





Symbol	Activity	Day and time	Description	Price
	<p>Stay the day</p> <p>Booking Code C1</p> <p>Age 8 – 14 Years</p>	<p>Tuesday</p> <p>27TH July</p> <p>09.15 – 16.30</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00</p> <p>Leeds Card £11.90</p> <p>Breeze card £11.90</p>
	<p>Athletics Afternoon</p> <p>Booking Code C2</p> <p>Aged: 6 - 11 years</p>	<p>Wednesday</p> <p>28th July</p> <p>13.30pm - 15.30</p>	<p>Do you aspire to be an Olympic athlete? If so then this session is for you. You will be introduced to all disciplines of athletics, running, hurdling, throwing and jumping. Suitable training clothing is needed for this session as well as plenty to drink. Booking essential</p>	<p>Price £4.90</p> <p>Leeds Card £4.60</p> <p>Breeze card £4.60</p>
	<p>Stay the day</p> <p>Booking Code C3</p> <p>Age 8 – 14 Years</p>	<p>Thursday</p> <p>29TH July</p> <p>9.15am – 16.30</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00</p> <p>Leeds Card £11.90</p> <p>Breeze card £11.90</p>
	<p>Mini activity afternoon</p> <p>Booking Code C4</p> <p>Age 4 – 8 Years</p>	<p>Friday</p> <p>30th July</p> <p>14.00 -16.00</p>	<p>An afternoon of fun soft play and mini team games. Please bring something to drink.</p> <p>Booking essential</p>	<p>Price £4.40</p> <p>Leeds Card £4.10</p> <p>Breeze card £4.10</p>

Leisure Centre






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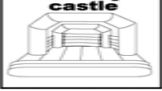
Week 2 2nd – 6th August Summer School Holiday Programme Monday 26th July – Friday 27th August 2010

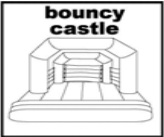

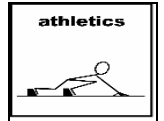


	<p>Learn to Swim</p> <p>Booking Code C5</p> <p>Tadpoles Age 5+</p>	<p>Monday – Friday</p> <p>2ND – 6TH August</p> <p>13.00 – 13.30</p>	<p>A class designed for children aged Five and above who are confident in the water and are ready to take part in formal swimming lessons. The class will concentrate on developing water skills and the teaching of the basic swimming strokes. Booking essential</p>	<p>Price £27.00</p> <p>Leeds Card £24.50</p> <p>Leeds Card Extra £22.00</p>
	<p>Lets get active</p> <p>Booking Code C6</p> <p>Aged: 6 - 11 years</p>	<p>Monday</p> <p>2nd August</p> <p>13.30 – 15.30</p>	<p>Come and join in our energetic and fun activity session. Whilst enjoying various games you will develop co-ordination ,balance & Movement skills. Suitable training clothing is needed for this session as well plenty to drink. Booking essential</p>	<p>Price £4.90</p> <p>Leeds Card £4.60</p> <p>Breeze card £4.60</p>
	<p>Stay the day</p> <p>Booking Code C7</p> <p>Age 8 – 14 Years</p>	<p>Tuesday</p> <p>3rd August</p> <p>9.15 – 16.30</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00</p> <p>Leeds Card £11.90</p> <p>Breeze card £11.90</p>
	<p>Athletics Afternoon</p> <p>Booking Code C8</p> <p>Aged: 6 - 11 years</p>	<p>Wednesday</p> <p>4th August</p> <p>13.30 - 15.30</p>	<p>Do you aspire to be an Olympic athlete? If so then this session is for you. You will be introduced to all disciplines of athletics, running, hurdling, throwing and jumping. Suitable training clothing is needed for this session as well as plenty to drink. Booking essential</p>	<p>Price £4.90</p> <p>Leeds Card £4.60</p> <p>Breeze card £4.60</p>
	<p>Stay the day</p> <p>Booking Code C9</p> <p>Age 8 – 14 Years</p>	<p>Thursday</p> <p>5th August</p> <p>9.15am – 16.30pm</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00</p> <p>Leeds Card £11.90</p> <p>Breeze card £11.90</p>
	<p>Bouncy Castle & Soft Play</p> <p>Booking Code C10</p> <p>Age: 3 - 6 Years</p>	<p>Friday</p> <p>6th August</p> <p>14.00 - 15.00</p>	<p>Bring the children to bounce on the crazy castle and join in with some of the traditional games. Parents must accompany children to this session. Please book a place at Reception. Booking essential</p>	<p>Price £3.70</p> <p>Leeds Card £3.40</p> <p>Breeze Card £3.40</p>

Week 3 9th – 13th August Summer School Holiday Programme Monday 26th July – Friday 27th August 2010

	<p>Gold / Silver / Bronze Booking Code C11</p>	<p>Monday – Friday 9th – 13th August 9.00 – 10.00</p>	<p>To be able to swim three different strokes with ease. safe exit from water, treading water without use of arms, to have achieved dolphin award 9&10. . Booking essential</p>	<p>Price £27.00 Leeds Card £24.50 Leeds Card Extra £22.00</p>
	<p>Star track Athletics Camp Booking Code C12 Age 8 – 13 Years</p>	<p>Monday – Friday 9th – 13th August 9.00 – 10.00</p>	<p>A full week to try lots of different Athletic skills, hurdling , long jump , relays , team games and mini challenges. All equipment provided by our highly skilled coaches. Please bring a drink along with you. Booking essential</p>	<p>Price £30.00 Leeds Card £27.00 Leeds Card Extra £27.00</p>
	<p>Striker Morning Booking Code C13 Aged: 5 - 8 years</p>	<p>Tuesday 10th August 10.00 – 11.30</p>	<p>A chance for the younger amongst us aged five to eight to come along and enjoy a soccer fun Morning where you will learn new skills and improve your technique under the watchful eye of our experienced FA coach. Please bring plenty to drink. Suitable for both boys and girls Booking essential.</p>	<p>Price £4.60 Leeds Card £4.20 Breeze card £4.20</p>
	<p>Lets Get Active Booking code C14 Age 6 – 11 Years</p>	<p>Wednesday 11th August 10.00 – 12.00</p>	<p>Come and join in our energetic and fun activity session. Whilst enjoying various games you will develop co-ordination ,balance & Movement skills. Suitable training clothing is needed for this session as well plenty to drink. Booking essential</p>	<p>Price £4.90 Leeds Card £4.60 Breeze card £4.60</p>
	<p>Mini activity Morning Booking Code C15 Age 4– 8 Years</p>	<p>Thursday 12th August 10.00 – 12.00</p>	<p>An Morning of fun soft play and mini team games. Please bring something to drink. Booking essential</p>	<p>Price £4.40 Leeds Card £4.10 Breeze card £4.10</p>

Week 4 16th – 20th August Summer School Holiday Programme Monday 26th July – Friday 27th August 2010

 <p>football</p>	<p>Striker Workshop Booking Code C16 Age: 5 -8 Years</p>	<p>Monday – Friday 16th – 20th August 13.30 – 15.30</p>	<p>A chance for the younger amongst us aged five to eight to come along and enjoy a soccer fun week where you will learn new skills and improve your technique under the watchful eye of our experienced FA coach. Please bring plenty to drink. Suitable for both boys and girls. Booking essential.</p>	<p>Price £20.00 Leeds Card £17.00 Breeze card £17.00</p>
 <p>swimming lessons</p>	<p>Learn to Swim Booking Code C17 Tiddlers Age 4</p>	<p>Monday – Friday 16th – 20th August 13.00 – 13.30</p>	<p>A class designed for children aged 4 and above who are confident in the water and are ready to take part in formal swimming lessons. The class will concentrate on developing water skills and the teaching of the basic swimming strokes. Booking essential</p>	<p>Price £27.00 Leeds Card £24.50 Leeds Card Extra £22.00</p>
 <p>sport</p>	<p>Mini activity Morning Booking Code C18 Age 4– 8 Years</p>	<p>Tuesday 17th August 9.30 – 11.30</p>	<p>An Morning of fun soft play and mini team games. Please bring something to drink. Booking essential</p>	<p>Price £4.40 Leeds Card £4.10 Breeze card £4.10</p>
 <p>sport</p>	<p>Lets Get Active Booking code C19 Age 6 – 11 Years</p>	<p>Wednesday 18th August 10.00 – 12.00</p>	<p>Come and join in our energetic and fun activity session. Whilst enjoying various games you will develop co-ordination ,balance & Movement skills. Suitable training clothing is needed for this session as well plenty to drink. Booking essential</p>	<p>Price £4.90 Leeds Card £4.60 Breeze card £4.60</p>
 <p>sport</p>	<p>Stay the day Booking Code C20 Age 8 – 14 Years</p>	<p>Thursday 19th August 9.30 – 11.30</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00 Leeds Card £11.90 Breeze card £11.90</p>
 <p>bouncy castle</p>	<p>Bouncy Castle & Soft Play Booking Code C21 Age: 3 - 6 Years</p>	<p>Friday 20th August 14.00 - 15.00</p>	<p>Bring the children to bounce on the crazy castle and join in with some of the traditional games. Parents must accompany children to this session. Please book a place at Reception. Booking essential</p>	<p>Price £3.70 Leeds Card £3.40 Breeze Card £3.40</p>

	<p>Bouncy Castle & Soft Play</p> <p>Booking Code C22</p> <p>Age: 3 - 6 Years</p>	<p>Monday</p> <p>23rd August</p> <p>14.00 – 15.00</p>	<p>Bring the children to bounce on the crazy castle and join in with some of the traditional games. Parents must accompany children to this session. Please book a place at Reception. Booking essential</p>	<p>Price £3.70</p> <p>Leeds Card £3.40</p> <p>Breeze card £3.40</p>
	<p>Stay the day</p> <p>Booking Code C23</p> <p>Age 8 – 14 Years</p>	<p>Tuesday</p> <p>24th August</p> <p>9.15 – 16.30</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00</p> <p>Leeds Card £11.90</p> <p>Breeze card £11.90</p>
	<p>Athletics Afternoon</p> <p>Booking Code C24</p> <p>Aged: 6 - 11 years</p>	<p>Wednesday</p> <p>25th August</p> <p>13.30 – 15.30</p>	<p>Do you aspire to be an Olympic athlete? If so then this session is for you. You will be introduced to all disciplines of athletics, running, hurdling, throwing and jumping. Suitable training clothing is needed for this session as well as plenty to drink. Booking essential</p>	<p>Price £4.90</p> <p>Leeds Card £4.60</p> <p>Breeze card £4.60</p>
	<p>Stay the day</p> <p>Booking Code C25</p> <p>Age 8 – 14 Years</p>	<p>Thursday</p> <p>26th August</p> <p>9.15 – 16.30</p>	<p>An energetic, fun filled day of team games, sports and activities. Netball / Ball games / Badminton / Football / Cricket / Athletics / Boxercise / Swimming / Lunch and Quiz. PLEASE BRING A PACKED LUNCH AND PLENTY TO DRINK. Suitable training clothes are required for this session Don't forget your swimming kit Booking essential</p>	<p>Price £13.00</p> <p>Leeds Card £11.90</p> <p>Breeze card £11.90</p>
	<p>Mini activity afternoon</p> <p>Booking Code C26</p> <p>Age 4 - 8 Years</p>	<p>Friday</p> <p>27th August</p> <p>14.00 – 16.00</p>	<p>An afternoon of fun soft play and mini team games. Please bring something to drink. Booking essential</p>	<p>Price £4.40</p> <p>Leeds Card £4.10</p> <p>Breeze card £4.10</p>

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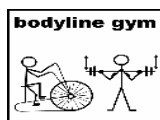
Summer School Holiday Programme Monday 20th 26th July – Friday 27th August 2010

Please note: Children under eight years of age must be accompanied in the water at all times by a responsible adult. One adult can supervise a maximum of two children under the age of eight.

We hope that you have enjoyed the activities we have put on. If there is something you would like to see included in our next holiday programme, then please let us know and we will see what we can do

The management reserves the right to

- Cancel any course due to insufficient support. Not to Give refunds for customer cancellations.



Bodyline Gym – Junior Session

Sessions:	Start:	Finish:	Time:	Pre-book
Monday	15.00	17.00	2 hour	No
Wednesday	15.00	17.00	2hour	No
Friday	15.00	17.00	2 hour	No
Saturday	10.00	12.00	2 hour	No

An induction is required before any sessions are attended. Please note that all inductions must be pre-booked at reception, as there are limited places available. Juniors (12 yrs to 15 yrs) are eligible to use the Bodyline Gym as long as certain procedures are followed: 12 and 13 year olds can only attend the junior sessions listed above 14 and 15 year olds can attend the gym at any time with a responsible participating adult (16+) or attend the sessions listed above. 16 year olds can use the gym at any time



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Summer School Holiday Programme

Monday 20th 26th July – Friday 27th August 2010

School Holiday Swimming Programme:

Monday to Friday

7.15 – 9.00

General Lane Swimming (Adults)

•

9.30 – 12 noon

General Swimming

•

12 noon – 13.00

General Lane Swimming (Adults)

•

13.30 – 15.00

General Swimming

•

15.30 – 16.30

Fun Session This session not included in swim 4 free

Music, Floats, and ,toys

•

Monday – Thursday

17.00 – 18.00 General Swim

18.00 – 19.00 General Lane Swim

•

Friday School holidays only

17.00 – 18.30 General swim

Saturday & Sunday swimming times are as normal