure that children and young people can access a full range of activities. Please ask at your child's school for more information and an application form.

DON'T MISS OUT IF YOU'RE IN DOUBT!

Child Protection

Tendring District Council Leisure Facilities are committed in ensuring appropriate child protection procedures are in place for all activities and have recently been accredited to the Safer Activities for Everyone (SAFE) scheme



What to wear

Wear comfortable clothes (not jeans) suitable for the activity and trainers to run about in. Consider old clothes that can get messy for art and craft sessions. High heels, skirts and jewellery are not safe or practical to wear for activity sessions.

Help us to help your children

We can provide a better service if we know our customers well, please let us know anything important about your child's physical or mental wellbeing as this can affect their behaviour or ability to join in some activities. Tell us of any allergies your child may have or medication they may need. It is our policy to allow children with Asthma to carry their own inhalers so that they can manage their condition.

Booking Conditions

1. Children must meet the age restrictions for each activity
2. Tendring District Council reserves the right to amend / cancel any aspect of the activity schedule at short notice.
3. Tendring District Council, its servants and agents are not under any liability in respect of personal injury, sickness, loss or damage caused to attendees. We recommend that the children attending do not wear or bring valuable clothes or belongings.
4. Rules made for the safety and comfort of attendees must be observed at all times.
5. We are not responsible for any children left at venues either before the commencement or after the finish of any advertised activity session.
6. If it is considered that any child's behaviour is preventing the enjoyment or safety of others, the organisers reserve the right to exclude any child from taking part in that activity. We also reserve the right (depending upon the severity of the case) to telephone parents / exclude from future sessions without returning the booking fee.



**CLACTON
AIRSHOW**



**CLACTON
AIR SHOW
20th
ANNIVERSARY
25/26 AUGUST**

The Essex Sunshine Coast

www.essex-sunshine-coast.org.uk

CLACTON • FRINTON • WALTON • BRIGHTLINGSEA • HARWICH
JAYWICK • ST OSYTH • DOVERCOURT • MISTLEY • MANNINGTREE



Tendring
District Council



25 - 26 August 2011

For further information, or request a brochure, contact our Tourist Information centres below, or visit our website

Tourist Information Centres:

Clacton-on-Sea
01255 686633

Walton-on-the-Naze
01255675542

PRINCES THEATRE

TOWN HALL, CLACTON ON SEA

A selection of our *Fantastic Summer Shows!*



Live LDN Wrestling

The bone crunching superstars of the ring are returning to Clacton for a night of family entertainment featuring the top stars of LDN Wrestling!

Boo the bad guys and cheer on your favourites, as you get the opportunity to get up close and personal with the rip-roaring action. After the show you will also get the chance to meet the stars and maybe even grab yourself a souvenir or two!

See the highest quality, fastest paced, non-stop wrestling action ever seen on these shores - you won't want to miss this fantastic action packed wrestling family night out!

Wednesday 10 August • 7:30pm

Tickets £10:00, Concessions £9.00

Bob the Builder

The Fixham Theatre is set for a grand re-opening. Local talent Dickie Olivier needs Bobs help to fix up the stage for his brand new musical. But when Spud decides he wants to be the star of the show, the job doesn't go exactly to plan.

Will the theatre be ready? Will the show go on?

Bob's going to need help from his friends. With well-known songs and three new exclusive songs, join Bob and help him fix it in his big theatre build!

Tuesday 16 August • 2:00pm

Tickets £14:50, Child £12.50, Family £48.00



Station Road, Clacton on Sea, Essex, CO15 1SE • Box Office: 01255 686633

www.tendringdc.gov.uk • Book Online: www.essex-live.co.uk

Tendring District Council

Town Hall, Station Road
Clacton - on - Sea, Essex, CO15 1SE
Tel: 01255 686688

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