

## Aqua Tots



This session is designed to develop both your confidence with your child in the pool and your child's water confidence through a variety of fun activities including nursery rhymes and much, much more!

### Session Times

#### 3 – 18 months

Tuesday 12.30pm – 1.00pm at Hood Park  
Thursday 9.40am - 10.00am at Hermitage  
Friday 9.40am - 10.00am at Hermitage

#### 18 months to School Age

Tuesday 1.00pm - 1.30pm at Hood Park  
Thursday 10.00am - 10.30am at Hermitage  
Friday 10.00am - 10.30am at Hermitage

### Session Cost

£3.30 per session

## Softplay



Softplay sessions cater for youngsters of pre-school age. The sessions include a bouncy castle, ball pond, soft play shapes, trikes, bikes and slides and are available at Hermitage and Hood Park Leisure Centres. All activities are supervised by experience staff but parents must stay and be involved.

### Session Times

#### Hood Park Leisure Centre

Tuesday 9.30 am - 11.30 am  
Thursday 1.00 pm - 3.00 pm

### Session Cost

	Hood Park Leisure Centre (2 hour session)
1st child	£3.00
2nd child	£2.20
3rd child	£1.50



## Children's Activities At Hermitage and Hood Park Leisure Centres

- After School Activities
- Birthday Parties
- Learn To Swim Scheme
- Puddle Ducks Creche
- Softplay



Hermitage Leisure Centre  
Silver Street  
Whitwick



Hood Park Leisure Centre  
North Street  
Ashby da la Zouch



01530 811215



01530 412181



[www.nwleics.gov.uk](http://www.nwleics.gov.uk)

February 2010

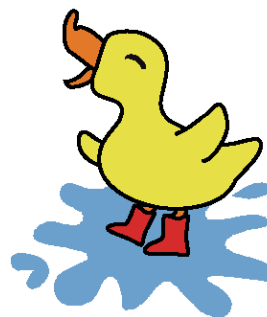
## Club Activ8 after school activities

Hermitage and Hood Park Leisure Centres both offer an exciting range of after school activities for youngsters to enjoy.

### Hermitage Leisure Centre

Day	Time	Activity	Age group	Price
Monday <small>(starts 12th April)</small>	4.00 - 5.00	Derby County Football club coaching	School Age - 8 yrs	♻️ £26.40 12 week course
	5.30 - 6.30	Autistic Session	4 - 16 yrs	♻️ £2.20
Tuesday <small>(starts 13th April)</small>	4.30 - 5.30	Leicester Tigers coached rugby	School Age - 11 yrs	♻️ £15.40 7 week course
	5.30 - 6.30	Leicester Riders Basketball coaching	5 - 12 yrs	♻️ £15.40 7 week course
Wednesday	3.45 - 4.30	Cheerleading	4 - 8 yrs	♻️ £2.20 per week
	4.30 - 5.15	Cheerleading	8 - 12 yrs	♻️ £2.20 per week
	4.30 - 5.30	Badminton	School Age - 9 yrs	♻️ £2.20 per week
	5.00 - 6.00	Fitness Fusion	11 - 15 yrs	♻️ £2.20 per week
	5.30 - 6.30	Badminton	10 - 14 yrs	♻️ £2.20 per week
Thursday <small>(starts 15th April)</small>	6.30 - 7.30	Badminton	14 - 18 yrs	♻️ £2.20 per week
	4.00 - 5.00	Derby County Football club coaching	School Age - 8 yrs 8 - 11 yrs	♻️ £28.60 13 week course
	5.15 - 6.15	Leicestershire Cricket Coaching	7 - 14 yrs	♻️ £15.40 7 week course
Friday	3.50 - 4.25	Mini Dribblers	3 - 4 yrs	♻️ £15.40 7 week course
	4.30 - 5.00	Mini Dribblers	3 - 4 yrs	♻️ £15.40 7 week course
Saturday	11.30 - 12.15	Funky Footsteps	School Age - 7 yrs	♻️ £2.50 per week
	12.15 - 1.15	Funky Footsteps	8 - 11 yrs	♻️ £2.50 per week
	1.15 - 2.15	Funky Footsteps	12 - 16 yrs	♻️ £2.50 per week
	2.15 - 3.15	Urban Vibes	12 - 16 yrs	♻️ £2.50 per week

## Puddle Ducks Creche



Are you looking for a fun, stimulating and challenging play experience for your child in preparation for them going to school?

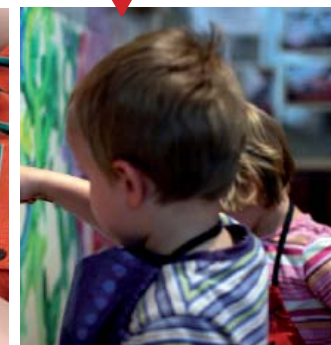
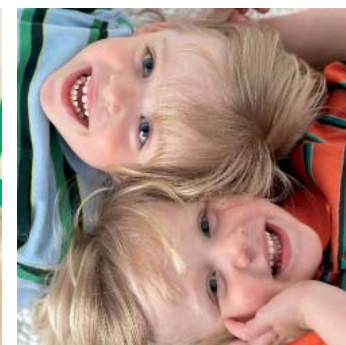
Our creche offers a fun and creative learning experience for your child and we can now care for your child both while you use the leisure centre or staying within the immediate locality.

### Opening hours:

Hermitage Leisure Centre  
Monday - Friday 7.45 am - 1 pm

Hood Park Leisure Centre  
Monday - Thursday 9 am - 12 noon  
Friday 9 am - 2.15 pm

Pre-booking is essential to avoid disappointment



### Parent staying on site

£3.10 per session  
£2.30 per session Leisure Link  
£2.60 2nd child  
£2.00 2nd child Leisure Link  
£20 a month unlimited access  
Lifestyle package available

### Parent going off site

£2.60 per half an hour session  
**Special Offer**  
£16 for 4 hour session

# Learn To Swim Scheme



At Hermitage and Hood Park Leisure Centre we offer a comprehensive learn to swim scheme for children through to adults. If you are looking to get your new born used to a pool from a early age why not try our aqua tots lessons. For adults why not try our adult swimming lessons. For more information please contact our Learn To Swim Co-ordinator.

## Levels Available

**Level 1:** To develop water confidence through fun and play in the water.

**Level 2:** To develop water confidence further in children aged 3 year olds and above through stimulating water activities. (Parent in water)

**Level 3:** (Level 3 - Children must be 4 years old) Through activities with the teacher in the water, children are encouraged to put their faces in the water and swim a few strokes.

**Level 3a:** (Level 3a - Children must be 8 years old or over) To develop water confidence and basic swimming technique.

**Level 4:** Children are challenged to swim 5m on their front and backs, with and without floats.

**Level 5:** Swimming techniques on front and back are developed further. Children are introduced to breaststroke, floating and sculling.

**Level 6:** Breathing techniques are developed. Children are introduced to butterfly, treading water and basic jumping and diving into the pool.

**Level 7:** Moving to the middle of the pool, further work is undertaken to develop technique and diving into the pool.

**Level 8:** All four strokes are further developed and children are introduced to basic lifesaving.

**Level 9:** Stamina and technique are further developed as are turns, starts, dives and lifesaving.

**Level 10:** Speed swimming, relays and starts are all covered to progress in to competitive swimming.

**Level 11:** Individual techniques are worked on problems ironed out.

**Level 12:** Adult Beginners

To develop water confidence and basic swimming technique

**Level 13:** Adult Improvers

To further develop water confidence and swimming technique

## Hood Park Leisure Centre

Day	Time	Activity	Age group	Price
Monday	4.15 - 5.15	Fitness Circuit Training	14 - 16 yrs	♻️ £2.20 per week
Tuesday	3.45 - 4.30	Football	4 - 5 yrs	♻️ £11 5 week course
	4.30 - 5.30	Football	5 - 7 yrs	♻️ £11 5 week course
	5.30 - 6.30	Football	7 - 11 yrs	♻️ £11 5 week course
Thursday	3.45 - 4.45	Mini Squash	6 - 10 yrs	♻️ £2.20 per week
	4.00 - 4.45	Cheerleading	School Age - 8 yrs	♻️ £11 5 week course
	4.45 - 5.30	Cheerleading	9 - 14 yrs	♻️ £11 5 week course
	5.00 - 6.00	Junior Have a go club (disabled session)	6 - 10 yrs	♻️ £2.20
	4.30 - 5.15	Boxercise	8 - 16 yrs	♻️ £2.20 per week
Friday	4.00 - 4.45	Street Dance	7 - 11 yrs	♻️ £2.50 per week
	4.30 - 5.30	Football	School Age - 6 yrs	♻️ £11 5 week course
	4.45 - 5.30	Street Dance	12 - 16 yrs	♻️ £2.50 per week
Saturday	10.30 - 11.30	Trampoline	7 - 11 yrs	♻️ £15.00 6 week course
	11.30 - 12.30	Trampoline	7 - 11 yrs	♻️ £15.00 6 week course

Session Dates: 12th April - 28th May 2010.

No sessions will run through half terms, Easter, Summer and Christmas holidays at Hood Park and Hermitage Leisure Centres.

If you are a member of the Club Activ8 scheme then don't forget to look out for the symbol below where you can redeem your loyalty points. 1 point = 10p ♻️



sport unlimited

# Birthday Parties

Let us take away all the stresses and strains of your child's birthday party and let you and your child enjoy the day

Party Description	Hermitage	Hood Park	Cost	Age groups
<b>Multi-Sport:</b> Choose your favourite sport or any combination of sports such as: Football, Uni-hoc, Kwik Cricket, netball and basketball and have your game organised and refereed by your party leader.	✓ Sports Hall	✓ Sports Hall	£60	6 - 10 yrs
<b>Music and Games Party:</b> Come along to our disco party with all the latest songs and lights. The party leader will organise fun and games to music.	✓ Sports Hall	✗	£60	5 - 8 yrs
<b>Exhaustion:</b> A challenge for the fittest with lots of energy needed! A selection of fun, games, obstacle courses and relays all organised by your party organiser! Guaranteed to wear the children out!	✓ Sports Hall	✓ Sports Hall	£60	6 - 10 yrs
<b>Inflataplay:</b> There's plenty of fun to be had by everyone with our exciting inflatable, ball pond, coloured shapes, slides and bikes, hoops and sponge balls. Why not complete the party with a selection of paracut games-all at no extra cost.	✓ Sports Hall	✓ Sports Hall	£60	1 - 6 yrs
<b>Inflatable and Party Games:</b> Includes bouncy castles, slides, parachute games, bikes, play shapes and party games.	✓ Sports Hall	✗	£60	5 - 10 yrs
<b>Pool Party*:</b> Saturdays 8-9pm The pool party includes the whole pool to themselves and the Atlantis Pool Inflatable . The party price includes four lifeguards to supervise your children's safety.	✓ Swimming Pool	✗	£86	8 - 14 yrs

\*Please note that only cold food options are available with this party and for safety reasons, all children must be able to swim 25 metres.

## Party Information

- We offer a wide range of party packages designed to cater for 3-10 years
- Every effort is made to ensure that your child's party is special but please book well in advance
- Your party includes all equipment, court hire (except disco party), a party supervisor and the use of a party room for serving the food.
- Our staff will set up and dismantle all equipment for the party.
- All parties are limited to 25 places
- Parties are only available at weekends and there are no self catering options



## How to book

1. Decide on the type of party that your child would enjoy the most.
2. Contact the party co-ordinator at the venue that holds the party to check whether the party date required is available:  
**Hermitage Leisure Centre: 01530 811215– Phil Hart**  
**Hood Park Leisure Centre: 01530 412181– Mandy Allsop**
3. Bookings are only taken up to 3 months in advance and deposit must be paid when booking.
4. The party must be paid for in full 10 days in advance of the booking and also all food orders must be placed at the same time.

Food Option	Description	Price 1 - 20 children	Price 20 plus children
Option 1	Sandwiches of choice, Chocolate Bar, Packet of Crisps, Drink	£2.30 each	£2.10 each
Option 2	Choice of: Burger in Bun, Hot Dog, Chicken Nuggets, Fishfingers and Chips, Drink, Sauce Sachet	£2.85 each	£2.65 each
Option 3	4 Sandwiches of choice, Chocolate Bar, Packet of Crisps, Drink	£2.85 each	£2.65 each

Why not add jelly and ice-cream to any of the above packages for just 65p per child