

Redbridge Sports & Leisure

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Minicom: Textphone users add prefix 18001 to access BT Typetalk



Summer 2009
Kids Activity Programme



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Redbridge Sports & Leisure offer a diverse range of courses throughout the summer holidays, so we're sure there will be something for everyone, whether your child enjoys outdoor sports, racket sports or likes to try a little of everything with our Multi-Sports weeks. We even cater for working parents who may like to take advantage of our extended hours – with early drop-off and late pick-up times.

The scheme is Ofsted registered and all children taking part in the summer programme will experience expert coaching from CRB checked coaches, in some of the finest facilities available in the country. Children will have the opportunity to learn new skills and develop existing ones all in a fun environment, while you are safe in the knowledge that they will be adding an active, healthy week to their holidays.

All details on how to book your child into the Summer scheme, as well as special offers for booking early are shown below.

We look forward to seeing you in the Summer.

How to Book:

Complete the enclosed form, additional forms can be downloaded from our website:

www.rslonline.co.uk

Come into the Centre with completed booking form and pay. (Cash, Credit Card or Cheque are accepted).

If you can't make it to the Centre, send the booking form to us:

Fax: 020 8498 1020

Email: lucy@rslonline.co.uk

Post: (Address on front cover of brochure).

Either send a cheque (payable to Redbridge Sports Centre Trust Ltd) along with the booking form, or pay by credit card. (call 020 8498 1010)

**BOOK BY
1ST JULY &
PAY LAST
YEAR'S
PRICES!!**

multi-sports week



A perfect way for your child to experience all the sports we offer at the Sports Centre. This popular programme combines various activities such as Trampoline, Fun Fitness, Tennis, Badminton, Football, Basketball, Cricket, Racketball and less intense fun games for the young ones!

MS1 Mon. 20th – Fri. 24th July.

MS2 Mon. 27th - Fri. 31st July.

MS3 Mon. 3rd - Fri. 7th Aug.

MS4 Mon. 10th - Fri. 14th Aug.

MS5 Mon. 17th - Fri. 21st Aug.

MSD6 DAYS ONLY:

Mon 24th, Tues 25th &

Thurs 27th Aug.

Time: 9.30am – 3.30pm

Age: 5 – 14yrs

Cost: MS1, 2, 3, 4 & 5

Members: £74.00

Non-Members: £80.00

MSD6 (Daily Rate)

Members: £14.80

Non-Members: £16.00

multi-sports week extended

This longer version of the Multi-Sports is designed for the working family. During the morning the children will take part in activities, but from 3.30pm onwards they are treated to a quiet movie in very comfortable surroundings to wind down.

MSE1 Mon. 20th – Fri. 24th July.

MSE2 Mon. 27th - Fri. 31st July

MSE3 Mon. 3rd - Fri. 7th Aug.

MSE4 Mon. 10th - Fri. 14th Aug.

MSE5 Mon. 17th - Fri. 21st Aug.

Time: 8.00am - 6.00pm

Age: 5 - 14years

Cost: MSE1, 2, 3, 4 & 5

Members: £98.30

Non-Members: £104.50

MSDE6 DAYS ONLY:

Mon 24th, Tues 25th &

Thurs 27th Aug.

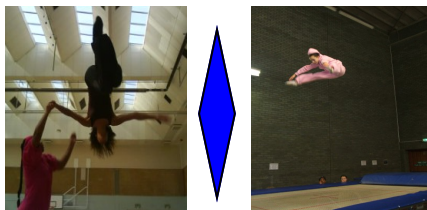
MSDE6 (Daily Rate)

Members: £19.66

Non-Members: £20.90



trampoline



During each specialised week you will have the chance to improve your performance immensely by learning a variety of new moves and perfecting those that you are already able to perform.

- T1** Mon. 20th – Fri. 24th July.
- T2** Mon. 27th - Fri. 31st July
- T3** Mon. 3rd - Fri. 7th Aug.
- T4** Mon. 10th - Fri. 14th Aug.
- T5** Mon. 17th - Fri. 21st Aug.

TD6 DAYS ONLY:

Mon 24th, Tues 25th &
Thurs 27th Aug.

Time: 10.00am – 12noon

Age: 7yrs+

Cost: T1, 2, 3, 4 & 5

Members: £39.20

Non-Members: £44.60

TD6 (Daily Rate)

Members: £7.84

Non-Members: £8.92

For more information on
gymnastics & trampoline courses
please contact Michelle Roper
on 020 8498 1026 or
email: micheller@rslonline.co.uk

table tennis

Junior Table Tennis Activities
(Day Courses)

Whether you've played before or not, it doesn't matter. Come along for one, two or all three days and join our sessions (coach in attendance) for some fun and learn the moves & rules of this great sport.

TTD1 Mon 24th Aug

TTD2 Tues 25th Aug

TTD3 Fri 28th Aug

Time: 10.30am –
12.30pm

Age: 10 – 14 years

Cost:

(Daily Rate) TTD1, 2 & 3

Members: £7.70

Non-members: £8.82



**BOOK BY
1ST JULY &
PAY LAST
YEAR'S
PRICES!!**

badminton

Every course will be divided into age groups or ability on day one and our coaches will teach accordingly. Two coaches will be in attendance, numbers permitting. Includes plastic shuttles.

- B2** Mon. 27th July – Fri. 31st July.
B3 Mon. 3rd - Fri. 7th Aug.
B4 Mon.10th -Thur.13th Aug. (4 days)
B5 Mon.18th -Thur.22nd Aug.(4 days)
BD1 SPECIAL ONE-DAY ONLY:
 Friday 14th Aug: Essex County Players - details by application.
Time: 2.00pm – 4.00pm
Age: 7yrs+
Cost: B2 & B3
 Members: £38.50
 Non-Members: £44.10
Cost: B4 & B5
 Members: £30.80
 Non-Members: £35.28
Cost: BD1
 Members: £9.98
 Non-Members: £11.00

For more information on badminton courses please contact Pat Ormes on 020 8498 1031 or email: badminton@rslonline.co.uk

For more information on tennis & squash courses Please contact Matt Crane on 020 8498 1052 or email: mattc@rslonline.co.uk

tennis



Includes introduction to technique, tennis fitness and fun games aimed at improving co-ordination. At the end of the week there is a fun tournament.

- ST3** Mon. 3rd - Fri. 7th Aug.
Time: 10.00am - 12noon
Age: 6 - 14 years
Cost:
 Members: £45.00
 Non-Members: £50.00

squash

Mini Squash Summer Courses includes games, skills, techniques for all standards of player from 8 years - 14 years.

- SQ2** Mon. 27th - Fri. 31st July.
SQ5 Mon. 17th - Thurs.20th Aug (4 days only).
Time: 10.30am – 12.30pm



- Age:** 8 - 14 years
Cost:
SQ2
 Members: £43.70
 Non-Members: £48.90
SQ5
 Members: £34.96
 Non-Members: £39.12

hockey

An opportunity for both boys and girls to learn and develop their hockey skills in a fun and safe learning environment.

H4 Mon. 10th Aug. - Fri. 14th Aug.
Time: 9.30am - 12.30pm
Age: 8 - 14 years
Cost: Member: £36.20
 Non-Member: £42.70



football

Football Camp (Boys)

Love football?...
 Come and join our camp to improve your game whilst having fun!



Weekly award for the most improved player, so get your boots on!

Extended hours also available

F1 Mon. 20th - Fri. 24th July.
F2 Mon. 27th - Fri. 31st July.
F4 Mon. 10th - Fri. 14th Aug.
F5 Mon 17th - Fri 21st Aug.
F6 Mon 24th - Fri 28th Aug
Time: 9.30am - 3.30pm
Age: 5 - 14 years
Cost: Member: £60.60
 Non-Member: £66.60

Extended Time: 8.00am - 6.00pm
Age: 5 - 14 years
Cost: Member: £84.90
 Non-Member: £91.10

netball

Netball Camp (Girls)

The Netball Camp is aimed at introducing and developing the game in a fun environment whilst improving skills with experienced coaches.



N4 Mon. 10th - Fri. 14th Aug.
Time: 10.00am - 12.30pm
Age: 8 - 11 years
Cost: Member: £35.00
 Non-Member: £41.25

For more information on any of the outdoor or specialist outdoor courses

**please contact Gemma Sewell,
 on 020 8498 1025 or
 email: gemma@rsionline.co.uk**

specialist camps

football/tennis camps

A chance for both boys & girls to combine two popular sports in one day with the option to have an extended day. Starting with football in the morning and tennis after lunch.

SFT3 Mon. 3rd - Fri. 7th Aug.

Time: 9.30am - 3.30pm

9.30am - 12noon **football**

12.45pm - 3.30pm **tennis**

Age: 8 - 14 years

Cost: Member: **£67.60**

Non-Member: **£71.80**

SFTE3 Mon. 3rd- Fri. 7th Aug.

Time: 8.00am - 6.00pm

9.30am - 12noon **football**

12.45pm - 3.30pm **tennis**

Age: 8 - 14 years

Cost: Member: **£91.90**

Non-Member: **£96.30**

For periods 8am-9.30am & 3.30pm-6pm please refer to Multi-Sports Extended Programme.

basketball/football camps

Boys & girls of all abilities will be able to improve their skills and techniques in two specialised sports in a fun and relaxed environment.

SBF3 Mon. 3rd - Fri. 7th Aug.

Time: 9.30am - 3.30pm

9.30am - 12noon **basketball**

12.45pm - 3.30pm **football**

Age: 8 - 12 years

Cost: Member: **£67.60**

Non-Member: **£71.80**

SBFE3 Mon. 3rd - Fri. 7th Aug.

Time: 8.00am - 6.00pm

9.30am - 12noon **basketball**

12.45pm - 3.30pm **football**

Age: 8 - 12 years

Cost: Member: **£91.90**

Non-Member: **£96.30**

For periods 8am-9.30am & 3.30pm-6pm please refer to Multi-Sports Extended Programme.

fitness academy



Make Fitness Fun - An assortment of *fun & different* activities with all-round benefits in a 4-day course - all classes taught by qualified professionals. Academy includes: Kick Boxing (*Martial Arts*), Street Dance (*Movement & Co-ordination*) & Fitness Sessions

Please contact Sally Adams for further information regarding this course on 020 8498 1034.

FA1 Monday 20th - Thursday 23rd July

Time: 10.00am - 1.00pm

Age: 9 - 14 years

Cost: Member: **£34.00**

Non-Member: **£39.00**



PARENTS GUIDE TO MULTI-SPORTS PROGRAMME 2009



- When you bring your children to the scheme please drop them off at the appropriate area.
Multi-Sports, Football, Hockey & Netball = OUTDOOR ARENA
Tennis, Badminton, Squash, Trampoline, Gym = MAIN RECEPTION
- Children of all ages must be signed in and out by their parent/guardian unless we have received a signed letter stating otherwise.
- If you wish for someone else to collect your child from the Centre, the coach must be notified in writing that morning.
- Children will be required to wear non-marking trainers on the course (where appropriate i.e. indoors).
- Please ensure that all forms are completed in FULL (even small items such as membership status are vital).
- It is not always possible to do all of the advertised activities during the week and outdoor activities will depend upon the weather. (Multi-Sports only)
- In the unlikely event of an accident/incident, this will be reported to you by the group's coach upon collection each day or via an accident slip.
- If your child has any prescribed medicine that needs to be taken, this should be recorded on our forms so that our coaches can administer it properly. This will be locked away in the Arena office (for outdoor activities) and at Reception (for indoor activities) during the day.
- Children with any infectious diseases/diarrhoea/measles will not be allowed onto the play scheme. If a child has had diarrhoea and/or vomiting, twenty-four hours must have elapsed after this has stopped before they can be readmitted.
- Children should bring a packed lunch each day (where applicable), or pre-book a packed lunch at time of booking activity course, this must be paid for at the time of booking (only full week bookings can be taken). Our food may contain nuts.
- If the weather is hot, please put sun cream onto your children, as we cannot do this. Suitable attire is also required, for example sunhats. Alternatively, could they also bring a raincoat for bad weather. Applicable to all outdoor activities.
- Refunds will not be granted without a doctor's note, but depending on the circumstances a credit may be authorised for another time. Please call Lucy Gillingham in this case.
- If your children would like to be with their friends, please request this on the enrolment form and we will try our hardest to accommodate you.
- Children are not encouraged to carry mobile phones on the sports scheme. Any phones will be locked in the pavilions main office and can be accessed at lunchtime and the end of the day to make and receive calls.

For any queries please do not hesitate to contact the Kids Activity Programme Co-ordinator on 020 8498 1030. We look forward to seeing you for a fun filled week of sport. Thank you very much.

CUSTOMER COMPLAINT PROCEDURE

If you wish to complain or offer any suggestions:

- Please speak to the Duty Manager or the Kids Activity Programme Co-Ordinator.
- If you are unable to resolve the problem speak to the Centre Manager.

The Multi-Sport scheme is run in accordance with good practice guidelines supplied by OFSTED to reflect the most recent requirements of the Children's Act 1989.

Any problems which cannot be resolved by the Centre's Management can be referred to: OFSTED, 90 Union Street, Southwark, SE1 0FS. Helpline: 0845 6014771.

[Click here for booking g form](#)



DETAILS & BOOKING FORM
REDBRIDGE SPORTS & LEISURE
Kids Activity Programme 2009

Child's Name: Date of Birth:

Age: Home Address:

Postcode: Home Telephone No.:

DETAILS OF PARENTS/GUARDIANS/CARERS

(1) Parent's/Guardian's/Carer's Name:

Address (if different from above):

Postcode: Email:

Place of Work: Work Number:

Mobile Number:

(2) Parent's/Guardian's/Carer's Name:

Address (if different from above):

Postcode: Email:

Place of Work: Work Number:

Mobile Number:

Emergency contact/number's (other than parent/guardian/carer):

Name of person who usually collects the child:

Other person(s) who may collect the child Password

Other person(s) who may collect the child Password

Further information (if necessary)

Details of who has legal contact with the child

Details of who has parental responsibility for the child

Details of who the child usually lives with

CHILD'S DOCTOR/GP DETAILS

Name & Address:

Phone Number:

CLINIC/HOSPITAL CONTACT (if applicable)

Name Phone No.

HEALTH INFORMATION

Does your child have any health/medical needs and if yes please give details of child's symptoms:

.....

.....

What medication does the child usually have (details recorded on Parental Permission Form):

.....

Any follow up care required:

.....



DETAILS & BOOKING FORM
REDBRIDGE SPORTS & LEISURE
Kids Activity Programme 2009

Special dietary requirements. Preferences or food allergies

Spoken language at home

Child's religion/culture

Anything else our staff should know about your child e.g likes, dislikes, fears

Do you give permission for our coaches to give sterile hypo-allergenic plasters to your child?
 (Please tick box) Yes I give permission No I do not give permission

A parental permission form MUST be completed should any medication be held by a child or coach. PARENTS SHOULD NOTIFY THE SETTING OF ANY CHANGES TO THESE DETAILS IMMEDIATELY & PLEASE BE AWARE THAT ALL CHILDREN TAKING PART IN ANY OF OUR COURSES MUST BE 5 YEARS AND OVER AT TIME OF BOOKING

PARENT/GUARDIAN/CARER SIGNATURE:

Name	Course/Code	Cost
TOTAL:		

If you would like your child to be in the same group as friends/family please state their names:

.....

I understand Parents Guidelines **Yes/No** Centre Member: **Yes/No**

Photograph Permission: *We occasionally take photos of some of the activities for future use in advertising the KAP programme. This advertising can include our website, brochures, posters within the Centre and the local press. Photos will be retained for a maximum of 12 months. You will be sent copies of any articles printed.*

I DO / DO NOT give Redbridge Sports & Leisure permission to photograph my child.

Signature of Parent/Guardian:Date:

REFUNDS WILL NOT BE GIVEN FOR LATE CANCELLATIONS

FOR OFFICE USE ONLY: Please attach copy of receipt

Amount Received: Chq/Cash/Visa

Date: Reception Initials: