

CRÈCHE

The Creche is open to all children 0-5 years and is registered with Ofsted under the Children Act 1989. Parents using the Creche must remain on the premises. Prior to use, a Creche enrolment form is to be completed. Illness - 24 hours must have elapsed since the last incident of sickness before attending the Creche.

Monday to Friday 9.00am - 12.00pm

SOFT PLAY

For parent and tots. Activities for the under 5's with soft play shapes and a bouncy castle on a matted area.

Monday and Friday 10.00 - 12noon

Wednesday 1.00 - 3.00pm

HEALTH & FITNESS

Junior Workout (Tone Zone) 12 - 15 years
(must complete an induction)

Monday and Tuesday 4.15 - 5.00pm

Wednesday and Friday 4.15 - 5.00pm

STREET BEATS

A fun introduction to fitness for young people. Listen to the best sounds and learn the latest dance routines. A dance and exercise class rolled into one.

Tuesday 4.15 - 5.00pm 7-11 years
5.00 - 6.00pm 12-15 years

BOOKINGS

These can be made by telephone up to 7 days in advance, payment within 24 hrs of booking.

PLEASE NOTE

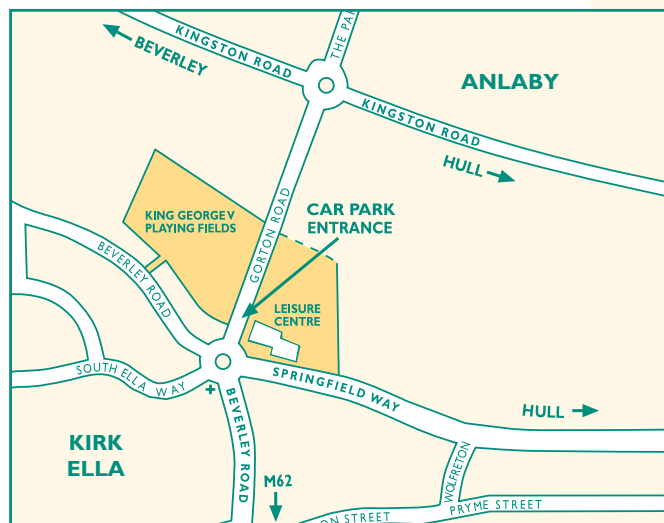
Some of the activities in this leaflet are course based and therefore it is necessary to book a place/places. Please contact Reception for details.

The management reserve the right to change the programme at any time.

East Riding of Yorkshire Council will, on request, provide this document in braille or large print.

If English is not your first language and you would like a translation of this document, please telephone 01482 393939.

LOCATION



OPENING TIMES

Monday - Friday 7.30am - 11.00pm

Saturday 9.00am - 8.00pm

Sunday 9.00am - 9.00pm

The Swimming Pools opening times vary from the above, please see separate Pool Programme brochure or contact Reception.

CUSTOMER FEEDBACK

Please tell us what you think of our facilities, programme and quality of service, so that we may continue to improve our service to you. You can pass on your comments to us by informing a member of staff or completing a Comments Card available from reception.

PUBLIC TRANSPORT

East Yorkshire Bus No. 154 stops outside the facility. For timetable and more information visit their website at www.eyms.co.uk

Haltemprice Leisure Centre Springfield Way Anlaby HU10 6QJ
Telephone: 01482 652501 Fax: 01482 650577

www.haltempriceleisurecentre.co.uk

LC/56



East Riding Leisure
Haltemprice
LEISURE CENTRE

Children's Activities



ON DRY LAND!

JUNIOR SQUASH

A fun session learning racket and ball skills, game tactics and warm up and cool down routines. Supervised by qualified coaches.

Saturday	9.00 - 11.00am	Novice/beginners
	11.00 - 1.00pm	Intermediate/advanced
Sunday	9.40 - 11.40am	Intermediate/advanced
	11.40 - 1.40pm	Intermediate/advanced

TENNIS

Coached tennis session, with the Richard Plews Tennis School. All skills are taught using the new Lawn Tennis Association's mini tennis initiative. Sunday mornings, phone for details.

TRAMPOLINING

8 week courses. Fun and safe, following the British Amateur Gymnastics Association Awards Scheme (formally British Trampoline Federation), from beginners to advanced. This challenging sport is not only enjoyable but helps improve fitness, strength, flexibility, co-ordination and balance.

Monday	6.15 - 7.15pm	7 - 10 years
	7.15 - 8.15pm	10 - 14 years
	8.15 - 9.15pm	14 years - adult
Tuesday	4.30 - 5.30pm	2 ½ - 5yrs
	5.30 - 6.30pm	5 - 8yrs
	6.30 - 7.30pm	8 yrs upwards
Thursday	1.30 - 2.30pm	2 ½ - 5yrs
Saturday	9.30 - 10.30am	5 - 7 years
	10.30 - 11.30am	5 - 7 years
	11.30 - 12.30pm	7 years upwards
Sunday	9.30 - 10.30am	4 to 8yrs
	10.30 - 11.30am	8yrs upwards
	11.30 - 12.30pm	8yrs upwards

Application forms available from Reception

JACK IN THE BOX

Term time only. This club is an exciting pre school Gymnastics and Movement Club for children aged 9 months to 5 years. Activities include action songs and music, movement and pre school maths skills with bags of Fun and Enthusiasm. For more information or to book a place, please call Gail on 665317.

KARATE

Learn the latest techniques and styles, the way of the orient, with this traditional Japanese style of Karate.

Wednesday	7.00 - 8.00pm	Age 6 plus - beginners
	8.00 - 10.00pm	Adults
Sunday	9.00 - 11.00am	Mixed 9 years plus

JUDO

The Judo Club is organised by Jeff Brady (Haltemprice Judo Club). For more information or to book a place please call Jeff on 652338. Or visit www.haltempricejudo.co.uk.

Tuesday	6.00 - 7.30pm	Juniors 8-16 yrs
	8.00 - 9.30pm	Youths and seniors
Thursday	8.00 - 9.30pm	Advanced 8 yrs - seniors
Saturday	9.30 - 10.30am	Beginners and intermediates
		5 - 7yrs
	10.30 - 11.30am	Beginners and Intermediates
		9 - 17yrs

GYMNASTICS

8 week course. Following the BAGA award's scheme this fun agility and co-ordination based activity is not only enjoyable but helps improve fitness, strength, flexibility and balance.

Monday	4.15 - 5.15pm	Beginners
	5.15 - 6.15pm	Beginners/Intermediate
Tuesday	4.30 - 5.30pm	Beginners under 8
	5.30 - 6.30pm	Beginners/Intermediate
	6.15 - 7.30pm	Squad tumble class
	7.30 - 8.30pm	Beginners over 8
Thursday	4.15 - 5.15pm	Beginners under 8
	5.15 - 6.15pm	Beginners/Intermediate
Friday	4.00 - 5.00pm	Gymnis Squad
	5.00 - 6.30pm	Junior Squad
	6.15 - 7.45pm	Youth/Seniors Squad

SUPER SOCCER

A structured football coaching session concentrating on passing, ball control, football related games.

Wednesday	4.15pm - 5.00pm	5-7 years
	5.00pm - 6.00pm	8-11 years

GETTING WET!

AQUA TOTS

A gentle and enjoyable introduction to water for both mum or dad and baby, with qualified teachers.

Monday, Wednesday and Friday 1.00 - 1.30pm
(Term time only)

Saturday 10.00 - 10.30am

9 months - 3 years

PRE SCHOOL LESSONS

Courses of swimming lessons taught by qualified, experienced instructors. All equipment is provided and the scheme is progressive, working towards East Riding of Yorkshire Council Learn to Swim Programme.

3 years plus

JUNIOR SWIMMING LESSONS

Courses of swimming lessons taught by qualified, experienced instructors. All equipment is provided and the scheme is progressive, working towards East Riding of Yorkshire Council Learn to Swim Programme.

4 years plus

ONE TO ONE SWIMMING LESSONS

One to one swimming lessons with one of our fully qualified swim teachers. Various times available, please contact Helen Hathaway on 652525.

4 years plus

CRASH COURSES

5 day course of intensive swimming lessons - 30 min sessions. Between 8.00 and 9.00am. Beginners only (Holidays only). **Must Book in Advance**

POOL INFLATABLES

Aqua Run

Can you avoid the obstacles, pass the crocodile and slide down the back of a killer whale? If you are the next Indiana Jones, lets see you in action!

Thursday 2.30 - 3.30pm (Holidays only)

Sunday 2.00 - 3.00pm

Pool Closed 30mins before session for equipment setup and another 30mins after session for removal of inflatable.