

Late Spring 2012

SP

Sportspark

Tel: 01603 592398

www.sportspark.co.uk

Sports Courses
 ~ Learn to play a new sport or develop your skills
SPRING ~ Trampolining Courses. (see inside)

Look out for Active Norfolk Get Back Into courses leaflet for Climbing, Swimming, Pilates, Aquafit and Netball coming soon.

| COURSE CODE | START DATE | BOOKABLE FROM | DURATION |
|-------------------|--------------------------|--------------------------|----------|
| Late Spring 2012 | Monday 20 February 2012 | Thursday 2 February 2012 | 6 weeks |
| Early Summer 2012 | Monday 23 April 2012 | Thursday 15 March 2012 | 6 weeks |
| Late Summer 2012 | Monday 11 June 2012 | Thursday 17 May 2012 | 6 weeks |
| Early Autumn 2012 | Monday 17 September 2012 | Thursday 5 July 2012 | 6 weeks |

SPORTSCAMPS

Children's School Holiday Courses
 ~ PICK UP A FLYER FROM RECEPTION ~

6-week Course Charges 2012

(shorter courses will be charged pro-rata)

| <u>Junior</u> | | SPORT | <u>Adult</u> | |
|------------------------------|-------------------|---|--|-------------|
| Non-Member* | SportsCard Member | | SportsCard Member | Non-Member* |
| £53* | £46.50 | Archery | £46.50 | £53* |
| £41* | £34.50 | Badminton | £34.50 | £41* |
| £47* | £40.50 | Climbing | £40.50 | £47* |
| £35* | £28.50 | Fit Kidz | N/A | N/A |
| £41* | £34.50 | Squash | £34.50 | £41* |
| N/A | N/A | Swimming | £37.50 | £44* |
| £75* | £64.50 | Trampolining | £64.50 | £75* |
| See Junior Volleyball Poster | | Volleyball | Ask at reception for current information | |
| N/A | N/A | Yoga ~ Evening | £34.50 | £41* |
| | | Daytime O/Peak | £24 | £39* |
| | | Yoga – daytime 'Drop-In Intermediate class ~ see inside for more details | | |

* 60p guest fee will be payable on each visit

One-off Activity Taster sessions (see inside for dates)

Junior & Adults:- £11.50 Members / £14 Non-Members*

For our Gymnastics courses see our SPRING leaflet.

ALL COURSES RUN FOR 6 WEEKS UNLESS STATED OTHERWISE

ARCHERY – WEDNESDAYS

| | | | | |
|----------------|-----------|------------|------------------------|------------|
| Juniors | Ages 8-15 | 5.30 – 7pm | Adults Ages 16+ | 7 – 8.30pm |
|----------------|-----------|------------|------------------------|------------|

BADMINTON - THURSDAYS

| | | | | |
|----------------|-----------|---------------|------------------------|---------------|
| Juniors | Ages 8-15 | 6.20 – 7.20pm | Adults Ages 16+ | 7.20 – 8.20pm |
|----------------|-----------|---------------|------------------------|---------------|

CLIMBING – VARIOUS DAYS

| Juniors | Ages 8-15 | | | Adults | Ages 16+ | | |
|----------------|------------------|------|---------------|---------------|-----------------|------|------------|
| | Beginner | Tues | 4.30 – 6.00pm | | Beginner | Mon | 6.30 - 8pm |
| | Improver | Thur | 5 – 6.30pm | | Improver | Mon | 8 - 9.30pm |
| | Beginner | Fri | 5.45 – 7.15pm | | Beginner | Tues | 6 – 7.30pm |
| | Improver | Sat | 9.30 – 11am | | Improver | Wed | 6 – 7.30pm |
| | Beginner | Sat | 11am-12.30pm | | Beginner | Wed | 7.30 – 9pm |

*Saturday Morning Climbing Club for *experienced Junior Climbers* *

For more details contact Anna Linsmith on a.linsmith@uea.ac.uk or call 01603 593863

FIT KIDZ – SUNDAY

| | | | |
|----------------|----------|--------|-------------|
| Juniors | Ages 10+ | Sunday | 11am – 12pm |
|----------------|----------|--------|-------------|

SQUASH - SATURDAY

| Juniors | Ages 8-15 | | Adults | Ages 16+ | |
|----------------|------------------|----------|---------------|-----------------|---------------|
| | Beginner | 12 – 1pm | | Improver | 10 – 11am |
| | | | | Beginner | 11am – 12noon |

SWIMMING – THURSDAY

| Adults | Ages 16+ | | |
|---------------|----------------------------|------------|---------------------|
| Thursday | Improver | 6 – 6.45pm | Earlham School pool |
| Thursday | Learn to Swim – Beginner 2 | 8 – 8.45pm | Earlham School pool |

TRAMPOLINING – TUESDAYS AND THURSDAY

| Juniors | | | Adults Ages 16+ | |
|----------------|-------------------|------------|------------------------|-------------|
| Ages Sch - 8 | Tuesday Beginner | 4 – 5.30pm | Tuesday Beginner | 8.30 – 10pm |
| | Thursday Improver | 4 – 5.30pm | Thursday Improver | 8.30 – 10pm |
| Ages 9 - 12 | Tuesday Beginner | 5.30 – 7pm | | |
| | Thursday Improver | 5.30 – 7pm | | |
| Ages 13 - 16 | Tuesday Beginner | 7 – 8.30pm | | |
| | Thursday Improver | 7 – 8.30pm | | |

| YOGA – VARIOUS DAYS | | | | |
|----------------------------|--------------|--------|-----------------|---------------------------------------|
| | | | | |
| Adults Ages 18+ | Beginner | Monday | 6 – 7pm | |
| | Intermediate | Monday | 7 – 8pm | 11 week option available |
| | Beginner | Friday | 9.30 – 10.30am | |
| | | | | |
| ALL YEAR | Intermediate | Friday | 10.45 – 11.45am | Drop- In Session -see prices below |

Drop-in session for experienced yoga participants only.
Per Session: - Members £5 / Non-Members £6 plus 60p guest fee

| ONE-OFF ACTIVITY TASTER SESSIONS | | | | | | | |
|---|-------------------------------|--------------|-------------|--------------|-------------|--------------|-------------|
| Course Name, Date, Age & Time | | Early Autumn | Late Autumn | Early Spring | Late Spring | Early Summer | Late Summer |
| ARCHERY | | 2012 | 2012 | 2012 | 2012 | 2012 | 2012 |
| Family Session Age 8+ | Sunday 10 – 11.30am | | | | | | |
| Adult Age 16+ | Sunday 11.30 – 1pm | | | | 11/3/12 | | 1/7/12 |
| CLIMBING | | | | | | | |
| Taster Day 1 | | | | | | | |
| Junior Age 8-15 | Saturday 1 – 2.30pm | | | | 3/3/12 | 28/4/12 | 23/6/12 |
| Adult Age 16+ | Saturday 2.30 – 4pm | | | | | | |
| Taster Day 2 | | | | | | | |
| Junior Age 8-15 | Saturday 1 – 2.30pm | | | 4/2/12 | 24/3/12 | 26/5/12 | 7/7/12 |
| Adult Age 16+ | Saturday 2.30 – 4pm | | | | | | |
| SQUASH | | | | | | | |
| Junior Age 8-15 | Saturday 1 – 2pm | | | | | | |
| Adult Age 16+ | Saturday 2 – 3pm | | | 11/2/12 | | 12/5/12 | |
| For details how to book on to a course see below | | | | | | | |

To book your place on the course of your choice simply.....

1. Pick up Booking Form from Reception

2. Fill it in

3. Hand it in to Reception

Example.....

| Course Code | Course Title | Start Date | Start Time |
|--------------------|-----------------------|------------------------|-------------------|
| <i>Late Spring</i> | <i>Junior Archery</i> | <i>Wed. 22 Feb '12</i> | <i>5.30pm</i> |

Don't forget you get great savings with a Sportscard.

To find out more why not pick up a Sportscard Booklet from Reception?

COURSES TERMS & CONDITIONS

- **REFUNDS** are only given on Course Fees if the course is full and we can find a replacement to cover your space.
- Sportspark reserves the right to alter or cancel any session/course if circumstances beyond their control deem it necessary. An alternative or voucher may be offered and Sportspark will endeavour to keep all participants informed as far as humanly possible.

For a full set of Courses Terms & Conditions please see the display board in the foyer,
visit our website at www.sportspark.co.uk or ask for a copy from Reception.