

A photograph of three children of diverse backgrounds smiling and leaning on the tiled edge of a swimming pool. The water is visible in the background.

Rochford District Holiday Activities

13-18 February 2012

Youth Activities

Family entertainment

**Activities for ages
18 months – 16 years**

FREE Sports Festival
Pull out timetable inside



Rochford
District Council

Welcome

Welcome to the latest programme of holiday activities for children, families and teens. The programme is arranged by Rochford District Council in partnership with Virgin Active and Rochford Extended Services and includes a selection of arts, sports and leisure activities for all ages and in venues across the Rochford District.

A table can be found on pages 4-5 of the brochure and includes booking codes for all activities. Refer to the adjacent list of codes to find the phone number to call to book your activity. Throughout the brochure we've picked out a selection of activities to highlight and explain in more detail. Important information and terms and conditions are printed on the back page.

We value and take action following feedback we receive and welcome your comments and suggestions about the brochure.

You are now able to view the holiday activities programme and book up to two weeks before the leaflets are delivered to schools by visiting www.rochford.gov.uk/holidayactivities

**ALL activities
must be prebooked**
unless otherwise stated.

Booking codes and telephone numbers

RDC: Rochford District Council
01702 318191. **2% surcharge on all RDC credit card bookings.**

RES: Rochford Extended Services
01702 545771 x 3226 **Activities with RES code must be booked before 10 February.**

CH: Clements Hall Leisure Centre
SS5 4LN 01702 207777

RLC: Rayleigh Leisure Centre
SS6 9NF 01268 654510

ACL: Adult Community Learning
Rochford, Rocheway, SS4 1DQ
01702 544900

L: Lords Golf & Country Club
SS6 9QS 01702 232377

MTC: Mushroom Theatre Company,
Lubards Farm, Hullbridge Road,
Rayleigh SS6 9QG 07985 422485

TSW: Tri N Swim Well
SS4 1PX 01702 547654

SHEC: Shopland Hall Equestrian
Centre, SS4 1LT 01702 543377

GWL: Great Wakering Library
SS3 0EQ 01702 219438

HOL: Hockley Library SS5 4BX
01702 203558

RAL: Rayleigh Library SS6 7BX
01268 775830

ROL: Rochford Library SS4 1PX
01702 546688

HUL: Hullbridge Library SS5 6ET
01702 230868

NBR: No booking required.

A table can be found on pages 4 and 5 of the brochure and includes booking codes for all activities.

Rochford District Council

The Leisure Team at Rochford District Council offer a range of Arts and Sports activities to take part in each holiday. Turn to pages 4 to 5 for all dates, venues and prices.

Grease workshop

Local group Mushroom Theatre Company will run a Grease themed full-day workshop for budding performers.

The Giants Are Coming

The Giants are Coming is a new storytelling project and invites storytellers of all ages to create their own giant inspired stories. All you need is a vibrant imagination and a story to tell! Free session led by Mike Dodsworth.

Swim with Confidence with Tri N Swim Well

These sessions are for children who have a genuine fear of water or feel uncomfortable with their face in water, which is stopping them learning to swim.

With only 3 children in the class and a patient instructor in the water at all times, we are able to explain through fun games and demonstrations that water can be a pleasure to be in.

Before children are able to learn swimming movements they have to be comfortable in water. We will teach them how to breathe in water, float, stand up and use their legs to travel forwards.

Fun Club at Shopland Hall Equestrian Centre

Fun Club is organised with beginners and inexperienced riders in mind

Have a fun morning with grooming and even washing your pony's tail ready for your ride. Enjoy paddling in the water jump on a pony when you are out on a pony ride! If it is raining then riding is in the indoor school

Learn about ponies whilst having fun in a safe environment with Quiz's and team games in a heated hall.

Dress Code – Please note there are specific footwear and clothing requirements.

Please call the booking number for SHEC for details.

Fencing with Little Musketeers

The ever popular Fencing Camp arrives in Great Wakering. Olympian James Beevers provides a fun, safe and educational environment for young children to learn fencing.

Bright coloured foam and plastic equipment is used and visors are worn given peace of mind and a genuine fencing experience.

Children will learn the skills of fencing through games, exercises and competitions. They can also mimic their movie heroes, learn the art of stage combat and take part in a gladiator battle finale!

The above is just a selection of the activities on offer. Turn to pages 4 and 5 for the full programme.

Holiday Activities – 13 to 18 February 2012 Places must be booked

Day	Activity	Venue	Time	Age	Cost	Booking Code
Monday 13	Fun Club at Shopland Hall Equestrian Centre	Shopland Hall Equestrian Centre SS4 1LT	9am-1pm	5-10	£20	SHEC
	Golf	Lords Golf & Country Club SS6 9QS	9.30-11.30am	U15	£4	L
	Multi Activities ~ Half Day	Clements Hall LC SS5 4LN	9.30am-12.30pm	5-11	£6/£5.50	CH
	Nail Art	Hockley Primary Academy, SS5 4UR	10am-12pm	9+	£5	RES
	Fencing	Great Wakering Primary School SS3 0EJ	10am-3pm	5-11	£7.50	RDC
	Family Fun Swim	Clements Hall LC SS5 4LN	10.30-11.30am	All ages	£3.25/£2.10	CH
	Dodgeball	Rayleigh LC SS6 9NF	3-4pm	5-8	£3.75	RLC
	Climbing	Clements Hall LC SS5 4LN	3.30-4.30pm	5-7	£7.50/£7	CH
	Dodgeball	Rayleigh LC SS6 9NF	4-5pm	9-12	£3.75	RLC
Tuesday 14	Climbing	Clements Hall LC SS5 4LN	4.30-6pm	8+	£10.60/£10.05	CH
	Valentine's Performing Arts	Clements Hall LC SS5 4LN	9.30am-12.30pm	5-8	£7.50/£7	CH
	Family Pottery	Ashington Primary Academy, SS4 3LN	10am-12pm	5+	£4	RES
	Grease	Mushroom Theatre Company Lubards Farm SS6 9QG	10am-3pm	5+	£15	MTC
	Family Fun Swim	Clements Hall LC SS5 4LN	10.30-11.30am	All ages	£3.25/£2.10	CH
	Mini Dribblers	Clements Hall LC SS5 4LN	1.30-2.30pm	2-4	£3.75	CH
	Valentine's Performing Arts	Clements Hall LC SS5 4LN	1.30-4.30pm	9-13	£7.50/£7	CH
	Football	Rayleigh LC SS6 9NF	3-4pm	3-5	£3.75	RLC
	Football	Rayleigh LC SS6 9NF	4-5pm	6-10	£3.75	RLC
Wednesday 15	Aqua Pigs Scuba (must complete health form on booking)	Clements Hall LC SS5 4LN	9-10am	8-16	£13.90/ £12.65	CH
	Fun Club at Shopland Hall Equestrian Centre	Shopland Hall Equestrian Centre SS4 1LT	9am-1pm	5-10	£20	SHEC
	Golf	Lords Golf & Country Club SS6 9QS	9.30-11.30am	U15	£4	L
	Multi Activities ~ Half Day	Clements Hall LC SS5 4LN	9.30am-12.30pm	5-11	£6/£5.50	CH
	Family Modroc	Sweyne Park School, SS6 9BZ	10am-12pm	5+	£4	RES
	Family Fun Swim	Clements Hall LC SS5 4LN	10.30-11.30am	All ages	£3.25/£2.10	CH
	Intro to Racket Ball	Clements Hall LC SS5 4LN	2-3.30pm	8+	£6/5.50	CH
	Mini Bouncers	Rayleigh LC SS6 9NF	2-3pm	18mths-4	£3.75	RLC

All activities are subject to change.

✿ To book, make a note of the activity booking code and

A woman with long brown hair is laughing heartily, her eyes squeezed shut and her mouth wide open. She is wearing a bright green and blue athletic top. In the background, other people are visible, some also smiling, suggesting a festive atmosphere. A red speech bubble is overlaid on the image, containing the text 'the best things in life are free'.

**the best things
in life are free**

**Put your wallet away at the
Rochford District Sports Festival**

Clements Hall & Rayleigh Leisure Centres
Saturday 25th and Sunday 26th February 2012



**CLEMENTS
HALL**
Leisure Centre

RAYLEIGH
Leisure Centre

Working in partnership with

 **Rochford**
District Council



Free sports and activities for all the family

From climbing and cheerleading to street dancing and zumba there's a packed timetable of activities for all ages and fitness levels at the Rochford District Sports Festival. And the best part is it's all completely FREE.

So whether you fancy a game of squash, badminton or table tennis - or football and dodgeball are more your thing - come and take part in the fun. Do your favourite activities for free or try something you've never done before.

Take a look at the timetable on the back of this leaflet and contact your local leisure centre to book your free activities.

Rochford District free Sports Festival in association with Virgin Active.

Saturday 25 & Sunday 26 February 2012

DATE	TIME	ACTIVITY	AGE	LOCATION
Saturday 25th	10.00-11.00	Zumba	16+	Rayleigh Leisure Centre
	12.00-13.00	Cheerleading	4-7	Rayleigh Leisure Centre
	12.00-13.00	Football	3-5	Rayleigh Leisure Centre
	13.00-14.00	Football	6-10	Rayleigh Leisure Centre
	13.00-15.00	Badminton	Family	Clements Hall Leisure Centre
	13.00-15.00	Squash	Family	Clements Hall Leisure Centre
	15.00-17.00	Table tennis	Family	Clements Hall Leisure Centre

DATE	TIME	ACTIVITY	AGE	LOCATION
Sunday 26th	09.00-11.00	Climbing	Family	Clements Hall Leisure Centre
	12.00-13.00	Street Dancing	Family	Rayleigh Leisure Centre
	12.00-13.00	Dodgeball	4-7	Rayleigh Leisure Centre
	13.00-14.00	Dodgeball	5-8	Rayleigh Leisure Centre
	15.00-17.00	Table tennis	9-12	Clements Hall Leisure Centre
	17.00-19.00	Climbing	Family	Clements Hall Leisure Centre

* Under 8s must be accompanied by an adult. Only one adult per child under the age of 2.

Holiday Activities – 13 to 18 February 2012 Places must be booked

Day	Activity	Venue	Time	Age	Cost	Booking Code
Thursday 16	Family Cookery	The King Edmund School SS4 1TL	10am-12pm & 1-3pm	5+	£12	RES
	Bouncy Castle Fun	Clements Hall LC SS5 4LN	10.30-11.30am	18mths-5	£3.75	CH
	Family Fun Swim	Clements Hall LC SS5 4LN	10.30-11.30am	All ages	£3.25/£2.10	CH
	Tramp o' Bounce	Clements Hall LC SS5 4LN	1.30-2.30pm	18mths-4	£3.75	CH
	Trampolineing	Clements Hall LC SS5 4LN	2.30-3.30pm	5-7	£5	CH
	Trampolineing	Clements Hall LC SS5 4LN	3.30-4.30pm	8+	£5	CH
	Food Play	Rayleigh LC SS6 9NF	3.30-4.30pm	2-5	£3.75	RLC
Friday 17	Family Coach Trip	The King Edmund School SS4 1TL	8.30am	All	£5	RES
	Golf	Lords Golf & Country Club SS6 9QS	9.30-11.30am	U15	£4	L
	Multi Activities ~ Half Day	Clements Hall LC SS5 4LN	9.30am-12.30pm	5-11	£6/£5.50	CH
	Family Fun Swim	Clements Hall LC SS5 4LN	10.30-11.30am	All ages	£3.25/£2.10	CH
	Pamper Time	Rayleigh LC SS6 9NF	1.30-3pm	6-10	£5.50/£5	RLC
	Family Fun Swim	Clements Hall LC SS5 4LN	7-8pm	All ages	£3.65/£2.50	CH
Saturday 18	Giants Are Coming Storytelling	Hockley Library SS5 4BX	10.30-11.30am	All ages	Free	HOL
	Family Fun Swim	Clements Hall LC SS5 4LN	2-3pm	All ages	£3.25/£2.10	CH

Multi Day Activities – 13 to 17 February 2011 Places must be booked

Day	Activity	Venue	Time	Age	Cost	Booking Code
Monday 13, Wednesday 15 and Friday 17	Swim with confidence	Tri n Swim Well SS4 1SQ	8.45-9.30am	5-16	£25	TSW (Participants must be able to attend all 3 days)
	Swim with confidence	Tri n Swim Well SS4 1SQ	9.30-10.15am	5-16	£25	
	Swim with confidence	Tri n Swim Well SS4 1SQ	10.15-11am	5-16	£25	
Monday to Friday	Swimming Lessons (under 5s with aids)	Clements Hall LC SS5 4LN	8-8.30am	3½-5	£30	CH
	Swimming Lessons (under 5s without aids)	Clements Hall LC SS5 4LN	8.30-9am	3½-5	£30	CH
	Swimming Lessons (over 5s with aids)	Clements Hall LC SS5 4LN	9-9.30am	5+	£40/£30	CH
	Rookie Lifeguard Bronze (must be able to swim 200m)	Clements Hall LC SS5 4LN	9-10am	8-16	£42.50/ £32.50	CH

All activities are subject to change.

refer to page 2 for the booking telephone numbers ❁

Rochford Extended Services

Family Modroc – Ages 5+

An opportunity for you to design a model of your choice and then construct it using the materials provided; examples and assistance are available and all materials are provided. Please be aware that this is a messy activity!

Family Pottery – Ages 5+

A firm favourite! Have messy fun making models out of air drying clay, again under the guidance of our fantastic artist.

Family Cookery with Waitrose – Ages 5+

Under the expert supervision and guidance of Waitrose of Southend, come and learn how to cook a two course meal for a family of four using Waitrose finest ingredients which will be provided and you can take home. Spaces limited and a maximum of two children per adult. Price is per family not per person.

Nail Art – Ages 9+

This is a great opportunity for all you budding nail artists! Under the guidance of a qualified nail technician design your own nails using nail varnish, acrylics, gems and different techniques. Practice on a set of nails and then put into practice on each other. All materials will be supplied and nails can be taken home.

Activities with RES
code must be booked
before 10 February.

Family Coach Trip to London – All Ages

Visit London for the day on Friday 17 February. Two destinations: (1) Covent Garden for the Transport Museum; (2) the Natural History /Science Museum/VA Museum. Price does not include any entrance fees, although the Natural History, Science and VA museums are free for everyone and the British Transport is free for the under 16s.

Seats are £5 each – children under two years old will travel free when sitting on a parent/carer's lap. All children must be accompanied by a responsible adult. All parents/carers are responsible for their children at all times.

Pick up at The King Edmund School (Oxford Road entrance – cars can be parked in the car park on the left) at 8.30 am. When parking in school car parks, parking is at the owner's risk and the school accepts no liability for loss or damage. We will leave London at 4 pm.

The above is just a selection of the activities on offer.
Turn to pages 4 and 5 for the full programme.

Virgin Active

At **Clements Hall** and **Rayleigh Leisure Centres**, we have a variety of sports and activities to keep your kids of all ages entertained during the February Half Term holidays. Below is just a selection of the exciting activities on offer...

Swimming Lessons, Rookie Lifeguard (CH)

Following the ASA Scheme our courses will help kids of all ages improve their strokes, learn new skills and gain confidence in the water.

Trampolining (CH/RLC), Tramp o'Bounce(CH)

Bound, bounce... boing!
Learn to bounce safely and master the basic skills required in trampolining with bouncy castle at CH for Tramp o' Bounce sessions.

Climbing (CH)

Come along and have a go at climbing under strict supervision and let us show you the ropes!
No experience required.

Valentine Performing Arts (CH)

Lights, camera, action! See if you've got the X Factor and join one of our Valentine Performing Arts session.

Don't forget

Our OFSTED registered creche facilities are open as follows:

Clements Hall Leisure Centre:
Monday to Friday 9am-6.30pm & Saturday 9am-12pm

Rayleigh Leisure Centre:
Monday to Thursday 9.30am-3pm
Friday 9.30am-1pm
& Saturday 9am-12pm

For all under 8s activities at RLC parents must remain on site and for some activities must stay and play!

Term Time Activities (CH/RLC) Don't forget that many of our holiday activities run during term time. So if you've tried something new during the holidays come back and develop your skills further!
We offer a wide variety of pay and play sessions and enrolment sports courses for all ages including: Trampolining, Climbing, Performing Arts, Badminton, Urban Street Dance. Call your Centre for further information.

The above is just a selection of the activities on offer.
Turn to pages 4 and 5 for the full programme.

Important information

- Unless otherwise stated activities must be booked in advance.
- Once places have been booked any payments will be non-refundable.
- Rochford Leisure Card holders are entitled to discounted prices on Rochford District Council and Virgin Active activities. Refer to activity table for prices. Leisure Cards can be purchased at Rayleigh or Clements Hall Leisure Centres.
- Participation in any activity constitutes your agreement to your child being included in any photographs taken for publicity purposes. If you do not wish your child to be included in any photography please inform us when booking.
- Contact the Family Information Service on 0800 0556874 for information about child care during school holidays and if you are entitled to help paying for the services.

Disclaimer

Booking any of the activities constitutes your agreement that the authority providing the facilities, their agents, servants and employees are not under any liability or obligation whatsoever in respect of personal liability, injury loss or damage however caused whilst your child attends the activity.

If you would like this information in large print, Braille or another language, please contact 01702 318121.

