

Kappa Leisure Centre Summer Holiday Programme

Monday 26th July – Friday 27th August 2010



SUMMER SIZZLER

Kippax Leisure Centre,
Station Road, Kippax,
Leeds LS25 7LQ
Tel: 0113 2868882

HOLIDAY POOL OPENING TIMES

MONDAY	8.15am-9.30am 9.30am-1.15pm 1.30pm-3.00pm 5.30pm-7.15pm 8.40pm-9.30pm	General Lane Session (Adults) General Swimming Wet N Wild General Swimming Ladies Only
TUESDAY	8.15am-9.30am 9.30am-1.15pm 1.30pm-3.00pm 5.30pm-7.00pm 8.15pm-9.00pm 9.00pm-10.00pm	General Lane Session (Adults) General Swimming Wet N Wild General Swimming Women Only General Lane Session (Adults)
WEDNESDAY	8.15am-9.30am 9.30am-1.15pm 10.00am-11.00am 1.30pm-3.00pm 5.30pm - 6.30pm 6.45pm- 7.45pm 7.50pm-9.00pm	General Lane Session (Adults) General Swimming Adult & Toddler/Public deep water Wet N Wild General Swimming E group General Lane Session (Adults)
THURSDAY	8.15am-9.30am 9.30am-1.15pm 1.30pm-2.30 pm 2.30pm – 4.00pm 6.10pm-7.10pm 7.15pm-8.10pm 8.15pm-9.00pm 9.05pm-10.00pm	General Lane Session (Adults) General Swimming Wet N Wild General Lane Session (Adults) E group General Swimming Water Circuit Fitness Training General Lane Session (Adults)
FRIDAY	8.15am-9.30am 9.30am-1.15pm 1.30pm-3.00pm 5.30pm-7.00pm 7.15pm-8.15pm	General Lane Session (Adults) General Swimming Wet N Wild General Swimming Kippax ASC
SATURDAY	9.00am- 1.00pm 1.15pm-2.15pm	General Swimming Fun Session
SUNDAY	8.00am-9.00am 9.00am-12.30am 12.35pm-1.35pm 3.00pm-4.30pm 4.30pm-5.30pm 5.45pm-7.15pm 7.20pm-9.00pm	General Lane Session (Adults) General Swimming Fun Session E- Group Rothwell ASC General Swimming General Lane Swim

All floats and wet n wild equipment will be checked for suitability before the session starts.

**N.B. AN AREA OF THE POOL WILL BE ROPED OFF BETWEEN 12NOON AND 1.15pm
FOR LENGTH SWIMMING ONLY MONDAY TO FRIDAY.**

THE LEEDS CITY COUNCIL UNDER EIGHTHS POLICY APPLIES TO ALL SWIMMING SESSIONS AN ADULT (16YRS+) MUST ACCOMPANY CHILDREN UNDER 8YRS IN THE WATER AT A RATIO OF 1 ADULT TO 2 CHILDREN.

Holiday Activities

Monday 26th July – Friday 27th August 2010

Week 1

**Monday 26th July
9.30-3.00**



MULTI SPORTS FUN DAY

**Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16**

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such as Football, Cricket, Rounders, Basketball and many more.

BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES THE WET 'N' WILD.

**Tuesday 27th July
9.30-11.00**



SNORKELING

**Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12**

Do you want to have a go at Snorkeling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

**Wednesday 28th July
9.30-11.00**



SNORKELLING

**Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12**

Do you want to have a go at Snorkeling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

**Thursday 29th July
9.00 – 2.30**



MULTI SPORTS FUN DAY

**Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16**

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such Football, Rounders, Cricket and Basketball and many more.

BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES THE WET 'N' WILD.

**Friday 30th July
10.00-12.00**



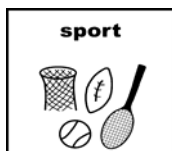
SUMMER PARTY

**Price £3.20, Breeze £2.50, under 8's
only
Maximum places 20**

A fun-filled session of soft play games set to music. Bounce the hours away on our bouncy castle and take part in games. Juice and biscuits provided for the children. CHILDREN MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT 16YRS+.

Week 2

Tuesday 3rd August
9.30-3.00



MULTI SPORTS FUN DAY

Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such as Football, Cricket, Rounders and Basketball and many more.
BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES THE WET 'N' WILD!

Wednesday 04th
August
9.30-11.00



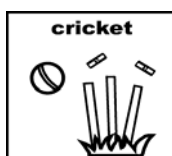
SNORKELING

Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12

Do you want to have a go at Snorkeling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

Thursday 5th August
9.30 – 11.30



KWIK CRICKET

Price £3.20, Breeze £2.50, AGE 8yrs +
Minimum places 6
Maximum places 20

A session of cricket fun coaching and then **kwik** cricket matches.

Friday 6th August
10.00-12.00



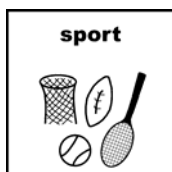
SUMMER PARTY

Price £3.20, Breeze £2.50, under 8's
only
Maximum places 20

A fun-filled session of soft play games set to music. Bounce the hours away on our bouncy castle and take part in games. Juice and biscuits provided for the children. CHILDREN MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT 16YRS+.

Week 3

Monday 9th August
9.30-3.00



MULTI SPORTS FUN DAY

**Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16**

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such as Football, Cricket, Rounders and Basketball and many more.
BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES THE WET 'N' WILD.

Tuesday 10th August
9.30-11.00



SNORKELLING

**Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12**

Do you want to have a go at Snorkelling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

Thursday 12th August
9.00 – 2.30



MULTI SPORTS FUN DAY

**Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16**

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such as Football, Cricket, Rounders and Basketball and many more.
BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES THE WET 'N' WILD.

Friday 13th August
9.30-11.00



SNORKELING

**Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12**

Do you want to have a go at Snorkeling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

Week 4

Monday 16th August
10.00-12.00



SUMMER PARTY

Price £3.20, Breeze £2.50, under 8's only
Maximum places 20

A fun-filled session of soft play games set to music. Bounce the hours away on our bouncy castle and take part in games. Juice and biscuits provided for the children. **CHILDREN MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT 16YRS+.**

Tuesday 17th August
9.30-11.00



SNORKELING

Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12

Do you want to have a go at Snorkeling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

Friday 20th August
9.30-3.00



MULTI SPORTS FUN DAY

Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such as Football, Cricket, Rounder's and Basketball and many more.
BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES THE WET 'N' WILD.

Week 5

Monday 23rd August
9.00-3.00



MULTI SPORTS FUN DAY

Price £7.00, Breeze £6.30, AGE 8yrs +
Minimum places 6
Maximum places 16

Are you into all sports? If the answer is yes, grab your friends and come down to the centre and take part in games such as Football, Cricket, Rounders and Basketball and many more.

BRING A PACKED LUNCH & SWIM KIT AS THIS DAY INCLUDES POOL INFLATABLE.

Wednesday 25th
August
9.30-11.00



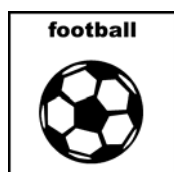
SNORKELING

Price £3.80, Breeze £3.20 AGE 8yrs+
Maximum places 12

Do you want to have a go at Snorkeling? Are you already a confident Snorkeller? If the answer is yes then come down and practice the techniques and routines.

Must be able to swim 50m!!

Thursday 26th August
9.30-11.30



FOOTBALL CHAMPIONSHIP

Price £3.20, Breeze £2.50, AGE 8yrs +
Minimum places 6
Maximum places 20

Take part in this mixture of soccer skills and five a side. Improve your goal keeping, defending, passing and shooting. Learn how to bend it like Beckham and score like Rooney.

ONE WEEK ONLY

MONDAY 26th July – FRIDAY 30th July

JUNIOR SWIMMING LESSONS – CRASH COURSES MONDAY TO FRIDAY

A half hour lesson each afternoon designed to improve your child's water confidence

BEGINNERS

4.00pm to 4.30pm

This class is designed for children who have started school and are ready to take part in formal lessons. The class will concentrate on a watermanship programme aimed to develop good water skills and basic water confidence to prepare the child for formal instruction on the swimming strokes. This class is conducted in the shallow end of the pool

PRICE STD £26.50

LEEDSCARD £24.00

LEEDSCARD EXTRA £19.00

MAXIMUM 8

IMPROVERS

4.35pm to 5.05pm

Designed for children who have experience of a swimming lesson programme and who can comfortably swim 12.5m (one width) without swimming aids. Techniques and skills are taught to develop water confidence in deeper water and improve skills, introducing formal elements of stroke technique. This class is conducted from the middle section of the pool

PRICE STD £26.50

LEEDSCARD £24.00

LEEDSCARD EXTRA £19.00

MAXIMUM 8

**Please note these lessons are not designed to achieve the
Dolphin Awards**

**Registration forms must be completed prior to the activity.
Limited numbers – Sessions must be booked and paid for in
advance.**

Bookings cannot be taken over the phone.