

TakePart Sports & Fitness

www.tandridgeleisure.co.uk

January – March 2010

Termtime courses & activities for children, young people & adults



all about you

MINI SOCCER 5 – 8 yrs & 9 – 12 yrs

Mini Soccer is an exciting indoor game aimed at improving young players' co-ordination and skill level for both boys and girls. We use fundamental practices to help children enjoy themselves whilst learning new skills. Towards the end of the session the match will be played where players put all that they have learnt into practice! At the end of the session the 'Man of the Match' will be awarded a trophy with the Most Improved Player of the course having their name engraved on our Football Academy Cup, otherwise known as the F.A Cup.

5 – 8 yrs

Tuesday 5 – 6pm

Friday 4.30 – 5.30pm

Spring: Member £34.87 / Non member £39.38
de Stafford Sports Centre

9 – 12 yrs

Friday 5.30 – 6.30pm

Spring: Member £34.87 / Non member £39.38
de Stafford Sports Centre

Spring Term (Tuesday)

5 January – 9 February
23 February – 23 March

Spring Term (Friday)

8 January – 12 February
26 February – 26 March

Spring Term (Friday)

8 January – 12 February
26 February – 26 March

TRAMPOLINING 5 – 9 yrs, 10 – 14 yrs & Adults

From a single bounce to multiple twists and somersaults, trampolining gives you all the benefits of exercise whilst, having lots of fun. It provides participants with the opportunity to work towards nationally recognised awards. We are now able to offer the chance to work towards the advanced level 13 award. All our coaches are fully qualified and experienced in working with children.

If you think it's only the children who get to have all the fun, then why not break the mould and come along to our Adult Trampolining Course? We are able to offer you a fun alternative to the gym and can guarantee you leave with a smile on your face!

5 – 9 yrs / 10 – 14 yrs

Saturday 4 – 5pm / 5 – 6pm

Spring: Member £39.38 / Non member £44.88
de Stafford Sports Centre

Adults

Monday 8.45 – 9.45pm

Spring: Member £44 / Non member £49.50
de Stafford Sports Centre

Spring Term (Saturday)

9 January – 13 February
27 February – 27 March

Spring Term (Monday)

4 January – 8 February
22 February – 22 March

BASKETBALL 7 – 16 yrs & 16+ yrs

Basketball offers the chance for players to practice their ball-handling skills, dribbling and shooting skills, whilst players learn how to work and play together in a team. Children will learn all the rules and tactics to help them one day become an NBA pro! Courses are six weeks long and roll round continually throughout the year.

7 – 16 yrs

Saturday 10 – 11.30am

Member £18.50 / Non member £21.50
de Stafford Sports Centre

16+ yrs

Saturday 11.30am – 12.30pm

Member £22 / Non member £24.75
de Stafford Sports Centre

YOUTH GYM 11 – 13 yrs

Our special Youth Gym is a one hour session aimed at young people aged 11 - 13 years old. It is an opportunity for young people to become confident within a gym environment, whilst improving their health and fitness ability and knowledge. It is suitable for young people of all abilities and experience, with tailored programmes aimed at improving fitness levels. All sessions are supervised by a qualified gym instructor. An excellent way to burn energy, whilst making new friends and socialising!

Wednesday 4 – 5pm

£22

Tandridge Leisure Centre

Friday 4 – 5pm

£22

de Stafford Sports Centre

Induction dates:

12 January, 10 February,
10 March

Induction dates:

29 January, 26 February,
26 March

SURREY YOUTH GAMES

We are currently working towards the Surrey Youth Games 2010. This is the perfect opportunity for children to train and compete in one of the biggest Youth Sport Festivals. Sports include Hockey, Badminton, Athletics, Judo, Basketball and lots more! Trials begin in April so look out for more information in the centres then!

Fancy hiring a badminton court or playing a game of football with some friends? Why not do it all at de Stafford Sports Centre! We are able to offer a Sports Hall the size of a 5-a-side football pitch or turn it into four separate Badminton Courts. You can hire all the equipment you will need to play with and know that you are in safe hands with our staff close by, should you have any problems. Afterwards, you can sit back and relax with a coffee, tea or cold drink from our Meeting Place Café.

To find out about our availability please contact our Reception team on 01883 344 355.



How to book



Call de Stafford Sports Centre or Tandridge Leisure Centre,
(Postal enquiries can be made - please phone to enquire first).



Book and pay at:
Either de Stafford Sports Centre or Tandridge Leisure Centre.

How to pay



If you are booking over the phone, please pay by credit or debit card at either de Stafford Sports Centre or Tandridge Leisure Centre. However, if you are booking in person, we accept cash / cheque / credit or debit card.



Save up to 15% with a **Big Card**

Young persons
Tandridge Leisure membership

Did you know that you can save up to 15% on all our activities at **de Stafford Sports Centre and Tandridge Leisure Centre** for a whole year, by purchasing a Big Card Membership.

Venue addresses

de Stafford Sports Centre
Burntwood Lane, Caterham, Surrey CR3 5YX
☎ 01883 344 355

Tandridge Leisure Centre
Hoskins Road, Oxted, Surrey RH8 9HT
☎ 01883 716 717

FSC Certified

This brochure is also available
to download at www.tandridgeleisure.co.uk