

kids
summer
camp

Age 5 - 14

***FRIDAYS
FOR FREE**

***BOOK ANY 2 WEEKS OR MORE BY THE 20TH JULY 2018 &
RECEIVE THE FRIDAYS FREE OF THE WEEKS YOU HAVE
BOOKED. EXCLUDING WEEK COMMENCING TUESDAY 28TH
AUGUST**

**Multi Sports (9.30am - 3.30pm)
Extended Days (8.00am - 6.00pm)**

**Multi Sport - Netball - Football - Tennis - Squash - Badminton
Gymnastics - Trampolining - Fun Games & Much More**

To Book NOW Call 020 8498 1010; email KAP@rslonline.co.uk

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

www.rslonline.co.uk



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Redbridge Sports & Leisure 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.

Throughout the school holidays we're running a range of specialist camps, such as, Trampoline, Gymnastics, Netball, Netball/Trampoline, Tennis, Squash & Badminton 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 *sports on site*, as well as a series of fun sessions such as Bouncy Castle, Football, Boxing and much more*.

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.

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.rsonline.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

Please see our website for our full customer complaint procedures on our 'parents guide to multisport programme' <http://www.rsonline.co.uk/wp-content/uploads/2018/05/ParentsGuidelines-2018.pdf>
Or at reception.





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, Dodgeball, Badminton, Football, Basketball, Cricket, Racketball and less intense fun games for the young ones!

MS1 Mon. 23rd–Fri. 27th July (5 Day)

MS2 Mon. 30th–Fri 3rd August (5 Day)

MS3 Mon. 6th–Fri 10th August (5 Day)

MS4 Mon.13th–Fri17th August (5 Day)

MS5 Mon. 20th–Fri.24th August (5 Day)

MS6 Tues. 28th Aug–Fri.31st August
(4 Day)

Time: 9.30am – 3.30pm

Age: 5 – 14yrs

Cost: (5 Days)

Members: £95.00

Non-Members: £102.00

Cost: 4 (Days)

Members: £76.00

Non-Members: £81.60

MSD (Days Only)

Members: £26.25 per day

Non-Members: £28.00 per day

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. 23rd–Fri. 27th July (5 Day)

MS2 Mon. 30th–Fri 3rd August (5 Day)

MS3 Mon. 6th–Fri 10th August (5 Day)

MS4 Mon.13th–Fri17th August (5 Day)

MS5 Mon. 20th–Fri.24th August (5 Day)

MS6 Tues. 28th Aug–Fri.31st August
(4 Day)

Time: 8.00am – 6.00pm

Age: 5 – 14yrs

Cost: (5 Days)

Members: £126.00

Non-Members: £133.50

Cost: (4 Days)

Members: £100.80

Non-Members: £106.80

MSED (Days Only)

Members: £35.25

Non-Members: £37.12



JUNIOR COURSES

For more information on all Junior Courses

please contact Jamie Glover

on 020 8498 1026 or

email:

juniorgroups@rslonline.co.uk



Gymnastics

Throughout the summer holidays, we will be running daily Gymnastics on Mondays & Tuesdays from Monday 23rd July - Tuesday 28th August.

Time: 9.30am - 10.30am

Age: 4 - 13 years

Cost per day:

Member **£5.75**

Non Member **£6.50**

Please ensure that your son/daughter wears appropriate sports clothing (i.e. no jewellery, denim or baggy clothing and long hair tied back). 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.

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 Wednesday 1st August, 15th, 22nd & 29th August.

T1: Wed 1st August

T2: Wed 15th August

T3: Wed 22nd August

T4: Wed 29th August

Time: 10.00am – 3.15pm

Age: 6years+

Cost: (Daily)

Members: **£23.70**

Non-Members: **£25.30**

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

Netball

Netball Camp

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

N1: Wed.1st, 2nd & 3rd Aug.

Cost: Member **£25.95**

Non-Member **£29.25**

Time: 10.00am - 12.30pm

Age: 8 - 11 years

Netball & Tramp

Netball & Trampolining Days

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: Thurs 23rd Aug

NT2: Thurs 30th Aug

Cost: Member **£21.10**

Non-Member **£22.15**

Time: 10.00am - 3.15pm

Age: 8 - 11 years

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. 23rd–Fri. 27th July (5 Day)
STT2 Mon. 30th–Fri 3rd August (5 Day)
STT3 Mon. 6th–Fri 10th August (5 Day)
STT4 Mon. 13th–Fri 17th August (5 Day)
STT5 Mon. 20th–Fri. 24th August (5 Day)
STT6 Tues. 28th Aug–Fri. 31st Aug (4 Day)

Time: 10.00am - 11:00am

Age: Beginners: 4-7 yrs

Cost: Per Week:

Member	£34.90
Non Member	£37.60

Cost: For Four Days:

Member	£27.90
Non Member	£30.10

Squash & Badminton Camp

For children aged 8+ for a 3 day camp, learning the basics of both squash and badminton. Introducing technique, fitness & fun games starting in the morning with badminton 10.30-11.45, a half hour comfort break then on to squash at 12.15.

SB1: Tues. 7th–Thurs. 9th Aug

SB2: Tues. 21st–Thurs. 23rd Aug

Time: 10.30am - 1.30pm

Age: Beginners: 8+ yrs old

Cost for 3 days:

Member: **£39.30**

Non Member: **£44.50**

Tennis

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

ST1 Mon. 23rd–Fri. 27th July (5 Day)

ST2 Mon. 30th–Fri 3rd August (5 Day)

ST3 Mon. 6th–Fri 10th August (5 Day)

ST4 Mon. 13th–Fri 17th August (5 Day)

ST5 Mon. 20th–Fri. 24th August (5 Day)

ST6 Tues. 28th Aug–Fri. 31st Aug (4 Day)

Standard: Beginner & Intermediate

ST10 Orange/Green Ball:

Time: 11.00am - 12.30pm

Age: 8-10 yrs old

ST1Y Yellow Ball:

Time: 12.30pm - 2.00pm

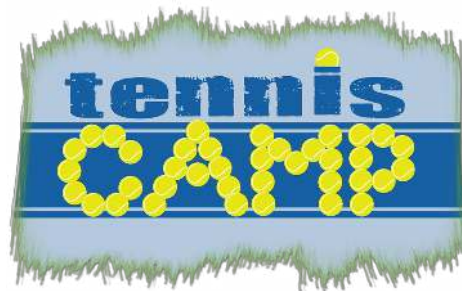
Age: 11+ yrs

Cost: Per Week

Members:	£52.35
Non-Members:	£56.40

Cost: For Four Day Week

Members:	£41.90
Non-Members:	£45.10



PARENTS GUIDE TO MULTI-SPORTS PROGRAMME 2018



- When you bring your children to the scheme please drop them off at the appropriate area. Multi-Sports, Football, Badminton, Netball & Trampoline = JEAN BROWN ARENA - Tennis, Squash, Gymnastics = MAIN RECEPTION
- Extended Times e.g. Multi-Sports = MAIN BUILDING (NORMAN BOOTH) (BISTRO)
- This year children of all ages must be signed in and out by their parent/guardian. Should you wish your child to make their way to and from the KAP programme please advise us in writing.
- 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 be dressed in the appropriate attire which is Sports clothing (i.e. no jewellery, denim or baggy clothing and long hair tied back), and to also wear non-marking trainers.
- Please ensure that all forms are completed in FULL (even small items such as membership status are vital). Before making the booking.
- Children over 8 on *Multi-Sports only, will be attending Fullwell Cross swimming pool on FRIDAY'S, so they will be required to bring their swimming kit. *(Easter & Summer Only)*
- Children under 8 on *Multi-Sports only, will be attending Al's Play Barn on FRIDAYS of each week. *(Easter & Summer Only)*
- 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 are aware. Where and if necessary medication will be placed at either Reception, depending on where the children are at that time, or held on by the Coach.
- 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 re-admitted.
- Children can bring a packed lunch each day (where applicable) or place an order in our café with the Coach in the morning. The parent/ child will need to inform the Coach in the morning if they wish to purchase a lunch, so it is ready for 12:30pm. Our food may contain nuts. Vending machines also available.
- 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, The Kap Coordinator must be made advised at least 24 hours prior to attending KAP. Depending on the circumstances a credit may be authorised for another time. Please call the Kids Activity Programme Co-ordinator 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 secured at Reception and can be accessed at lunchtime and the end of the day to make and receive calls.
- Each child must behave appropriately at all times. Any disrespectful behaviour from any child will be passed on to be dealt with the Head Coach/ Kids Activity Coordinator.
- Any medical or special needs/ behaviourally needs must be discussed with the Kids Activity Coordinator prior to attending the session. The Coordinator and Coach will then assess the child for the day, deciding whether the child can adapt and be comfortable in the surroundings without requiring one to one care from our Coaches & Helpers. This will then determine if we will have the child, attend the other selected days.

NO FOOD CONTAINING NUTS MUST BE BOUGHT ONTO K.A.P.SESIONS DUE TO CHILDREN WITH ALLERGIES

PLEASE BE AWARE CAR PARKING CHARGES ARE APPLICABLE, PLEASE SEE SIGNAGE IN THE CAR PARK & ON OUR



DETAILS & BOOKING FORM
REDBRIDGE SPORTS & LEISURE
Kids Activity Programme 2018

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 2018

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: