



“Summer days.”

Summer Holiday Programme

Wed 24th July - Sun 1st September

**Ferndown Leisure Centre
01202 877468**

Visit website for full terms and conditions.

Pool Activities

Children's Intensive Swim Lessons

Book now to avoid disappointment as limited spaces available

Monday 29th July - Friday 2nd August

8.15-8.45am Stage 1 Teacher: Billie Jo

8.45-9.15am Stage 2 Teacher: Billie Jo

Members £25 Non Members £30

Monday 19th - Friday 23rd August

8.15-8.45am Stage 1 Teacher: Billie Jo

8.45-9.15am Stage 2 Teacher: Billie Jo

3.30-4.00pm Stage 4/5 Teacher: Billie Jo

Members £25 per course Non Members £30 per course

Level 2 Swim Teacher Intensive Course

Discounted rate to help the trainee swim instructors achieve success during these intensive courses.

Monday 12th August – Thursday 15th August

3.00-3.30pm Stage 1, 2, & 3

3.30-4.00pm Stage 4, 5, 6, & 7

Cost £12

National Pool Lifeguard Qualification with Tracy Taylor

Course must be booked in advance – maximum of 12 candidates.

The NPLQ enables you to become a fully qualified lifeguard and is a must for all aspiring to seek employment in the leisure industry. The award is nationally recognized and comprises all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid, and CPR.

Candidate requirements must:

- Have good hearing and sight.
- Swim 50m in less than 60 seconds
- Be able to swim 100m on front and back without stopping.
- Be able to use a competent breast stroke and front crawl.
- Be able to reach the bottom of the pool at the deep end (2m).

Course: Sunday 28th July – Friday 2nd August

Time: Sunday 28th July 11.00-5.00pm
 Mon-Fri 8.00-6.00pm

Age: 16+

Cost: £210 including qualifications and certificates

Things to bring: swim wear, shorts, T-shirt and whistle, packed lunch.

Dolphin Snorkeller

New and improved session working with BSAC Snorkelling Centre to deliver fun and exhilarating sessions working through the Dolphin Snorkeler Award Scheme, where you will learn how to use a snorkel and develop the skills required to snorkel safely.

For ages 7 and up and swimmers must be able to swim 50m (without goggles), be competent in deep water and be able to surface dive. Things to bring: Swim Kit

Wednesday 24th July

2.00-3.30pm

Members £6.60 Non Members £8.10

Water Polo Taster

JJ will be taking this water polo taster session. Aimed at swimmers currently in Stage 6 and above, the session will cover skills and game play.

Wednesday 21st August

2.00-3.30pm

Members £6.60 Non Members £8.10

Diving from Poolside

Janet will help you to learn how to enter the water safely and correctly. Aim to complete a surface dive, sitting dive and then moving onto full dives from poolside.

No minimum age, but MUST be confident in deep water and happy swimming underwater.

Wednesday 28th August

2.00-3.30pm

Members £6.60 Non Members £8.10

Rookies Course

Rookies is great fun whilst also being informative, rewarding and useful. The programme is aimed at the 8+ who can swim 50m with ease. This session aims to teach lifesaving skills, increase swim competence, develop water survival, teamwork, initiative and basic life support (resuscitation)

Things to bring: Swim kit, shorts, T shirt, and long sleeved top

Wednesday 31st July – 28th August

5.30-7.30pm

8+ years

Members £35 Non Members £40

Magical Mermaid and Merman

Join Mermaid MerShell from Mayim Mermaid Academy this summer for Magical Mermaid and Merman Lessons.

The UK's longest running Mermaid Academy has a wealth of experience for you to begin your mermaid adventure and fulfil your Mermaid Dreams.

Enjoy exercising, in a fun safe environment and make friends, relax and be at one with the water as a Mermaid wearing a Beautiful Mermaid Tail!

Mayim Mermaid Academy host of the UK's first Merlympics, has also been seen in BBC Breakfast, BBC South Today, CBBC, Cost Magazine and more recently CH 5.

Participant Requirements must:

Age 8 +

Mermaids and Mermen must be able to swim at least 25 to 50 Meters unaided and with out stopping.

Tread Water in both the shallow and deep end.

Turn 360 degrees in the water.

Back Float (Star) and transition to Front Float.

Front Float transition to Back Float.

Be able to swim without an aid and be confident in going under water.

Be confident demonstrating Breaststroke arms and Dolphin legs.

Step by step approach to using Mermaid Tails.
Safe Mermaid Swimming is our main priority.

Wednesday 7th August 2.45-3.45pm
Or Friday 16th August 11.15-12.15pm
Cost: £45 bookings and more information contact Shell: 07714991075

Active Splash Inflatable £4.85 per person

Wednesday 24th July 11.40-12.40pm
Thursday 25th July 1.15-2.15pm
Saturday 27th July 3.15-4.15pm & 4.15-5.15pm
Sunday 28th July 1.15-2.15pm
Wednesday 31st July 2.45-3.45pm
Saturday 3rd August 3.15-4.15pm & 4.15-5.15pm
Wednesday 7th August 1.30-2.30pm
Thursday 8th August 1.15-2.15pm
Saturday 10th August 3.15-4.15pm & 4.15-5.15pm
Sunday 11th August 1.15-2.15pm
Wednesday 14th August 1.30-2.30pm
Thursday 15th August 1.15-2.15pm
Saturday 17th August 3.15-4.15pm & 4.15-5.15pm
Sunday 18th August 1.15-2.15pm
Wednesday 21st August 12.45-1.45pm
Thursday 22nd August 1.15-2.15pm
Saturday 24th August 3.15-4.15pm & 4.15-5.15pm
Sunday 25th August 1.15-2.15pm
Monday 26th August 2.30-3.30pm
Wednesday 28th August 12.45-1.45pm
Thursday 29th August 1.15-2.15pm
Saturday 31st August 3.15-4.15pm & 4.15-5.15pm
Sunday 1st September 1.15-2.15pm

Cycling Activities

Ditch the Stabilisers Beginners

Learning the basics of riding your bike, with the aim of removing the stabilisers

Monday 5th August or Tuesday 27th August
9.00-10.30am
Any age
£10.85

Ditch the Stabilisers Improvers

Learning the basics of riding your bike, with the aim of removing the stabilisers

Monday 5th August or Tuesday 27th August
11.00-12.30am
Any age
£10.85

Level 1

Understand and carry out essential bike checks, setting your bike up for a correct fit, cycling confidence, good bike handling, basic safety, and bike manoeuvres.

To attend the course you must be 6+ years

Course 1: Tuesday 6th August or Course 2: Wednesday 28th August
9.00-12.00pm
£17.25

Level 2

This course will help to ensure your safety whilst cycling, includes on the road teaching; practical experience and learning the Highway Code.

To attend the course you:

Must be 9+ years (year 5 and above) and completed the level 1 course

Things to bring: A roadworthy bike (that is of correct size for the child), a cycle helmet and a drink.

Course 1: Wednesday 7th & Thursday 8th August (MUST attend both days)

Course 2: Thursday 29th & Friday 30th August (MUST attend both days)

9.00-11.30am

FREE as funded through DCC

Dry Activities

Jump into Gymnastics

Gymnastics is a fantastic sport for all ages and our sessions are developed through our close links with British Gymnastics. If tumbling, rolling and jumping is your thing, then gymnastics is for you. Our sessions are based on the 'FUNdamentals' of movement that will help you progress into any sport or activity so it's a great starting point for any child wanting to do any activity.

Days: Friday 26th July
Tuesday 30th July
Thursday 1st August
Monday 5th August
Thursday 22nd August
Wednesday 28th August
Friday 30th August

Time: 10.00-10.30am 2-4yrs
11.00-12.30pm 5-8yrs
1.00-2.30pm 9+yrs

Cost per session: Members £3 Non Members £4 2-4yrs session
Members £6.60 Non Members £8.10 5-8 & 9+yrs

Trampolining

Trampoline sessions are great fun for anyone from 3 years upwards. Whether you enjoy bouncing in the back garden and want to improve your skills, feel like trying it for the first time or are looking to improve. Sessions are run by highly qualified staff to ensure it's safe and fun so you can enjoy bouncing and learning new skills. Our sessions are developed through our close links with British Gymnastics.

Please wear socks and ensure long hair is tied back.

Day: Tuesday 13th, 20th, or 27th August

Day: Friday 16th, 23rd, or 30th August

Time: 9.00-10.00pm 3-6yrs

10.00-11.00am 7+yrs

Cost: Members £6.50 per session Non Members £7.50 per session

Ability Counts Youth Football

We are working with Rob Amey and Dorset FA to deliver these indoor football sessions for 8-12yrs. Ability Counts is so called as it focuses on the ability, not the disability. It is a pan-disability, meaning that there are numerous impairments that qualify you to participate

essentially any disability or impairment that precludes you from participating in mainstream football.

Day: Thursdays
Time: 5.00-6.00pm
Cost: £3.75 per session

Crazy Creatures

Crazy Creatures offers something very different with lots to learn and lots of fun to be had for all ages! A whole host of amazing creatures from reptiles to insects, mammals to birds and invertebrates to amphibians from all over the world. There is plenty to see, admire and handle. All of our animals are owned by ourselves as pets and are risk and temperament assessed to ensure a fantastic display with the safety of the children and animals always put first.

Day: Thursday 8th August or 29th August
Time: 10.00-11.00am.
Cost: £5.50 per session

Outdoor Adventure

Activity must be booked in advance – Maximum of 16 places available

Join our activity leaders for an action adventure on how we used to play when we were children. Building camps, seeking and capturing the other team flags, ambush, escape and more.

Things to bring to the activity: Packed lunch, drink, snack, sun cream, hat and Swim kit (Please bring drinks in a sports cap bottle to avoid spillage).

Day: Wednesday 31st July
Time: 8.00am-5.00pm
Age: 8+
Cost: Non Members £25 Members £20

Water Mania

Activity must be booked in advance – Maximum of 16 places available

Join the team and be prepared to get wet in this full day's activity. With lots of fun and games with water, from holey buckets, water balloons and water pistols you're sure to have a good time.

Things to bring to the activity: Packed lunch, drink, snack, towel, change of clothes, jumper, sun cream, hat and swim kit (Please bring drinks in a sports cap bottle to avoid spillage).

Day: Wednesday 7th August
Time: 8.00am-5.00pm
Age: 8+
Cost: Non Members £25 Members £20

MAD Camp

Activity must be booked in advance – Maximum of 20 places available

Our Multi Activity Day is full of fun, and is exactly that packed with everything from traditional sports day events, sports, arts and crafts, to a cooling dip in the pool.

Things to bring to the activity: Packed lunch, drink, snack, sun cream, hat and Swim kit (Please bring drinks in a sports cap bottle to avoid spillage).

Day: Wednesday 14th August
Time: 8.00am-5.00pm
Age: 8+
Cost: Non Members £25 Members £20

Badminton

Activity must be booked in advance – Maximum of 20 places available

Badminton is an easy sport to learn and can be a very social game. The speed of the shuttlecock also makes this one of the quickest of the racket sports. It can be played at any pace making it enjoyable for all ages. David our qualified coach will help develop your skills and get a love for the game.

Day: Monday 12th August
Time: 1.00pm-4.00pm
Age: 8+
Cost: Members £15 Non Members £18

Day: Monday 19th August
Time: 9.00am-12.00pm
Age: 8+
Cost: Members £15 Non Members £18

Day: Friday 23rd August
Time: 9.00am-12.00pm
Age: 8+
Cost: Members £15 Non Members £18

Indoor Hockey

Activity must be booked in advance – Maximum of 20 places available

Indoor hockey is a variant of outdoor "field" hockey. Join JJ who is looking forward to helping you learn the sport, improve your skills, and play the game in this fun taster session.

Day: Thursday 22nd August
Time: 9.00am-10.30pm
Age: 8+
Cost: Members £6.60 Non Members £8.10

Soft Play Arena

Activity must be booked in advance – maximum 16 places

Our uniquely designed soft play area enables you to build, crawl, jump, climb, bounce and play on the bouncy castle. This activity is ideal for smaller children as well as the more adventurous.

Day: Wednesday's 24th, 31st July 7th, 14th & 21st August
Tuesday 27th August
Time: 9.30am – 11.30am
Age: 3-6yrs
Cost: Non members £6.50 per session Members £5.50 per session

Pick up a Racket & Play

Sam our Squash coach is passionate about getting families playing squash, so this is the ideal opportunity to learn how to play or improve your skills. Both squash and racketball (same court, bigger racket, bigger ball) can be enjoyed from 5 years to adults. Sam has an assortment of racket and ball sizes to help ease you into the sport, so pick up a racket and give it a go.

Day: Thursday 1st August
Time: 9.00am – 11.00am
Age: 5yrs - Adult
Cost: Non members £8.00 Members £6.00 Family £20.00

(Family 2 parents & 2 children/ 1 parent & 3 children)

Reunion Pétanque

Chance to catch up with friends again through our pétanque reunion, open to all players who have taken part in our sessions, come along for some social game fun.

Day: Wednesday 24th July
Time: 2.00pm – 4.00pm
Age: Adult
Cost: Non members £5 Members £3

Family Pétanque

Pétanque, more commonly known as boules, is a game for everyone. From 7 to 70 years old families can play together, compete together, share together and have fun together. Come and learn how to play this increasingly popular sport.

Day: Wednesday's 31st July, 7th August, 14th August, 21st August, 28th August
Time: 2.00pm – 4.00pm
Age: 7yrs - Adult
Cost: Non members £6 Members £4 Family £20.00
(Family 2 parents & 2 children/ 1 parent & 3 children)

Courts 4 Juniors

Day: From Wednesday 24th July – Sunday 1st September
Time: 9.00 – 5.00pm (**subject to availability**)
Age: Under 18 years
Cost: £4 per court £20 sports hall
Book a badminton, squash, table tennis or a tennis court for only £4
Book the whole sports hall for football, basketball or netball for only £20



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01202 877468