

## Energize May Half Term 2008 Programme

Ancholme Leisure Centre

Date	Activity	Time	Venue	Age range	Description/Level	Cost
26/05 – 30/05	Learn to Swim	9am to 9.30am	ALC	4+	Non-swimmers	£16.00
26/05 – 30/05	Learn to Swim	9am to 9.30am	ALC	4+	Weak Swimmers	£16.00
26/05 – 30/05	Learn to Swim	10am to 10.30am	ALC	3-4	Non-swimmers (seahorse)	£16.00
30/05/08	Aquanuts	10.30am to 11.30am	ALC	8-14	Aquatic fun & games	£2.50
27/05/08	Snorkelling	10.30am to 11.30am	ALC	8-14	Come & Try it	£5.60
30/05/08	Canoeing	7pm to 8pm	ALC	8+	Beginners	£5.60
30/05/08	Canoeing	8pm to 9pm	ALC	8+	Improvers	£5.60
29/05/08	Tennis	1pm to 2pm	ALC	8-14	Beginners	£3.20
29/05/08	Tennis	2pm to 3pm	ALC	8-14	Improvers	£3.20
27/05/08	Kidz Club	9.30am to 12.30pm	ALC	5-8	Kidz Club Format - Play, craft & games	£5.30
29/05/08	Kidz Club	9.30am to 12.30pm	ALC	5-8	Kidz Club Format - Play, craft & games	£5.30
26/05/08	Goals R Us	2pm to 3pm	ALC	8-14	Fun Packed Soccer	£2.50
27/05/08	Jumpers!	1.30pm to 2.30pm	ALC	8-14	Trampoline – come & try it	£3.80
27/05/08	Jumpers!	2.30pm to 3.30pm	ALC	8-14	Trampoline – Come & try it	£3.80
27/05/08	Club JJ	4pm to 5pm	ALC	11-15	Gym session	£3.20
29/05/08	Club JJ	4.30pm to 5.30pm	ALC	11-15	Gym session	£3.20
31/05/08	Club JJ	11am to 12 noon	ALC	11-15	Gym session	£3.20
30/05/08	On the Ball!	2pm to 3pm	ALC	8-14	Multiple games!	£2.50
30/05/08	Rookies	9.30am to 10.30am	ALC	11-15	Junior Life saving skills (must be competent swimmers – minimum 50m)	£3.20

## Scunthorpe Leisure Centre

Date	Activity	Time	Venue	Age range	Description/Level	Cost
27/05/08 to 30/05/08	Non-swimmer crash course	9.15am to 10am	Pool	3-5 5+	Children's 4 day swimming course	£19.20
27/05/08 to 30/05/08	Beginner crash course	9.15am to 10am	Pool	5+	Children's 4 day swimming course	£19.20
28/05/08	Dance Mania 1	11am to 12pm	Cafe	8 – 10	Cheerleading, Salsa, Bollywood, Kombat	£1.80
28/05/08	Dance Mania 2	2pm to 3pm	Cafe	11 – 15	Cheerleading, Salsa, Bollywood, Kombat	£1.80
29/05/08	Fitness Boot Camp	2pm to 3pm	Studio1	11 – 15	Combat, Boxercise, Strength Training	£1.80
31/05/08	Club Activa	10am to 11.30am	Cafe	8 - 10	Hand Ball, Dodgeball, Leg Rounders, Sharks	£2.55

## Epworth Leisure Centre

Date	Activity	Time	Venue	Age range	Description/Level	Cost
Monday 26	Closed Bank Holiday					
Tuesday 27	Trampolining	10am to 3pm	ELC	5 plus	Bounce and learn new skills in safety with our qualified coaches	£15.75
Wednesday 28	Pirates	10am to 12 noon	ELC	5 plus	Play tig off ground on our equipment	£5.50
Wednesday 28	Roller Disco	1pm to 3pm	ELC	5 plus	Skate to top tunes. Please bring own skates or heely's	£5.00
Thursday 27	Art day	10am to 3pm	ELC	5 plus	Get crafty, paint and draw all day	£15.75
Friday 30	Tennis	10am to 3pm	ELC	5 plus	Learn new skills or brush up on your existing ones. Wimbledon here you come	£15.75

**Ancholme Leisure Centre            01652 652031**  
**Epworth Leisure Centre            01427 873845**  
**Scunthorpe Leisure Centre        01724 280555**

### Booking Information

Bookings can be made at the facility, or by phone using a debit/switch card, week commencing 12 May 2008 All places must be paid for 1 WEEK before commencement of Course/session – failure to do so will result in your place been offered to another child.

### Age Limits

All activities are 8-15 years unless otherwise stated.

### Clothing/Footwear

Children are requested to wear suitable clothing and footwear for all activities.

### Snorkelling, Canoeing & Aqua-nuts

All participants must be competent swimmers (2 lengths main pool minimum)

### Bank Holidays

Ancholme & Scunthorpe Leisure Centre will close for business at 3:00pm on Bank Holiday Monday.

While every care is taken to ensure that the information in this publication is correct at the time of printing, the Council reserve the right to make changes to times and/or sessions at any time without notice. Customers will be notified of cancellation at the earliest convenience.

**North Lincolnshire Council is committed to providing inclusive access to all Energize activities. Activities for children with disabilities can be booked through Kaleidoscope on 01724 277766.**