



No Limits

# HALF TERM HOLIDAY ACTIVITIES

28<sup>TH</sup> OCTOBER - 1<sup>ST</sup> NOVEMBER 2019



NTCLeisure

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



North Tyneside Council

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# HALF TERM HOLIDAY ACTIVITIES

28<sup>TH</sup> OCTOBER - 1<sup>ST</sup> NOVEMBER

For activities operated by Indoor Sport and Leisure please complete the form below to enable your child to participate. This is for activities when your child is left with us. Please hand this form in when you arrive to take part.

Please note: North Tyneside Council reserves the right to cancel any course that is under subscribed, giving a minimum of three days notice. North Tyneside Council cannot be held responsible for any loss, damage or injury suffered whilst taking part in activities.

Name	<input type="text"/>	Parent/carer name	<input type="text"/>
Age	<input type="text"/>	Date of birth	<input type="text"/>
Tel no.	<input type="text"/>		
Address	<input type="text"/>	Mobile	<input type="text"/>
	<input type="text"/>	Email	<input type="text"/>
	<input type="text"/>	Does your child have a medical condition or disability that we need to be aware of? YES <input type="checkbox"/> NO <input type="checkbox"/>	
Postcode	<input type="text"/>	If yes, please specify:	
	<input type="text"/>	<input type="text"/>	
ease EXTRA card no.	<input type="text"/>	<input type="text"/>	

ACTIVITY	DATE OF ACTIVITY	ACTIVITY VENUE	COST
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
TOTAL AMOUNT			<input type="text"/>

**BEHAVIOUR SCHEME** North Tyneside Council has a behaviour scheme which any child accessing our service must abide by. If your child behaves in an unacceptable manner they may be asked to leave an activity session. If this situation occurs a parent or guardian will be contacted to collect the child from the delivery venue. Please tick the following box to highlight you have read and understood this information and are happy with the behaviour scheme in place ☐

## Safeguarding Children

All sessions are led by trained coaches with enhanced DBS checks.

## Equipment

All equipment for sessions is provided. Please wear suitable clothing and footwear to the sessions you are attending, as well as plenty of drinks, snacks and lunch if needed.

Signature  
(parent/guardian/carer)

Date

# SPOOK-TACULAR HALLOWEEN POOL PARTIES!

Pre-booking is essential for Lakeside, Hadrian and Tynemouth

## Waves

**Sunday 27th October, 3pm – 5pm**

Enjoy waves, slides and toys and floats in the pool. There'll also be soft play, arts and crafts and a visit from Captain Jack!

Price: Adults £5.50, juniors £3.50 (babies under one go free). Tel: (0191) 643 2600.

## Tynemouth Pool

**Wednesday 30th October, 1pm – 3pm**


Come and join in the family fun as the pool turns green! Take on the Tynemouth Destroyer giant pool inflatable, plus toys and floats, our mascot Dexter and zombie lifeguards!

Price: Juniors £2.30 with an EXTRA card or £3.80 without. Tel: (0191) 643 2900

## The Lakeside Centre

**Thursday 31st October, 1pm – 3pm**


Get into the spirit of the scariest day of the year – we'll have lifeguards in costumes, spooky decorations, competitions, pool toys and inflatables; and our famous purple pool!

Price: Juniors £2.30 with an EXTRA card or £3.80 without. Tel: (0191) 643 4177

## Hadrian Leisure Centre

**Wednesday 30th October, entry times 2pm and 3pm**

Enjoy pool toys and floats in our pumpkin orange small pool, with the giant inflatable in the main pool. All under-16s will receive a treat!

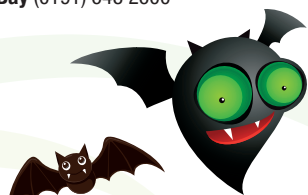
Price: Juniors £3 with an EXTRA card or £4.50 without. Tel: (0191) 643 2025

# ACTIVITY DESCRIPTIONS AND PRICES

Places may be available on the day for our activities but to avoid disappointment please book in advance.



- H** Hadrian Leisure Centre, Wallsend (0191) 643 2025
- L** The Lakeside Centre, Killingworth (0191) 643 4177
- P** The Parks, North Shields (0191) 643 2700
- T** Tynemouth Pool (0191) 643 2900
- W** Waves, Whitley Bay (0191) 643 2600



## Captain Jack's Kids Club

- W** A range of sessions at Waves, with Captain Jack himself often making an appearance! Sessions include arts & crafts, soft play and mini games. See timetable for details.

Age: 5-7 (under 5s welcome with an adult)

Price: £4.00 with an @33@EXTRA card or £6.60 without



## Family Gym Sessions

- H** Hadrian Leisure Centre
- P** The Parks Sports Centre
- T** Tynemouth Pool
- L** The Lakeside Centre
- W** Waves

Juniors aged 11-13 can use the gym with a parent/guardian

**Price:**  
Juniors £1.70,  
Adults £4.10,  
Seniors £3.00

**Monday - Friday  
10am - 3pm**

Please note: All participants must book in for an induction on their first visit.



## FootGolf & Splash

- W** Meet at Waves for a supervised walk along to the FootGolf course on The Links. After a round, the group will then walk back along to Waves for lunch. Please note this is an outdoor session followed by a supervised lunch and swim session, children should be able to swim 25m. Children must wear appropriate clothing (bring a packed lunch, drink and swimming kit).

Ages: 9-15 Years. Price: £9.10 with an @33@EXTRA card or £15.60 without





## Giant Pool Inflatables / Pool Toys and Floats

**H** Slide, climb and glide along our giant inflatables in the water, or enjoy a selection of toys and floats in the pool.

**W** All ages. Price: See page 10.



## Hadrian Open Day



**H** Join us for a packed day of family fun! Activities will include climbing wall, bouncy castle, trampolines, Mister Twister, face painting, Disney family swim sessions, pool toys, giant inflatable and life saving skills. Follow us on Facebook or see online for more details. Children aged under 7 must be accompanied by an adult.



## Lakey Lions

**L** Parents can leave their children to participate in supervised games and play activities. These can include bouncy castle, messy art, parachute games, creative fun and soft play. Children learn to enjoy activities in a team environment while having fun.

Ages: 4-7 Years. Price: £4.00 with an easeEXTRA card or £6.60 without

## Mega Boards Fun Sessions and Toys

**T** Full use of our one, three and five-metre diving boards. Challenge your friends and family – have they got the bottle to dive off the top? Plus pool toys and floats.

All ages. Price: £2.30 with an easeEXTRA card or £3.80 without

## Mister Twister's Magic Show

**W** A magic show with fun for all ages. Balloon modelling, tricks and many more surprises. Children must be accompanied by an adult.

Ages: Under 12s. Price: £5



## Spooky Adventure Party

**H** A fun-packed morning of climbing, trampolining and multi-sports, with face painting, followed by a supervised lunch. Participants will benefit from early access to the Halloween pool party in the afternoon, from 1pm-2.45pm (bring a packed lunch, drink and swimming kit). Pre-booking advised.

Ages: 8-16 Years. Price: £14.99 with an easeEXTRA card or £19.99 without

## The Tynemouth Destroyer

**T** Take on your friends with our dual run giant pool inflatable...

Ages: 8-15 Years. Price: £2.30 with an easeEXTRA card or £3.80 without.



## Wild Waves

**W** Have a splashing time with pool floats and waves every 15 minutes.

All ages. Price: £2.50 with an easeEXTRA card or £4.40 without





# PARTY WITH US!

WE'VE A GREAT  
RANGE OF PARTIES  
TO HELP YOU  
CELEBRATE

POOL PARTIES WITH TOYS AND FLOATS T H W L

POOL PARTIES WITH A GIANT INFLATABLE T H L

POOL PARTIES WITH WAVES AND SLIDES W

AQUA DISCO T H

COLOURED POOL PARTIES H

CLIMBING WALL H

TRAMPOLINING H L P

BOUNCY CASTLE AND GAMES H L P

SOFT PLAY W L P

MULTI-SPORTS H L P

DIVING BOARDS T

MAGIC SHOW H P

Visit [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk) (search 'Children's Parties')



## Hadrian Health Walks @ Rising Sun Country Park, Benton

**Sunday 3 November**  
**10.30am-11.30am**

**FREE**

Meet outside the café at 10.15am and join us for a walk through the scenic country park. This is a free activity and every child who completes the walk will receive a FREE swim voucher to use at Hadrian Leisure Centre! All ages welcome, children must be accompanied by an adult.

For details, call Hadrian on (0191) 643 2025.



Are you worried about your child's weight? We offer free 10-week programmes of fun activity sessions in various locations across North Tyneside for children aged from five years old and their families. There are a range of activities to support you to make healthy lifestyle changes, positive food choices and have fun with others whilst getting a bit more active.

Contact us today for more details:  
Tel: (0191) 643 7474  
Email: [chat@northtyneside.gov.uk](mailto:chat@northtyneside.gov.uk)

**FREE**

# BIKEABILITY CYCLE SAFETY TRAINING



Active North Tyneside is providing Bikeability training this half term for ages 8-14 years.

The course gives young people the skills, confidence and knowledge to cycle safely in modern road conditions.

## LEVEL 2 (9.15AM-3PM)

Children will be required to confidently demonstrate Level 1 learning outcomes (please visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for further information). On arrival, children will be asked to complete a short informal competence test to ensure that they are ready to progress onto Level 2. All parents will be asked to stay for this, which will last approximately 15 minutes. If a child is unable to demonstrate competence at Level 1, they will not be permitted to remain at the session on that day. Bring a bike in safe condition (with two working brakes), a cycle helmet, packed lunch and plenty of water, and wear appropriate clothing.

**Rising Sun Country Park,  
Benton, NE12 9SS**

**Monday 28 October**

**Richardson Dees Park,  
Wallsend, NE28 8RH**

**Tuesday 29 October**

(Meet at the tennis courts)

**The Parks Sports Centre,  
North Shields, NE29 6TL**

**Wednesday 30 October**

**Book online:** Visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search 'Bikeability'

 Sport North Tyneside

 @SportNT

 [www.sportnorthtyneside.org.uk](http://www.sportnorthtyneside.org.uk)

**Email:** [Sport@northtyneside.gov.uk](mailto:Sport@northtyneside.gov.uk)

# LAKESIDE CENTRE

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call: (0191) 643 4177

MONDAY

## Giant Pool Inflatable

1.30pm-3pm, all ages

TUESDAY

## Lakey Lion's Messy Art

10am-12pm, ages 4-7

## Giant Pool Inflatable

1.30pm-3pm, all ages

WEDNESDAY

## Lakey Lion's Soft Play, Arts and Crafts

10am-12pm, ages 4-7

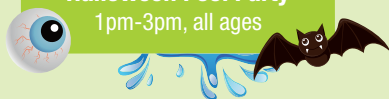
## Pool Toys and Floats

1pm-3pm, all ages

THURSDAY

## Halloween Pool Party

1pm-3pm, all ages



FRIDAY

## Pool Toys and Floats

1.30pm-3pm, all ages

# HADRIAN LEISURE CENTRE

Places may be available on the day for our activities but to avoid disappointment please book in advance.

Call: (0191) 643 2025

## Pool Toys and Floats

1.30pm-3pm, all ages

## Pool Toys and Floats

1.30pm-3pm, all ages

## Spooky Adventure Party

9am-3pm, ages 8-16



## Halloween Pool Party

2pm and 3pm, all ages

## Pool Toys and Floats

1.30pm-3pm, all ages



## FREE Open Day

10am-3pm, all ages





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Places may be available on the day for our activities but to avoid disappointment please book in advance.  
Call: (0191) 643 2600

MONDAY

# TYNEMOUTH POOL

Places may be available on the day for our activities but to avoid disappointment please book in advance.  
Call: (0191) 643 2900

**Pool Toys and Floats**  
10.30am-12pm, all ages  
**The Tynemouth Destroyer**  
1.30pm-3pm, ages 8-15 years

TUESDAY

**Mega Boards Fun Sessions and Toys**  
1.30pm-3pm, all ages

WEDNESDAY



**Halloween Pool Party**  
1pm-3pm, all ages



THURSDAY

**Pool Toys and Floats**  
10.30am-12pm, all ages

FRIDAY

**Pool Toys and Floats**  
10.30am-12pm, all ages  
**Mega Boards Fun Sessions and Toys**  
1.30pm-3pm, all ages

# WAVES

**SUNDAY**



**Halloween Pool Party**  
3pm-5pm, all ages  
Book in advance



**Pool Toys and Floats**  
4pm-5pm, all ages

**FootGolf and Splash**  
10am-3pm, ages 9-15

**Captain Jack's Kids Club: Soft Play and Crafts – Pumpkin Carving**  
10am-12pm, ages 5-7 (under 5s with an adult)  
**Pool Toys and Floats**  
5.30pm-6.30pm, all ages

**Mister Twister's Magic Show**  
2.15pm-4pm, under 12s

**Captain Jack's Kids Club: Soft Play, Arts and Crafts**  
10am-12pm, ages 5-7 (under 5s with an adult)  
**Wild Waves**  
6.30pm-7.30pm, all ages

Our pools are open every day, so come along for a splash or enjoy a swim after one of our other activities!

# SWIM PRICES AND POOL ADMISSION POLICY



## TYNEMOUTH POOL, THE LAKESIDE CENTRE AND HADRIAN LEISURE CENTRE

- Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis.
- Children aged between 4 and 7 years old must be accompanied in the water by an adult on a two children to one adult basis.
- Children aged 8 years or over may attend the pool without adult supervision

Price: £2.30 with an **oaseEXTRA** card or £3.80 without



## WAVES

- Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis.
- Children aged between 4 and 8 years old must be accompanied in the water by an adult on a two children to one adult basis.
- Children aged 9 years or over may attend the pool without adult supervision

Price: £2.50 with an **oaseEXTRA** card or £4.40 without



Children must be able to stand with their foot flat on the bottom of the pool with their chin above the water (pool depth for Lakeside, Hadrian and Tynemouth is 0.9 metres and 0.7 metres for Waves).

# SWIMMING CRASH COURSES

**Five 45-minute lessons: £38.00 with an  EXTRA card or £55.00 without**

## THE LAKESIDE CENTRE

**(Monday to Friday)**

Stage 1: 8.30am – 9.15am

Stage 2: 9.15am – 10.00am

Stage 3: 10.00am – 10.45am

## ONE-TO-ONE SWIMMING LESSONS

One-to-one swimming lessons are available at various times.

Ask at any pool for details.

**Price:**  
**£21.85**  
per lesson or  
**£69.40** for a  
block of  
four.

### THE LAKESIDE CENTRE

Southgate,  
Killingworth, NE12 6SA

**(0191) 643 4177**

**To avoid disappointment  
book your places in advance!**  
**Places may be available on the day.**

# No Limits



## Looking for something to do after school?

**FREE**

No Limits clubs run every week at sport and leisure centres, offering a fantastic mix of pool and dry activities!

Pool activities include toys and floats, plus giant inflatables at Hadrian, Lakeside and Tynemouth. Dry activities include multi-sports, trampolining and football.



### Pool sessions:

- Mondays: Waves
- Thursdays: The Lakeside Centre
- Fridays: Tynemouth Pool and Hadrian Leisure Centre

### Dry sessions:

- Mondays: The Lakeside Centre (re-starting in January)
- Tuesdays: The Parks, North Shields
- Wednesdays: Hadrian Leisure Centre
- Fridays: Marden Bridge Sports Centre

Activities run during term-time only and can vary, please ask for details. A valid @EXTRA card is required. Usual child admission policy applies for pool sessions.

## DISABILITY

**No Limits**

At The Parks on Mondays, for ages 0-16 (siblings welcome). Try multi-skills, boccia, archery, soft play, our multi-sensory room and more. With qualified coaches. Hoist available. Call for details.

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)



Active North Tyneside



@active\_NT



(0191) 643 7171