

# get active...this Summer



with our C4L  
Holiday Activity &  
Sports Coaching  
Programme 2018

[www.southtyneside.gov.uk/sports](http://www.southtyneside.gov.uk/sports)

- Tennis
- Football Camps
- Multi Sports Camp
- Athletics Coaching
- FREE Activity Express Schemes



South Tyneside Council



The best start in life





# On your marks, get set, go

Get active this summer with our Sports Development Team. Enjoy a fantastic range of sports coaching sessions and **FREE** activity schemes across South Tyneside.

**For general information on the summer programme please contact the Sport & Leisure team on 0191 424 7998.**

## Sports Coaching Programme

The sports coaching programme is designed for young people to develop and improve their level of skill and understanding in their chosen sport. All of our instructors are fully experienced, qualified and accredited by the appropriate sport's governing body. All coaching courses must be booked and paid for in advance. Places are limited, so early booking is recommended. Adults don't have to remain on site when children are taking part on any of our coaching courses.

## Healthy Packed Lunches

Many of our schemes ask you to bring a packed lunch. If you would like to find our more information on what a healthy packed lunch looks like please go to the following link:  
<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.asp>

## Bookings Hotline

Booking a place couldn't be easier. Just contact one of the following Leisure Facilities or call in at reception to complete the booking the booking form.

### TEMPLE PARK CENTRE:

(0191) 456 9119

### MONKTON STADIUM:

(0191) 489 1283

### HEBBURN CENTRAL:

(0191) 424 7801

### HAVEN POINT:

(0191) 424 7800

# Multi Sports Holiday Camp

A Bonanza of games and activities. Why not give your kids a break from the holiday boredom!

Our camp offers 5 days of fun and games where our qualified staff will help children to develop skills and techniques in a variety of sports in a safe environment. Our multi sports camp is a fantastic opportunity to help parents who have problems with childcare during the holidays.

The Camp is varied to suit all ages and abilities and will be indoor-based, but weather permitting will be extended to outdoor space within Hebburn Central.

Our Camp offers football, basketball, cricket, dodgeball, swimming, kick rounders, team games and races. Children can take part in athletic games to improve their running, jumping and throwing. Children will have the opportunity to try different sports including tri golf, mini fencing, badminton, volleyball, handball, pop lacrosse, short tennis, boccia and more!

For more information on healthy exercise and snacks visit: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

<b>Venue:</b>	Hebburn Central	Course Reference Code
<b>Course Dates:</b>	Course 1 - Monday 23 - Friday 27 July	Course 1 - <b>SDMAC1</b>
	Course 2 - Monday 6 - Friday 10 August	Course 2 - <b>SDMAC2</b>
	Course 3 - Monday 20 - Friday 24 August	Course 3 - <b>SDMAC3</b>
<b>Times:</b>	9am <b>FREE</b> early drop off available 9.30am - Games and activities 12noon - 12.30pm Supervised lunch (bring your own healthy packed lunch) 12.30 - 2pm Games and activities 2pm - 3pm Swimming (over 8 year olds only) 2pm - 3.30pm Games and activities for non-swimmers 3.30pm- Finish 3.30pm - 4pm <b>FREE</b> late pick up available	FREE Swimming included! Over 8 year olds only. Proof of age is required. The <b>FREE</b> swimming pass must be taken at the times specified in the course.
<b>Ages:</b>	5 - 14 years old	
<b>Cost:</b>	<b>ONLY £50</b> for the full week or <b>£12</b> per day. To guarantee your place you must book in advance as places are limited. Please specify the day(s) you would like to attend on the Course enrolment form.	



## Junior Athletics

Come and try some exciting athletics events including sprinting, pole vaulting skills, hurdling, javelin, high jump plus many more! With the help of our fully qualified and friendly coaches you're sure to learn the techniques to cross the finish line first. With our 3 step plan of learn, practice and compete, this fun and enjoyable course offers young people a fantastic insight into Athletics. Lots of fun and games with a little competition!

<b>Venue:</b>	Monkton Stadium	Course Reference Code
<b>Course Dates:</b>	Monday 13 August - Thursday 16 August	Course - <b>MKASTJH1</b>
<b>Times:</b>	9.30am - 3pm. <b>FREE</b> early drop off available from 9am. <b>FREE</b> late pick available till 4pm	
<b>Ages:</b>	8 - 15 years old	
<b>Cost:</b>	<b>£32</b> for the 4 days	
<b>Extra Info:</b>	Bring a packed lunch/drinks. Wear suitable clothing and trainers.	

## Mini Athletics

These sessions are designed to develop children's athletic ability based upon running, jumping, throwing and fitness. The aim is to provide young children with a fun and active experience of being part of a sports club. We will introduce the fundamentals of the basic physical skills, with the main objective of all round physical development in a fun setting.

<b>Venue:</b>	Monkton Stadium	Course Reference Code
<b>Course 1:</b>	Monday 30 July - Friday 3 August	<b>MKAMJH1</b>
<b>Course 2:</b>	Tuesday 28 - Friday 31 August	<b>MKAMJH2</b>
<b>Times:</b>	11am - 1pm	
<b>Ages:</b>	5 - 7 years old	
<b>Cost:</b>	Course 1 - <b>£15</b> for the <b>5</b> days Course 2 - <b>£12</b> for the <b>4</b> days	
<b>Extra Info:</b>	Bring a drink. Wear suitable clothing and trainers. When possible, the activity will be outdoors.	

## Football Camp – Boys & Girls

Our football camps are specifically designed to help children build confidence, improve skills and meet new friends in a fun and enjoyable environment. With the help of our qualified and experienced coaches you will be involved in a series of skill challenges and small sided games. All participants will receive a medal and certificate.

<b>Venue:</b>	Temple Park Centre - 3G pitch or indoors if wet	Course Reference Code
<b>Course Dates:</b>	Monday 23 - Friday 27 July	Course 1 - <b>TPSOCH1</b>
	Monday 30 July - Friday 3 August	Course 2 - <b>TPSOCH2</b>
	Monday 6 - Friday 10 August	Course 3 - <b>TPSOCH3</b>
	Monday 20 - Friday 24 August	Course 4 - <b>TPSOCH5</b>
<b>Times:</b>	10am - 3pm <b>FREE</b> early drop off available from 9am. <b>FREE</b> late pick up available until 4pm.	
<b>Ages:</b>	5 - 12 years old	
<b>Cost:</b>	<b>£35</b> for the <b>5</b> days or <b>£8</b> per day. Includes a medal and certificate.	
<b>Extra Info:</b>	Bring a packed lunch/drinks. Wear suitable clothing and trainers/football boots. Please do not wear metal studs.	

## Goalkeepers & Strikers Football Camp

Our goalkeepers and strikers camp is designed to improve both ends of your team. Strikers will learn shooting techniques, making runs, movement and finishing. Goalkeepers will learn to make the saves, shot stopping, reflexes, handling and footwork. All participants will receive a medal and certificate.

<b>Venue:</b>	Temple Park Centre - 3G pitch or indoors if wet	Course Reference Code
<b>Course Dates:</b>	Monday 13 - Friday 17 August	<b>TPSOCSH4</b>
<b>Times:</b>	10am – 3pm <b>FREE</b> early drop off available from 9am. <b>FREE</b> late pick up available till 4pm	
<b>Ages:</b>	6 years +	
<b>Cost:</b>	<b>£35</b> for the <b>5</b> days or <b>£8</b> per day. Includes a medal and certificate.	
<b>Extra Info:</b>	Bring a packed lunch/drinks. Wear suitable clothing and trainers/football boots. Please do not wear metal studs.	



# Tennis

These sessions are designed for beginners and improvers to look at the skills and techniques of the game, such as racquet skills, forehand, backhand, serve and volley.

<b>Venue:</b>	Readhead Park, South Shields	Course Reference Code
<b>Course Dates:</b>	Monday 23 - Friday 27 July	Course 1 - <b>RPTEN1</b>
	Monday 6 - Friday 10 August	Course 3 - <b>RPTEN3</b>
	Monday 20 - Friday 24 August	Course 5 - <b>RPTEN5</b>
<b>Times:</b>	10am - 12noon	
<b>Ages:</b>	6 - 16 years old	
<b>Cost:</b>	<b>£15</b> for the <b>5</b> days	
<b>Extra Info:</b>	Bring a drink. Wear suitable clothing and trainers.	

<b>Venue:</b>	Cornthwaite Park, Whitburn	Course Reference Code
<b>Course Dates:</b>	Monday 30 July - Friday 3 August	Course 2 - <b>CPTEN2</b>
	Monday 13 - Friday 17 August	Course 4 - <b>CPTEN4</b>
<b>Times:</b>	10am - 12noon	
<b>Ages:</b>	6 - 16 years old	
<b>Cost:</b>	<b>£15</b> for the <b>5</b> days	
<b>Extra Info:</b>	Bring a drink. Wear suitable clothing and trainers.	





The best start in life

# Inspiring children and families to get active through Change4Life

change  
**4** life  
South Tyneside



This summer, make time for the family to enjoy quality time together whilst eating healthily and getting fit with help from this summer's Change4Life (C4L) campaign.

Now is a good time to plan family time together with a range of fun activities to choose from to help you Eat Well, Move More and Live Longer.

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

Watch out for C4L launching an exciting new campaign to inspire children and families to get active over the summer holidays with exciting events and activities.

**To find out more about the events as well as information to help you to live a healthier life visit [www.change4lifesouthtyneside.co.uk](http://www.change4lifesouthtyneside.co.uk)**



## Change4Life (C4L) Family Fun Schemes

Once again this summer is an exciting opportunity to enjoy a fantastic family day out - all **FREE** of charge. Sports Development have teamed up with our Children's Centres to offer a more family orientated play scheme. Staff will be available to provide age related activities for the children as well as health related conversations to the parents/guardian. So come along and take part in this perfect family day out! Please note these schemes run in conjunction with the Sports Development's Activity Express Team at that venue during the week.

<b>Venue:</b>	Harton Primary School
<b>Children's Centres:</b>	Horsley Hill / Ridgeway / Whitburn & Marsden
<b>Dates:</b>	Monday 23 July & Tuesday 24 July
<b>Times:</b>	11am – 1pm
<b>Ages:</b>	0 – 5 years old and families welcome
<b>Cost:</b>	<b>FREE</b>
<b>Extra Info:</b>	Parents / Guardians of children under 8 years old need to remain on site at all times.

<b>Venue:</b>	Westoe Crown Primary School
<b>Children's Centres:</b>	Marine Park and Riverside
<b>Dates:</b>	Tuesday 31 July & Friday 3 August
<b>Times:</b>	11am – 1pm
<b>Ages:</b>	0 – 5 years old and families welcome
<b>Cost:</b>	<b>FREE</b>
<b>Extra Info:</b>	Parents / Guardians of children under 8 years old need to remain on site at all times.



# FREE, FUN and FANTASTIC!!

## Get active this summer with our Activity Express Teams

The Activity Express Teams will be providing a whole host of free activities over the summer holidays. Come along and try some fun games and sports. There will be plenty of staff to entertain you and make you feel welcome. Play games such as uni-hoc, kick rounders, tennis, dodgeball, football, cricket, small sided games and many more. So get active and have plenty of fun with our Activity Express Teams – and remember it's all **FREE!!**

There is no need to book. Just come along on the days listed below and we'll be there. Don't forget to bring appropriate clothing and something to eat and drink.

**Open Access Policy - These schemes operate an Open Access policy, whereby children can come and go as they please.**

**Please Note - Parents / Guardians of children under 8 years old need to remain on-site at all times.**

<b>Ages: 5 – 14 years old</b>	
<b>Times - 11am - 3pm</b>	
WEEK 1 Monday 23 - Friday 27 July	Harton Primary School (5 - 14 years old)
WEEK 2 Monday 30 July - Friday 3 August	Westoe Crown Primary School (5 - 14 years old)
WEEK 4 Monday 13 - Friday 17 August	West Park, Jarrow (5 - 14 years old)
WEEK 5 Monday 20 - Friday 24 August	The Cabin, School Street (5 - 14 years old)
WEEK 6 Tuesday 28 - Friday 31 August	Fit@Heart, Hebburn Clegwell CA (Families welcome)

**Please note – Toilet facilities are not available at all sites and some outdoor schemes may be affected by weather conditions. Please contact the Sport & Leisure Team on 0191 424 7998 or visit the website on [www.southtyneside.gov.uk/sports](http://www.southtyneside.gov.uk/sports) for more information.**



# Course Enrolment Form

Please complete this form with Course Ref code. Bookings can be taken at Temple Park Centre, Monkton Stadium, Hebburn Central, and Haven Point, along with your payment.

Name of Participant .....

Date of Birth.....Age ..... Gender M/F .....

Address .....

..... Post Code .....

## Course Details

Booking Course ref.....

Days All week  Monday  Tuesday  Wednesday  Thursday  Friday

Name of parent / guardian.....

Telephone Number ..... Mobile Number.....

Email address.....

If your child will be picked up or dropped off by someone other than the contact above please provide their details below.

Mobile Number .....

Email address.....

## Medical / Health Details

Please detail any specific medical/ health conditions the coach (es) should be aware of. For example asthma, allergies, epilepsy, hearing difficulties, learning difficulties etc.....

South Tyneside Council will use the information you provide to do the tasks in order to complete your application. This information will not be shared with a third party. We would like to send you information on similar children's Sports Development activities. If you would like to receive this information please tick this box

I confirm the information which has been provided on this application form is correct.

Signature .....

Date.....

I agree to my son / daughter taking part in the Sport and Leisure Coaching programme.

## Office Use Only

Time & date application received ..... Staff Initial.....

Cash / Cheque / Visa ..... No .....

Course Receipt Issued.....

