No Limits

HALF TERM

HOLIDAY ACTIVITIES

27th – 31st May 2019

NTCLeisure
www.northtyneside.gov.uk
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.

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<tr>
<th>ACTIVITY</th>
<th>DATE OF ACTIVITY</th>
<th>ACTIVITY VENUE</th>
<th>COST</th>
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TOTAL AMOUNT

**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.
Whitley Bay
Mini Golf
& FootGolf

A scenic 9 and 18-hole pitch and putt course, with FootGolf.

Bring this advert and get a FREE child admission for the 18-hole mini golf course, with a paying adult.

facebook: Whitley Bay Mini Golf and FootGolf
@sportNT

www.sportnorthtyneside.org.uk
sport@northtyneside.gov.uk
Tel: (0191) 643 7470
Captain Jack’s Kids Club

A range of sessions at Waves, with Captain Jack himself often making an appearance! Sessions can include arts and crafts, soft play and games.

Age: 5-7 (under 5s welcome with an adult)
Price: £4.00 with an EXTRA card or £6.60 without

Climb and Splash

A full morning with the climbing wall, followed by an afternoon session in the pool. Participants are advised to wear a top covering the elbows and trousers covering the knees. Includes supervised lunch (bring a packed lunch, drink and swimming kit).

Ages: 8-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

Dance and Splash

A morning of hip-hop and street moves to the latest hits, with an afternoon in the pool. Includes supervised lunch hour (bring a packed lunch, drink and swimming kit).

Ages: 8-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

FootGolf & Splash

Meet at Waves for a supervised walk along to the FootGolf course on The Links. After a round, the group will then walk back to Waves for lunch. Please note this is an outdoor session followed by a supervised lunch and swim session. Children must wear appropriate clothing (bring a packed lunch, drink and swimming kit).

Ages: 9-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

Family Gym Sessions

Hadrian Leisure Centre
The Parks Sports Centre
Tynemouth Pool
The Lakeside Centre
Waves

Monday - Friday*
10am - 3pm

Juniors aged 11-13 can use the gym with a parent/guardian

Price:
Juniors £1.70,
Adults £4.10,
Seniors £3.00

Please note: All participants must book in for an induction on their first visit. *Bank holiday opening hours vary - please ask.
Giant Pool Inflatables / Pool Toys and Floats

Slide, climb and glide along our giant inflatables in the water, or enjoy a selection of toys and floats in the pool.

All ages. Price: See page 10.

Lakey Lions

Parents can leave their children to participate in supervised games and play activities. These can include bouncy castle, messy art, parachute games, creative fun and soft play. Children learn to enjoy activities in a team environment while having fun.

Ages: 4-7 Years. Price: £4.00 with an EXTRA card or £6.60 without

Mister Twister’s Magic Show

A magic show with fun for all ages. Balloon modelling, tricks and many more surprises. Children must be accompanied by an adult.

Ages: Under 12s. Price: £5

Sport and Splash Camp

A half day of structured fun and games in the sports hall and a half day in the pool. Includes supervised lunch hour (bring packed lunch, drink and swimming kit).

Ages: 8-15 Years. Price: £9.10 with an EXTRA card or £15.60 without

The Tynemouth Destroyer

Take on your friends with our dual run giant pool inflatable...

Ages: 8-15 Years. Price: £2.30 with an EXTRA card or £3.80 without

Wave Rave

Have a splashing time with pool floats, plus waves every 15 minutes!

All ages. Price: See page 10
<table>
<thead>
<tr>
<th></th>
<th><strong>LAKE SIDE CENTRE</strong></th>
<th><strong>HADRIAN LEISURE CENTRE</strong></th>
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<tbody>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>No activities</strong></td>
<td><strong>No activities</strong></td>
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<tr>
<td></td>
<td><strong>Sport and Splash Camp</strong></td>
<td><strong>Climbing Wall and Orienteering</strong></td>
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<td></td>
<td>9.30am-3pm, ages 8-15</td>
<td>10am-3pm, ages 8-16</td>
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<td></td>
<td><strong>Giant Pool Inflatable</strong></td>
<td><strong>Pool Toys and Floats</strong></td>
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<td>1.30pm-3pm, all ages</td>
<td>1.30pm-3pm, all ages</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>Lakey Lion's Soft Play, Arts and Crafts</strong></td>
<td><strong>Climb and Splash</strong></td>
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<td></td>
<td>10am-12pm, ages 4-7</td>
<td>10am-3pm, ages 8-15</td>
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<td></td>
<td><strong>Pool Toys and Floats</strong></td>
<td><strong>Dance and Splash</strong></td>
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<td>1.30pm-3pm, all ages</td>
<td>10am-3pm, ages 8-15</td>
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<td></td>
<td><strong>Pool Toys and Floats</strong></td>
<td><strong>Giant Pool Inflatable, Pool Toys and Floats</strong></td>
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<td>1.30pm-3pm, all ages</td>
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<td><strong>THURSDAY</strong></td>
<td><strong>Sport and Splash Camp</strong></td>
<td><strong>Pool Toys and Floats</strong></td>
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<td>9.30am-3pm, ages 8-15</td>
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<td>1.30pm-3pm, all ages</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>Lakey Lion's Bouncy Castle and Mini Games</strong></td>
<td><strong>Giant Pool Inflatable, Pool Toys and Floats</strong></td>
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<td></td>
<td>1pm-3pm, ages 4-7</td>
<td>1.30pm-3pm, all ages</td>
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<td><strong>Pool Toys and Floats</strong></td>
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<td>1.30pm-3pm, all ages</td>
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Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call: (0191) 643 4177

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call: (0191) 643 2025
TYNEMOUTH POOL

No activities

Pool Toys & Floats
10.30am-12pm, all ages

The Tynemouth Destroyer
1.30pm-3pm, ages 8-15

Pool Toys & Floats
10.30am-12pm, all ages

Mega Boards Fun Sessions & Toys
1.30pm-2.30pm, all ages

Mega Boards Fun Sessions & Toys
11am-12pm, all ages
The Tynemouth Destroyer
1.30-3pm, ages 8-15

WAVES

No activities

Captain Jack’s Kids Club:
Soft Play, Arts and Crafts
10am-12pm, ages 5-7 (under 5s with an adult)

Pool Toys and Floats
5.30pm-6.30pm, all ages

Mister Twister’s Magic Show
2pm-4pm, ages under 12

FootGolf and Splash
10am-3pm, ages 9-15
Wave Rave
6.30pm-7.30pm, all ages

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call: (0191) 643 2900

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call: (0191) 643 2600
Look out for our Summer of Cycling this year, when we will be inviting you to explore North Tyneside on two wheels! Whether pedalling for fun or as an alternative to the car, cycling is low impact, lifts your mood and puts a smile on your face.

Pick up a copy of the full programme, or find out more at www.northtyneside.gov.uk

**Launch event**
**Big Bike Day**

**Tuesday 28 May, 11am to 2pm**
Richardson Dees Park, Wallsend

Family fun to start our Summer of Cycling
- Use pedal power to make a tasty smoothie
- Balance bikes for little ones
- Adapted bikes for people with a disability
- Get a bike health check with Dr Bike
- Bikeability Level 1 (book ahead, see page 9)
- Learn to Ride (book ahead, online at www.eventbrite.co.uk)
- Northumbria Police bike security marking
- End the day with a guided off-road family bike ride

**Skatepark**

**Wednesday 29 May, 11am to 2pm**
Phoenix Bowl Skatepark
(next to The Parks Sports Centre, North Shields)

Join other enthusiasts to show off your latest stunts and tricks – or even learn new ones! A DJ will be on hand to play the latest tracks; all you need is your BMX, scooter or blades. Provided in partnership with the Phoenix Detached Youth Project, Meadowell Connected and Cedarwood Trust.
Active North Tyneside is providing Bikeability training for ages 8-14 years. Courses give young people the skills, confidence and knowledge to cycle safely in modern road conditions.

**LEVEL 1**

Learn to control and master your bike in a space away from traffic. Skills include how to get on and off your bike without help, use gears and how to share space with pedestrians and other cyclists. Children must be able to ride without stabilisers. Bring a bike in safe condition (with two working brakes), a drink and cycle helmet, and wear appropriate clothing.

**Richardson Dees Park**
North Road, Wallsend, NE28 8RH
Tuesday 28th May, 11.30am – 1.30pm

**LEVEL 2**

Children will be required to confidently demonstrate Level 1 learning outcomes (please visit www.bikeability.org.uk for further information). On arrival, children will be asked to complete a short informal competence test to ensure that they are ready to progress onto Level 2. All parents will be asked to stay for this, which will last approximately 15 minutes. If a child is unable to demonstrate competence at Level 1, they will not be permitted to remain at the session on that day. Bring a bike in safe condition (with two working brakes), a cycle helmet, packed lunch and plenty of water, and wear appropriate clothing.

**Rising Sun Country Park**
Whitley Road, Benton, NE12 9SS
Wednesday 29th May, 9am – 3.30pm

Book online: Visit www.eventbrite.co.uk and search ‘Bikeability’
Our pools are open every day, so come along for a splash or enjoy a swim after one of our other activities!

SWIM PRICES AND POOL ADMISSION POLICY

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

Price: £2.30 with an EXTRA card or £3.80 without

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

Price: £2.50 with an EXTRA card or £4.40 without
Children must be able to stand with their foot flat on the bottom of the pool with their chin above the water (pool depth for Lakeside, Hadrian and Tynemouth is 0.9 metres and 0.7 metres for Waves).

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**THE LAKESIDE CENTRE**

Four 45-minute lessons:
£30.40 with an EXTRA card or £44 without
(Tuesday to Friday)
Stage 1: 8.30am - 9.15am
Stage 2: 9.15am - 10am
Stage 3: 10am - 10.45am

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**TYNE MOUTH POOL**

Four 30-minute lessons:
£20.20 with an EXTRA card or £29.40 without
(Tuesday to Friday)
Stage 1: 8.30am - 9am
Stage 2: 9am - 9.30am
Stage 3: 9.30am - 10am

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**WAVES**

Four 30-minute lessons:
£20.20 with an EXTRA card or £29.40 without
(Tuesday to Friday)
Stage 1: 8.30am - 9am
Stage 2: 9am - 9.30am
Stage 3: 9.30am - 10am
Stage 4: 10am - 10.30am

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**ONE-TO-ONE SWIMMING LESSONS**

One-to-one swimming lessons are available at various times. Ask at any pool for details.

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

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**THE LAKESIDE CENTRE**

Southgate, Killingworth, NE12 6SA
(0191) 643 4177

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**TYNE MOUTH POOL**

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

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**WAVES**

The Links, Whitley Bay, NE26 1TQ
(0191) 643 2600
Looking for something to do after school?

No Limits clubs run every week at sport and leisure centres, offering a fantastic mix of pool and dry activities!

Pool activities include toys and floats, plus giant inflatables at Hadrian, Lakeside and Tynemouth. Dry activities include multi-sports, trampolining and football.

**Pool sessions:**
- Mondays: Waves
- Thursdays: The Lakeside Centre
- Fridays: Tynemouth Pool and Hadrian Leisure Centre

**Dry sessions:**
- Mondays: The Lakeside Centre
- Tuesdays: The Parks, North Shields
- Wednesdays: Hadrian Leisure Centre
- Fridays: Marden Bridge Sports Centre

Activities run during term-time only and can vary, please ask for details. A valid EXTRA card is required. Usual child admission policy applies for pool sessions.

www.activenorthtyneside.org.uk

No Limits

**DISABILITY**

At The Parks on Mondays, for ages 0-16. Try multi-skills, boccia, archery, soft play, our multi-sensory room and more. With qualified coaches. Hoist available. Call for details.