SPORTS AT OTHER VENUES

ARCHERY (8 TO 15 YEARS) @ GRAFHAM WATER CENTRE

Monday 3rd April 10.00am to 12.00pm

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£11.20 per person

SAILING (8 TO 15 YEARS) @ PAXTON PITS SAILING CLUB

Tuesday 4th April to Friday 7th April (4 days) 9.30am to 12.30pm

£64.80 per person

These popular and fun courses enable participants to gain a stage 1/2/3 recognised RYA junior sailing course qualification at an excellent local club. They are run in a safe environment and aimed at both beginners and those that have some sailing experience.

DISABILITY GYMNASTICS (6 YEARS+) @ HUNTINGDON GYMNASTICS CLUB

Wednesday 12th April 2.45pm to 4.00pm

£4.50 per person

These fun gymnastic sessions are designed for people with special educational needs or disabilities. You will be able to run, jump, bounce and move around the hall having the chance to have a go on a variety of gym equipment. The session will be run by qualified, experienced coaches from Huntingdon Gymnastics Club at their purpose built facility. Please wear comfortable, loose fitting clothing. Parents and carers can join in for free. Siblings can join in but must book and pay for the sessions.

ACTIVITY ROADSHOWS (5 TO 11 YEARS)

These fun activity roadshows aim to give boys and girls the opportunity to try a variety of sports and play activities in a safe and supervised environment. Activities are run by One Leisure Active Lifestyles Team and take place outdoors so are subject to weather.

@ BRAMPTON MEMORIAL PLAYING FIELD

2.00pm to 4.00pm

£4.00 per person

@ VICTORY ROAD PLAYING FIELD, SOMERSHAM Wednesday 5th April 2.00pm to 4.00pm

£4.00 per person

@ HEMMINGFORD PAVILLION Friday 7th April

2.00pm to 4.00pm

See 1 @ JUDITH'S FIELD, GODMANCHESTER 2.00pm to 4.00pm £4.00 per person

@ LITTLE PAXTON PLAYING FIELD

Wednesday 12th April2.00pm to 4.00pm 👘 £4.00 per perso

FROM THE TEAM BEHIND **STICKMAN AND TIDDLER**



Friday 12th May 2017 Shows start at 1.30pm & 4.30pm 55 minute shows Doors open 30 minutes before

Tickets **£11.00** child / **£13.00** adults / **£44.00** family of 4 Tickets are available from One Leisure St Ives on 01480 388111, or via www.burgesshall.net.



without open toes

by both parents and children. Please ensure you are wearing appropriate footwear

Come along and develop your bow and arrow skills. These fun sessions are suitable for beginners and led by a qualified instructor in a safe environment. Sessions can be booked

PEDALS (6 YEARS+ AND FAMILIES) (6 HINCHINGBROOKE COUNTRY PARK

Monday 3rd April, Monday 10th April 10.00am to 11.00am 11.00am to 12.00pm

£3.00 per hour £3.00 per hour

PEDALs is an adaptive cycling scheme for anyone requiring additional support to exercise and their families. At these sessions we will provide a leader to run a range of games and explore the park using the bikes available. Parents and carers can join in for free. Siblings can join in but must book and pay for the sessions.

KAYAKING (8 TO 15 YEARS) @ GRAFHAM WATER CENTRE

Monday 3rd April, Wednesday 5th April, Tuesday 11th April, Thursday 13th April 2.00pm to 4.00pm £12.00 per session

These popular kayaking sessions allow you the chance to try this exciting sport in a safe environment with fun activities. All equipment is provided. You must be prepared to get very wet! Limited spaces available.

INDOOR CLIMBING (8 TO 15 YEARS) @ GRAFHAM WATER CENTRE

Tuesday 4th April, Wednesday 12th April 10.00am to 12.00pm

£11.20 per session

ntroductory climbing sessions at Grafham Water's indoor activity hall under the watchful eye of a qualified instructor. Fun games and challenges are added to increase the enjoyment and learning.

GRAFHAM WATER CENTRE

Nednesday 5th April, Thursday 13th April 10.00am to 12.00pm

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£11.20 per person

Work as a team, and challenge yourself. The courses have wires to walk on, a platform to ump from, poles to scale, places to balance and all in a safe environment high above the round. Trainers are best for high ropes, as well as long shorts or trousers which are most

STRINGPINS

The tenpin bowling venue at **One Leisure St Ives** with 5 lanes available to hire daily from 10am 'til late.



www.oneleisure.net Call now on 01480 388111 to book a game!



Wondering what to do for childcare this school holiday?

Come and join the fun at One Leisure Schools Out' is an OFSTED registered holiday club for children aged 4 to 13 years

Open all school holidays (closed bank holidays) day to Friday 8.00am to 6.00pm (minimum booking 3 hours) Further details can be found on our website

Schools Out is held at the following sites:

Barford Road Eynesbury St Neots Cambs PE19 2SA	St Peter's Road Huntingdon Cambs PE29 7DA	Westwood Road St Ives Cambs PE27 6 WU
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Tel: 01767 688713 email: info@schoolsout-cambs.co.uk www.schoolsout-cambs.co.uk



"One Leisure aspires to be an outstanding provider of leisure and health opportunities that enables us to exceed the expectations of our customers and staff."



One Leisure St Neots Barford Road, Eynesbury, St Neots, Cambridgeshire PE19 2SA

Tel: 01480 388111 **Email:** oneleisurestneots@huntingdonshire.gov.uk Website: www.oneleisure.net

facebook.com/oneleisureuk Y twitter.com/oneleisureuk

One Leisure is managed by Huntingdonshire District Council.

If you would like a translation of this publication, ge text version or an audio version, please contact u nd we will try to accommodate your needs

ooked activities. We will give a minim



Monday 3rd April to Monday 17th April



www.oneleisure.net

All activities require booking in advance unless stated. Contact One Leisure St Neots on **01480 388111** to book.

ROLLER SKATING (ALL AGES)

Mondays, Wednesdays, and Fridays during the holidays 12.00pm to 2.00pm

£4.00 per person

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Get your skates on to One Leisure St Neots! These are fun skating sessions the whole family can enjoy together. Bring your own skates or hire them for **FREE** (available on a first come, first served basis). Children under 8 must be accompanied by an adult.

ARTS & CRAFTS (UNDER 12 YEARS)

Monday 3rd April 1.45pm to 3.15pm (6 to 12 years)

£7.50 per person

Thursday 6th April 3.15pm to 4.15pm (under 6 years)

£6.00 per person

Let your creativity run away with you in our fun arts and crafts session. Have fun learning to make all sorts of crafty things you can take home with you. All materials are provided.

JUNIOR COOKING (UP TO 12 YEARS)

Monday 10th April 1.45pm to 3.15pm (6 to 12 years)

£7.50 per person

Thursday 13th April 3.15pm to 4.15pm (under 6 years)

£6.00 per person

Come along this Easter and join in the fun making lots of delicious treats for you to take home and enjoy! Please bring a suitable container to take your treats home.

Wednesday 12th April 11.00am to 1.00pm

£8.00 per session

Have fun making your very own Bear. Children are supervised by One Leisure staff.

TENNIS (6 TO 12 YEARS)

Monday 3rd April 4.00pm to 5.00pm

£4.00 per person

Short taster sessions where you will learn the skills required to play tennis in a fun environment on indoor courts. All equipment is provided.

FUTSAL (6 TO 12 YEARS)

Monday 3rd April 5.00pm to 6.00pm

£4.00 per person

Come and try a different game of football. Futsal was originally developed in Brazil and uses smaller balls with less bounce. It is played indoors in the sports hall and encourages improvisation, creativity, and ball control.

INDOOR ATHLETICS (6 TO 12 YEARS)

Monday 10th April 4.00pm to 5.00pm

£4.00 per person

An indoor Athletics taster session ran by a level 2 coach where you will get the opportunity to try running, jumping and throwing.

TURBO CRICKET (6 TO 12 YEARS)

Monday 10th April 5.00pm to 6.00pm

£4.00 per person

A fun session led by a qualified Level 2 Coach. The session provides a chance to practice and improve all aspects of the games including batting, bowling and fielding.

TRI-GOLF (6 TO 12 YEARS)

Tuesday 11th April 11.00am to 12.00pm

A fun introductory to golf! Skills are taught through a variety of games led by a coach that will cover the basics of putting and chipping. All abilities welcome. All equipment provided. The sessions use plastic clubs and soft balls for that added peace of mind.

HOCKEY (6 TO 12 YEARS)

Tuesday 11th April 1.00pm to 2.00pm

£4.00 per person

Come along and learn the basic skills of this fast paced Olympic sport. Sessions include coaching and playing the game. All equipment provided.

BATTLEZONE ARCHERY (10 YEARS +)

Wednesday 5th April 3.30pm to 4.30pm

£5.00 per person

Wednesday 12th April 3.30pm to 4.30pm

£5.00 per person

Battle Zone Archery is the latest craze in combat activity, a mix of paintball and dodgeball, a high octane event that keeps you moving as you attempt to dodge the arrows!

INDOOR CANOEING (8 TO 12 YEARS)

Monday 10th April 10.00am to 11.00am

£8.50 per person

Thursday 13th April 10.00am to 11.00am

£8.50 per person

This session in the swimming pool gives you a chance to try an exciting sport in a safe environment with fun activities. You must be confident in deep water and able to swim 25 metres. Safety equipment will be provided. Be prepared to get very wet so please wear swimwear.

STROKE CLINIC (8 TO 12 YEARS)

Monday 3rd April (Step 6 and above) 10.00am to 11.00am

£6.00 per per

esday 4th April (Step 6 and above 10.00am to 11.00am £6.00 per person

These sessions in the swimming pool give you a chance to try improve your swimming strokes and skills such as somersaults, diving, and sculling.

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COURTS 4 KIDS (UNDER 16 YEARS)

Weekdays only from Monday 3rd April, to Monday 17th April 9.00am to 5.00pm £3.00 per court

Under 16's can play badminton and short tennis for only £3.00 per court with a One Card. All equipment hire is also **FREE** of charge. Book up to 7 days in advance.

NPLQ COURSE (16 YEARS +)

Monday 3rd April to Friday 7th April (9.00am to 5.30pm daily, but please call 01480 388111 for confirmation of start times of each day)

Exams on Saturday 8th and Sunday 9th April (times TBC)

£275.00 per person

Become a gualified lifeguard with the National Pool Lifeguard Qualification. Every candidate must be 16+ years (prior to assessment), be able to commit to the 40 training hours required and meet the following basic fitness criteria:

- Jump / dive into deep water
- Swim 50 metres in less than 60 seconds
- Swim 100 metres continuously on front and back
- In deep water, tread water for at least 30 seconds
- Surface dive to the floor of the pool
- Climb out unaided without ladder/steps

The assessment and all course materials are included in the course fee.

SWIMMING POOL TIMETABLE

	1	1			1	1	1		1			
Monday 3rd	Early		LQ	Private	Public	Adult Lanes and Parents	Public	Junior	Public Swim	Swimfit	Adult	
	Birds		Irse	Use	Swim	& Under 8's	Swim	Lessons	+ 2 Lanes	0.45 0.05	Lanes	
	7.00 - 8.55	9.00 -	11.00	11.00 - 12.00	12.05 - 12.55	1.00 - 1.55	2.00 - 3.25	3.30 - 6.30	6.30 - 8.10	8.15 - 9.05	9.05 - 10.05	
Tura alau 44h	Early	NPLQ		Private	Public	Adult Lanes and Parents	Inflatable	Junior	Public Swim Swimming			
Tuesday 4th	Birds 7.00 - 8.55	Course 9.00 - 11.00		Use 11.00 - 12.00	Swim 12.05 - 12.55	& Under 8's	Fun 2.15 - 4.45	Lessons 5.00 - 6.00	+ 2 Lanes 6.00 - 6.55			
						1.00 - 1.55						
Wedneeday 5th	Early Birds	NPLQ Course		Private Use	Public Swim	Adult Lanes and Parents	Public Swim	Junior Lessons	Public Swim + 2 Lanes	Swimming Club	Adult Lanes	
Wednesday 5th	7.00 - 8.55	9.00 - 11.00		11.00 - 12.00	12.05 - 12.55	& Under 8's 1.00 - 1.55	2.00 - 3.25	3.30 - 6.00	- 2 Lanes	7.00 - 8.00	8.05 - 9.00	
						Adult Lanes						
Thursday 6th	Early Birds	Baby & Toddler		Private Use	Public Swim	and Parents	Public Swim	Junior Lessons			Adult Lanes	
Thursuay out	7.00 - 8.55	Lessons 9.00 - 11.00		11.00 - 12.00	12.05 - 12.55	& Under 8's 1.00 - 1.55	2.00 - 3.25	3.30 - 6.30	6.30		8.00 - 8.55	
	Early	NPLQ	Public	Cuvim	Adult Lanes	Private	Junior	Float	ta Euro	٨		
Friday 7th	Birds	Course	+1L		and Parents		Lessons	Floats Fun + 1 Lane		Adult Lanes		
	7.00 - 8.55	9.00 - 11.00			& Under 8's Use 1.00 - 1.55 2.00 - 2.55		3.00 - 6.30		- 7.55 8.00 - 8.55		- 8.55	
	Swimming	Early	Im	nior	Flo	ats	Party	Party	Party	Party	Party	
Saturday 8th	Club	Birds		sons		in	Hire	Hire	Hire	Hire	Hire	
	7.00 - 8.00	8.00 - 8.55	9.00	- 1.00	1.00	- 3.50	4.00 - 4.50	5.00 - 5.50	6.00 - 6.50	7.00 - 7.50	8.00 - 8.50	
Sunday 9th	Family Swim		Swin	Swimming Infla		table	Party	Party	Disat	oled &		
	+ 1 Lane		Club			Fun H		Hire 40+ Swim				
		8.00 - 11.55		12.00 - 2.00 2.15		- 4.45	5.00 - 5.50	6.00 - 6.50 7.00 - 8.00		- 8.00		
	Early	Public	Canoeing	Private	Public	Adult Lanes and Parents	Public	Junior	Public Swim	Swimfit	Adult	
Monday 10th	Birds	Swim	Taster	Use	Swim	& Under 8's	Swim	Lessons	+ 2 Lanes		Lanes	
	7.00 - 8.55	9.00 - 9.55	10.00 - 10.55	11.00 - 12.00	12.05 - 12.55	1.00 - 1.55	2.00 - 3.25	3.30 - 6.30	6.30 - 8.10	8.15 - 9.05	9.05 - 10.05	
Tuesday 11th	Early	Public		Private	Public	Adult Lanes and Parents	Inflatable	Junior	Public Swim Swimming			
	Birds 7.00 - 8.55	Swim 9.00 - 10.55		Use 11.00 - 12.00	Swim 12.05 - 12.55	& Under 8's	Fun 2.15 - 4.45	Lessons 5.00 - 6.00	+ 2 Lanes Club 6.00 - 6.55 7.00 - 10.15			
						1.00 - 1.55 Adult Lanes						
Wednesday 12th	Early Birds	Public Swim		Private Use	Public Swim	and Parents	Public Swim	Junior Lessons	Public Swim + 2 Lanes	Swimming Club	Adult Lanes	
	7.00 - 8.55	9.00 - 10.55		11.00 - 12.00	12.05 - 12.55	& Under 8's 1.00 - 1.55	2.00 - 3.25	3.30 - 6.00	6.00 - 6.55	7.00 - 8.00	8.05 - 9.00	
Thursday 13th		Baby &	Canoeing	Private	Public	Adult Lanes	Public	Junior			Adult	
	Early Birds	Toddler	Taster	Use	Swim	and Parents	Swim	Lessons			Lanes	
That Sudy 15th	7.00 - 8.55	Lessons 9.00 - 10.00	10.00 - 10.55	11.00 - 12.00	12.05 - 12.55	& Under 8's 1.00 - 1.55	2.00 - 3.25	3.30 - 6.30	6.30		8.00 - 8.55	
Friday 14th		Go	od Friday -	Swimming P	ool Closed (o	nly open for	Junior Lesso	ons from 3.0	0pm - 6.30p	m)		
	Early	y Junior		Floats Par		Party Party		Party				
Saturday 15th	Birds	Lessons		Fun		Hire	Hire	Hire	Pool Closed from 7.00pm		.00pm	
,, , ,	8.00 - 8.55	9.00 - 1.00		1.00 - 3.50		4.00 - 4.50 5.00 - 5.50		6.00 - 6.50				
	Family Swim		Public		Inflatable		Party	Pool Closed from 6.00pm				
Sunday 16th	+ 1 Lane		Swim		Fun		Hire					
	8.00 - 11.55		12.00 - 2.00		2.15	2.15 - 4.45 5.00 - 5.50						
Monday 17th Easter Monday - Swimming Pool Closed (only open for Junior Lessons from 3.30pm - 6.30pm)												
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Children under 8 must be accompanied by an adult (16+) in the water. No more than two under 8's allowed with each adult. The changing rooms are mixed and have separate changing cubicles. A £1 coin (which is returnable) is required to use the swimming pool changing room lockers. uring busy periods a call-out system operates. Swims may be limited to 45 minutes. A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool

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