



# SUMMER KAP 2017

Come and join us for an action packed week  
of fun-filled activities!



**EARLY  
BOOKING OFFER**

*Book two weeks  
or more & get  
Fridays for FREE!  
Offer expires 23rd  
July 2017.*

**Ages 5 - 14**

Multi-Sports (9:30am - 3:30pm)  
Extended Days (8:00am - 6:00pm)

Multi-Sports - Netball - Football - Tennis - Squash - Badminton  
Gymnastics - Trampolining & Much More

To Book NOW call 020 8498 1010 ; email [KAP@rslonline.co.uk](mailto:KAP@rslonline.co.uk)  
or visit [www.rslonline.co.uk](http://www.rslonline.co.uk); register and book online

Redbridge Sports & Leisure, Forest Road, Barkingside, Essex, IG6 3HD



### Inside this issue

<i>KAP Introduction</i>	2	<b>Redbridge Sports &amp; Leisure</b> offers an unrivalled Kids Summer Programme, combining the highest quality facilities with a dedicated professional coaching team to provide fun-packed weeks for your child, all in a clean, safe and healthy environment.
<i>Multi-sports, + Football</i>	3	Throughout the school holidays we're running a range of specialist camps, from Badminton to Trampolining as well as multi-sports sessions for those who want non-stop action! Courses are available for all ages from 5 – 14; providing the opportunity to try a wide variety of <i>sports on site</i> , as well as a series of fun sessions such as Roller Disco, Basketball, Boxing and much more*.
<i>Trampoline</i>	4	
<i>Gymnastics</i>	4	
<i>Netball</i>	4	
<i>Squash</i>	5	
<i>Tennis</i>	5	Multi-sports weeks are packed full of fun from 9.30am – 3.30pm every day; and if that's not enough we offer extended days from 8.00am – 6.00pm, which is perfect for working parents (and for kids who just love sport!). The extended mornings are full of fun games with the evening session usually featuring a specially selected film to help wind down at the end of a fun-filled day.
<i>Tots Tennis</i>	5	
<i>Parents Guidelines</i>	6	
<i>Booking Form</i>	7/ 8	Mum's and Dad's, we are Ofsted registered and every week is supervised by DBS checked, hand-picked coaches, all with specialist sporting qualifications. If your kids have been before, they'll know what a great time they can have with us this summer, and for those who haven't – book your kids in early to avoid disappointment. Your kids will thank you, as they're guaranteed to have a great time and to make loads of new friends – so let them keep active with Redbridge Sports & Leisure this Summer.

\* Full programme varies from week to week

We've now got more ways to book than ever before – you can visit [www.rslonline.co.uk](http://www.rslonline.co.uk) and make your booking online...alternatively for full details on other ways to book or find out more about the Summer Programme please call 020 8498 1010.

We look forward to seeing you in the Summer.

**KAP Co-ordinator**





## 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. 24th–Fri. 28th July (5 Day)
- MS2** Mon. 31st–Fri 4th August (5 Day)
- MS3** Mon. 7th–Fri 11th August (5 Day)
- MS4** Mon. 14th–Fri 18th August (5 Day)
- MS5** Mon. 21st–Fri. 25th August (5 Day)
- MS6** Tues. 29th Aug–Fri. 1st Sep (4 Day)

**Time:** 9.30am – 3.30pm

**Age:** 5 – 14yrs

**Cost: (5 Days)**

Members: **£92.50**

Non-Members: **£99.75**

**Cost: 4 (Days)**

Members: **£74.00**

Non-Members: **£79.80**

**MSD (days only)**

Members: **£23.15 per day**

Non-Members: **£24.95 per day**



### JUNIOR COURSES

**For more information on all Junior Courses**

**please contact Jamie Glover  
on 020 8498 1026 or  
email:**

**juniorcourses@rslonline.co.uk**

## 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.

- MS1** Mon. 24th–Fri. 28th July (5 Day)
- MS2** Mon. 31st–Fri 4th August (5 Day)
- MS3** Mon. 7th–Fri 11th August (5 Day)
- MS4** Mon. 14th–Fri 18th August (5 Day)
- MS5** Mon. 21st–Fri. 25th August (5 Day)
- MS6** Tues. 29th Aug–Fri. 1st Sep (4 Day)

**Time:** 8.00am – 6.00pm

**Age:** 5 – 14yrs

**Cost: (5 Days)**

Members: **£122.50**

Non-Members: **£130.00**

**Cost: (4 Days)**

Members: **£98.00**

Non-Members: **£104.00**

**MSED (days only)**

Members: **£30.65**

Non-Members: **£32.50**

## football camp

Love football?... Come and join our week long camp to improve your game whilst having fun! Award for the most improved player. Limited spaces - book early.

**F1:** Mon 24th - Fri 28th July (5 Day)

**F2:** Mon 31st - Fri 4th Aug (5 Day)

**F3:** Mon 7th - Fri 11th Aug (5 Day)

**Time:** 10.00am - 12.00am

**Age:** 8 - 10 yr olds

**Cost:**

Members: **£36.00**

Non-Members: **£39.60**



## trampoline

During these specialised, fun one-day courses, whether you are a beginner or experienced, 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. Trampoline sessions are being held on Thursday 3rd August, Wednesdays 9th, 16th & 23rd August.

*British Gymnastics qualified coaches*

**T1: 3rd August**

**T2: 9th August**

**T3: 16th August**

**T4: 23rd August**

**Time:** 10.00am – 3.15pm

**Age:** 6yrs+

**Cost: (Daily)**

Members: **£23.00**

Non-Members: **£24.60**

*Please note: Socks must be worn, hair tied back, no jewellery & no jeans. Please bring your own packed lunch.*

## gymnastics

Throughout the summer holidays, we will be running daily Gymnastics on Mondays, Tuesdays & Thursdays from Monday 24th July - Thursday 31st August.

**G1:**

**Time:** 9.30am - 10.30am

**Age:** 4 - 5 years

**G2:**

**Time:** 10.30am - 11.30am

**Age:** 6 - 7 years

**G3:**

**Time:** 11.30am - 12.30pm

**Age:** 8+ years

**Cost: G1 - G3 (daily)**

Member: **£5.60**

Non-Member: **£6.32**

## netball

### Netball Camp (Girls)

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

**N1** Tues.8th Aug - Thurs.10th Aug.

**Cost:** Member **£25.20**

Non-Member **£28.45**

**Time:** 10.00am - 12.30pm

**Age:** 8 - 11 years

Extended morning session available

## netball & tramp

### Netball & Trampolining Days (Girls)

The morning will be spent learning netball skills, drills & match play with a lunchtime break at 12.30pm. (Bring packed lunch & drinks with you). The fun will then continue in the afternoon with Trampolining.

**NT1** Wed 2nd Aug

**NT2** Wed 30th Aug

**Cost:** Member **£20.50**

Non-Member **£21.50**

**Time:** 10.00am - 3.15pm

**Age:** 8 - 11 years



## squash

Squash Summer Days - includes games, skills, techniques for all standards of player from 8 years 16 years.

Book by the day between Monday 24th - Friday 11th August

**Time:** 10.30am – 11.30noon

**Age:** 8 - 16 years

**Cost: SQCD**

Members: **£5.40 (per day)**

Non-Members: **£6.10 (per day)**

## tots tennis

For children aged 4 to 7 years old; enables them to learn the basics and how to enjoy the game through a series of fun activities, based on the fundamental areas of balance, co-ordination, agility, movement and racket and ball skills.

**STT1** Mon. 24th - Fri 28th July

**STT2** Mon. 31st - Fri 4th August

**STT3** Mon. 7th - Fri 11th August

**STT4** Mon. 14th - Fri 18th August

**STT5** Mon. 21st - Fri 25th August

**STT6** Tues. 29th - 1st September (4 Day)

**Time:** 10.00am - 11:00am

**Age:** Beginners: 4-7 yrs old

**Cost: Per Week**

Members: **£33.95**

Non-Members: **£36.60**

**Cost: For Four Days**

Members: **£27.16**

Non-Members: **£29.28**

## tennis

Includes introduction to technique, tennis fitness and fun games aimed at improving co-ordination.

**ST1** Mon. 24th- Fri 28th July

**ST2** Mon.31st - Fri 4th August

**ST3** Mon.7th - Fri 11th August

**ST4** Mon.14th - Fri 18th August

**ST5** Mon.21st - Fri 25th August

**ST6** Tues.29th-1st September (4Day)

**Standard:** Beginner & Intermediate

**ST10 Orange Ball:**

**Time:** 11.00am - 12.30pm

**Age:** 8-9 yrs old

**ST1G Green Ball:**

**Time:** 12.30pm - 2.00pm

**Age:** 10-11 yrs old

**ST1Y Yellow Ball:**

**Time:** 2.00pm - 3.30pm

**Age:** 12+ yrs old

**Cost: Per Week**

Members: **£50.95**

Non-Members: **£54.90**

**Cost: For Four Day Week**

Members: **£40.76**

Non-Members: **£43.92**

## mini tennis

**STMR Mini Red:**

**Time:**10.00am - 11.00am **Age:** 4-8 yrs

**Cost: For Two Day Week (1Hour)**

**Member: £13.58**

**Non-Member: £14.65**

**STMO Mini Orange:**

**Time:**11.00am - 12.30pm **Age:** 8-9 yrs

**Cost: For Two Day Week (1.5 Hour)**

**Member: £20.38**

**Non-Member: £21.96**

**Standard:** Advanced Mini Players

Every Wednesday & Friday from 26th

July - 1st September.

## PARENTS GUIDE TO MULTI-SPORTS PROGRAMME 2017



- When you bring your children to the scheme please drop them off at the appropriate area.  
Multi-sports drop off JEAN BROWN ARENA - pick up at 3.30pm JEAN BROWN ARENA, extended Multi-sports pick up BISTRO MAIN CENTRE.
- 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 Jean Brown Indoor Arena office (for outdoor activities) and at either 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) and a drink/water bottle.
- 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 Duty Manager 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 1010. 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.

**Please ensure that your son/daughter wears appropriate sports clothing (i.e. no jewellery, denim or baggy clothing and long hair tied back). Please ensure your son/daughter brings a bottle of water with a sports cap, as they will need to keep rehydrated throughout the lesson. We would ask you to be prompt for the session, as our policy is if a gymnast is 5 or more minutes late for the class, they will not be able to participate in that session as they will not have had a sufficient warm up, and are at risk of injury from the activity they will be doing.**



**DETAILS & BOOKING FORM**  
**REDBRIDGE SPORTS & LEISURE**  
**Kids Activity Programme 2017**

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: .....

.....

PTO



**DETAILS & BOOKING FORM**  
**REDBRIDGE SPORTS & LEISURE**  
**Kids Activity Programme 2017**

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
<b>TOTAL:</b>		

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: .....