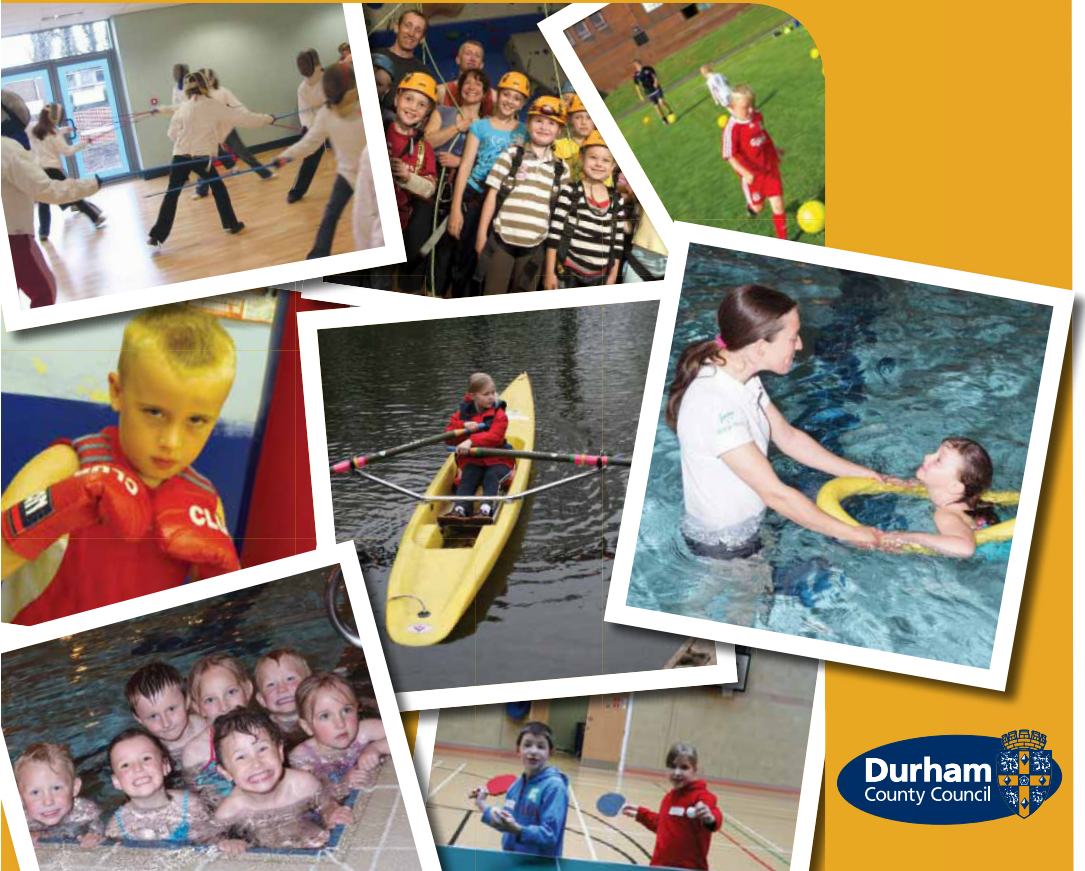


# School's Out

An action packed programme of activities has been lined up to help make the most of the summer holidays

For more information contact Durham County Council  
[www.durham.gov.uk](http://www.durham.gov.uk)

**Booking from 1 July 2009**



# Activities in North Durham

In and around Chester-le-Street

In conjunction with Extended Services we are providing a summer programme of sports coaching and activities across the Chester-le-Street area for young people in the community.

**FREE – Age 6 – 11 years**

**Football, Basketball,  
Dodgeball, Mini Games  
& Multi Skills**

## **Kimblesworth & Ouston**

27–31 July every afternoon  
17–21 Aug every afternoon  
12.45pm–2.40pm

## **Lumley & Pelton Fell Community Centre**

3–7 Aug every afternoon  
24–28 Aug every afternoon  
12.45pm–2.40pm

## **Northlands & Edmondsley**

10–14 Aug every afternoon  
12.45pm–2.40pm

**At Your Local  
Community Centre/School**

## **Free Activities**

There will be two community centres/schools running every week for five weeks including; Lumley Community Centre & Pelton Fell Community Centre (Weeks 1 & 4), Fyndoune School & Chester-le-Street Youth Centre (Weeks 2 & 5), and Roseberry Sports College & Kimblesworth Community Centre (Week 3). Community Centre/School sessions are run from 3pm – 4.45pm and are overseen by NGB qualified staff.

Extended Services have an additional three venues running activities every afternoon with a different activity everyday for five weeks. The venues hosting the activities are; Roseberry Sport College, Chester-le-Street Youth Centre, and Burnmoor/Fence Houses Community Centre. The

sports coaching/activities taking place include; cheerleading and dance, football, martial arts, circus skills and basketball. Activities are run from 1pm-2.55pm for children aged 5-16 years old and are overseen by qualified staff.

**For more information please contact Jodie Cowie (Extended Services)  
07939 451 387 or Len Watson (Sports & Leisure Services)  
07748 321 547**

**What's on at the  
\*Riverside this Summer?**

- athletics
- football camps
- kwik cricket camps
- rounders
- American dodgeball

tennis... tri Golf... and table tennis are also available.

## **Fancy rowing?**

You can get a taster indoors before going onto the river in our trainer play boat.



## **Really Wild Club**

Wednesday 29 July,  
£1 per person  
This is a club for anyone interested in learning about nature while having fun. All sessions include fun games, nature spotting and practical activities. Children should wear old clothing, as they will get messy and suitable clothing/footwear in case of bad weather. Activities include mini beast hunt, homes and habitats and bird spotting.

**Contact Riverside on  
0191 389 0986**

\*Small charge will apply

## **Can you swim?**

If not you can learn during the summer holidays.

Can swim but want to improve? Look no further... Sessions take place every day for 5 weeks from 9am–9.30am for beginners and 9.30am–10am for improvers with a maximum number of 10 participants per course so please book early.

There is also the opportunity to take advantage of the Pool Lifeguard award on weeks 1 and 4, which is a nationally recognised qualification. Restrictions apply – contact the leisure centre for details, maximum number of 10 candidates.

Rafts and floats/inflatable sessions are taking place every Monday, Wednesday and Friday from 2.30pm–4pm. Session are open a maximum of 75 participants and under 19s are eligible

for free entry if they are registered with the leisure centre and booked onto the course.

FREE junior spinning (cycle exercise) sessions are taking place on Mondays from 11am–12pm with a maximum number of 10 participants. Children of 11–17 years only can take part for free if registered with the leisure centre and booked onto the course.

Hip hop dance coaching takes place on Thursdays from 1pm–2pm with a maximum number of 16 participants. Sessions are for young people ages 11–17 years with the session being free if they are registered with the leisure centre and booked onto the course.

**For more information please contact the leisure centre on 0191 388 6673**

**Roseberry Grange Golf Club  
Golf course**

(Weeks 2 and 4)  
Learn new skills including chipping, putting and target practice are all part of the course. Use the new found skills you've learned and try your putting skills out on the putting green.

**For more information please contact Roseberry Grange Golf Club on 0191 370 0660**

# Leisureworks Sports Development Activities Summer 2009

**Leisureworks Sports Development Team** are delivering a range of quality opportunities within leisure centres and community facilities this summer with fully qualified coaches helping to progress anyone from beginner level right through to advanced! If you fancy trying something new or developing an existing skill, our activities offer children and young people easy access to sport that will help progress and achieve success.

## Squash Workshops

Our squash workshops are run by the England Squash Community Coach allowing participants to receive expert training to develop skills whether you're a beginner or improver. In these family sessions children and parents / guardians are welcome to attend together. Sessions on Thursdays at the Louisa Centre - 10.30am to 12.30pm and Belle Vue Leisure Centre - 1.30pm to 3.30pm will include play, competitions and most of all lots of fun!

## Netball

Catch, pass and shoot your way to netballing fun this summer with action packed sessions delivered by coaches from Greencroft Ladies Netball Club. From complete beginners to experienced players, all are welcome to improve their skills at sessions. Mondays between 10am and 11.30am at Consett Community Sports College.

## Football

Our football development scheme offers two day soccer courses packed with coaching, games and competitions at both the Louisa Centre and Belle Vue Leisure Centre. There will be a chance to win prizes and develop your skills with boys and girls of all abilities.

## Trampoline

Spring into action this summer by joining coaches from the Louisa Allstars Trampoline Club in sessions on Wednesdays at the Louisa Centre - various times and ages available. Learn jumps, tucks, twists, straddles and more. Whatever your ability, all are welcome. **New for summer 2009 - look out for FREE community trampolining at a school near you.**

## Gymnastics

Our classes at the Louisa Centre and Belle Vue Leisure Centre cater for both beginners and intermediate gymnasts. Coaches will develop skills looking at agility, balance and coordination. Various classes are available on Thursdays for 4 to 16 year olds including boys only sessions.

## Tennis

Professional coaches are on hand to guide and develop budding tennis players of all levels and abilities. Sessions focus on skills and techniques as well as game play and fun competitions. A comprehensive range of tennis coaching is available at The Louisa Centre, Belle Vue Leisure Centre, Anfield Plain Tennis Courts, Shotley and Benfieldside Tennis Club and Catchgate Junior School.

## Star:track Athletics

Try your hand at running, throwing and jumping with three action packed days of athletics fun at the Louisa Centre and Belle Vue Leisure Centre. The third day of the course will be a trip to Gateshead International Stadium to use the outdoor athletics track.

## Cricket

Cricket courses give young people of all abilities the opportunity to enhance and learn new batting, bowling and wicket keeping skills. Courses are hosted at local cricket clubs for various ages throughout the summer holidays.



For full details of all courses and sessions including dates, times, ages and prices visit [www.leisureworksonline.co.uk](http://www.leisureworksonline.co.uk) or pick up your FREE Leisureworks magazine from any of our venues. Alternatively contact your local leisure centre:

**The Louisa Centre, Stanley 01207 218 877**

**Belle Vue Leisure Centre, Consett 01207 218 151**

Leisureworks also offers a range of other activities including trips, arts, cinema and swimming. For full details of how to get involved visit [www.leisureworksonline.co.uk](http://www.leisureworksonline.co.uk)



# Activities in Central Durham

Come along and try a variety of sports in our leisure centres this summer **FREE OF CHARGE!** Why not give them a try and if you enjoy them, we will be starting clubs for most of these sports in September. See below for what's happening in a centre near you...

## Abbey Leisure Centre

### Boxing Camp

Learn the fundamentals of the noble art of self defence, stamina, speed, skill, strength and suppleness. We are holding two camps for boys and girls aged 10-16 years, with fully qualified coaches. Prizes will be awarded for most improved students and 'Kid Gloves' certificates provided for all who attend. Places are limited, so book early to avoid disappointment.

**FREE of charge**  
**Tel. 0191 301 8301**

## Coxhoe Leisure Centre

### Girls Football

Just for girls! Learn the skills of the beautiful game as this sport continues to grow in popularity. Coaches provided by Durham City Ladies FC and you will have the opportunity to join the club. For girls aged 12-16 years.

**FREE of charge**  
**Tel. 0191 301 8302**

## Deerness Leisure Centre

### Fun Free Gym!

Always wanted to try your gymnastics skills? Then this is your opportunity. Come along to our world class gymnastics centre and learn the art of gymnastics, tumbling and trampolining with our qualified coaches. A two day camp for boys and girls aged 8-16 years. Places are limited so book early to avoid

disappointment.  
**FREE of charge**  
**Tel. 0191 301 8303**

## Freeman's Quay Leisure Centre

### Dodgeball

One of the fastest growing sports in the UK. It's fast, it's furious and loads of fun. A great team game and for once, it really is OK to throw balls at other people just for the fun of it! Our qualified coaches will show you the techniques and teach you the rules of the game. Come along and try it, you won't regret it!

**FREE of charge**  
**Tel. 0191 301 8306**

## Meadowfield Leisure Centre

### Climbing Centre and Duathlon Training

Take part in an action packed day at Meadowfield Leisure Centre beginning with bouldering at Durham Climbing Centre. Bouldering is fast emerging as the most popular branch of climbing and is easily accessible for abilities. It's unique, exciting, challenging, but above all FUN. You will learn techniques which will give you the confidence to solve the problems of the wall! The afternoon will be spent at Meadowfield Leisure Centre with a qualified coach and assistants from Durham Triathlon Club. Enjoy an insight into the world of duathlon; the coach will practice techniques in

the disciplines of running and cycling as well as the important changeover! Finish the day with a mini duathlon. Bring your own bike or book out one of our free bikes from the centre. For ages 8-16 years, spaces are limited so book early to avoid disappointment.

**FREE of charge**  
**Tel. 0191 301 8304**

## Sherburn Leisure Centre

### StreetCheer

StreetCheer is a new mix of cheerleading moves and street dance. With the funkiest, latest dance moves combined with cheerleading chants and cheers. Create your own routines and entertain your friends and family. A day camp with a great coach who will bring out dance skills you didn't know you had!

**FREE of charge**  
**Tel. 0191 301 8305**

## Wii Fit Competition

The Wii Fit – a fantastic piece of technology that everyone can use whatever your skill level. We're holding an inter-centre competition for 8-16 year olds in all of our leisure centres with a final competition taking place at Freeman's Quay on 15 August. Prizes to be won. Contact your local centre for practice/tournament dates.

## Bike Rides

We will have organised bike rides from all of our leisure facilities throughout the holidays for young people aged 10-16 years. If you don't have a bike, don't worry, with our FREE bike hire scheme\* you can use one of ours! Contact your local centre for dates and availability.

\*bikes must be booked in advance. This scheme operates throughout the year.

## Away Days

Always popular, we will be holding a number of away days throughout the holidays. Proposed visits include: 'The Works' skatepark in Leeds, ice skating at Whitley Bay, Castlegate Quay (Watersports) at Stockton and Flamingoland. Places must be booked in advance.

**For further information contact the leisure hotline on 0191 301 8556**

# Activities in Central Durham

continued

## Cricket 28 July–27 August **£2 per session\* FREE 8 yrs+**

Tues	1pm–3pm	Murton Cricket Club
Wed	1pm–3pm	Peterlee Cricket Club
Thurs	1pm–3pm	Castle Eden Cricket Club

## Trampolining 30 July–27 August **£2 per session\* 8 yrs+**

Thurs	10am–12noon	Dene Community School
	1pm–3pm	Wellfield School

## Gymnastics 30 July–27 August **£2 per session\* 5 yrs+**

Thurs	10am–12noon	Dene Community School
	1pm–3pm	Wellfield School

## Fishing 27 July–17 August **£2 per session 8 yrs+**

Mon	12noon–4pm	Pick up points across the area
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## Boxing **FREE 8 yrs+**

Tues	10am–11.30am	Thornley Community Centre
Tues	1pm–2.30pm	Glebe Centre
Thurs	10am–11.30am	Hazelwell Centre

## Cheerleading 28 July–27 Aug **FREE 5 yrs+**

Tues	1pm–3pm	Hazelwell Centre
28 Jul	10am–12noon	Wingate Community Centre
4 & 11 Aug	10am–12noon	Greenhills Centre
18 & 25 Aug	10am–12noon	Dawdon Community Centre
Wed	10am–12noon	Glebe Centre
29 Jul & 5 Aug	1pm–3pm	Hesleden Community Centre
12 & 19 Aug	1pm–3pm	Parkside Community Centre
Thurs	10am–12noon	Blackhall Community Centre
30 Jul & 6 Aug	1pm–3pm	Thornley Community Centre

## Fun & Games **5–13 yrs**

Mon	1pm–3pm
Tues	10am–12noon
	1pm–3pm
Wed	10am–12noon
	1pm–3pm
Thurs	10am–12noon
	1pm–3pm
Fri	10am–12noon

## Golf 27 July–18 Aug **£2 per session 10–16 yrs**

Mon	1pm–2pm	Seaham Park Golf Club
Tues	10am–11am	Castle Eden Gold Club

## Cycling 11–26 August **FREE 8 yrs+**

Must be able to ride a bike unaided. Helmet & bike provided.

Tues	1pm–3pm	Blackhall Community Centre
Wed	10am–12noon	Hesleden Community Centre
	1pm–3pm	Dawdon Community Centre
Thurs	10am–12noon	Glebe Centre

## Family Fun Walks August **FREE Families**

Mon 10	10am–12noon	Dawdon Community Centre
Mon 17	10am–12noon	Hazelwell Centre
Mon 24	10am–12noon	Wingate Community Centre

## Camps and Champs **5–13 yrs**

Activity programme for 5–13 year olds

Tues	12.30pm–4pm
Wed	9am–12.30pm
Thurs	12.30pm–4pm
Fri	9am–12.30pm

Week 1	Tues 28–Fri 31 July	Easington Welfare Park
Week 2	Tues 4–Fri 7 Aug	Greenhills Centre
Week 3	Tues 11–Fri 14 Aug	Horden Welfare Park
Week 4	Tues 18–Fri 21 Aug	Dawdon Welfare Park
Week 5	Tues 25–Fri 28 Aug	Woodhouse Park, Peterlee

**For more information please contact  
The camps and champs team on 0191 527 0501.**



\*£2 per session or £5 for five days

# Activities in South Durham

A whole summer of fun

## Football Camp **FREE 8 yrs+**

Sildon Sunnydale Leisure Centre  
Mon 3-Wed 5 August 1pm-3pm

## Tennis Camp **FREE 8 yrs+**

Spennymoor Jubilee Park  
Mon 27-Fri 31 July 10am-12noon

Sildon Jubilee Park  
Mon 27-Fri 31 July 1pm-3pm

Chilton Tennis Courts  
Mon 24-Fri 28 August  
10am-12noon

Spennymoor Jubilee Park  
Mon 24-Fri 28 August 1pm-3pm

\*Greenfield School  
£5 one day/£12 for all 3 days  
Booking advisable 01325 300 378  
Mon 27-Wed 29 August  
10am-12noon

## Dance Camp **FREE 8 yrs+**

Sildon Sunnydale Leisure Centre  
Mon 17-Wed 19 August 1pm-3pm

## Trampoline Camp **FREE 8 yrs+**

Ferryhill Leisure Centre  
Mon 17-Wed 19 August 1pm-3pm

## Thai Boxing Camp **FREE 8 yrs+**

Newton Aycliffe Leisure Centre  
Mon 24-Wed 26 August  
10am-12noon

## Taekwondo Camp **FREE 8 yrs+**

Spennymoor Leisure Centre  
Mon 10-Wed 12 August  
3pm-5pm (Mon & Tues)  
1.30pm-3.30pm (Wed)

## Basketball Camp **FREE 8 yrs+**

Ferryhill Leisure Centre  
Mon 10-Wed 12 August 1pm-3pm

Newton Aycliffe Leisure Centre  
Mon 17-Wed 19 August 1pm-3pm

Spennymoor Leisure Centre  
Mon 24-Wed 26 August 1pm-3pm

## Cycle Sessions **FREE 8 yrs+**

Oakleaf Sports Complex  
Mon 10 August 1pm-3pm  
Fri 14 August 10am-12noon

Spennymoor Leisure Centre  
Mon 17 August 1pm-3pm  
Fri 21 August 10am-12noon

## Cricket Coaching Camp **FREE 8 yrs+**

Tudhoe Cricket Club  
Mon 3-Fri 7 August 10am-12noon

Newton Aycliffe Cricket Club  
Mon 3-Fri 7 August 1pm-3pm

For more details contact the  
sport development team on  
01388 816 166 ext 4412

## Multi Use Games Area Multi Sports Turn Up & Play **8 yrs+**

Every Mon 10am-12noon  
Tudhoe MUGA

Every Mon 1pm-3pm  
Middlestone Moor MUGA

Every Tues 10am-12noon  
Chilton MUGA

Every Tues 1pm-3pm  
West Cornforth Recreation Park

Every Wed morning  
10am-12noon  
Trimdon Colliery MUGA

Every Wed 1pm-3pm  
Trimdon Skerne Park MUGA  
1pm-3pm



The youth development team will also be offering a wide range of activities including fitness camps, street cheer, family fun days and rock school... yes it's all FREE!

For more details contact Caroline Stephens, Youth Development Officer on 01388 816 166 ext 4336

For a range of activities for disabled young people please contact 01388 816 166 ext 4512 for further details.

Day trips throughout the summer to Tweedle Animal Farm, Stadium of Light and Blue Reef Aquarium. For further information contact 01388 816166 ext 4539

Leisure centre activities include: snorkelling, art zone, dodgeball, rollerskating, sports fun which will include 5-a-side, badminton, table tennis and basketball.

A small charge applies to some activities.

**Bookings for all activities taken from 1 July 2009**

**For further details call 01388 816 166**

# Activities in South Durham continued

At Teesdale Leisure Centre and surrounding areas

Are you looking for something to do this summer? Look no further, we have something for everyone in our fun packed summer programme.

## Teesdale Leisure Centre

### Swimming Crash Courses

Want to learn to swim or just improve? Then we have a course for you.

**27 July–28 August**

**8am–8.45am** Advanced Learn to Swim

£46.50 non member/£39.50 member

**8.45am–9.30am** Learn to Swim

£46.50 non member/£39.50 member

**9.30am–10am** Pre School (3+)

**10am–10.30am** Pre School (3+)

£31 non member/£26.25 member

Classes to suit all abilities,

contact us for details.

### Water Polo

**28 & 30 July**

**6, 13, 18, 20 & 27 August**

£3.25 non member/£2.75 member

All classes start at 10.30am and are for mixed abilities.

### Diving

**4 & 25 August**

£3.25 non member/£2.75 member

All classes start at 10.30am and are suitable for beginners and beyond.

### Turns and Starts

Learn how to tumble, backstroke etc.

**11 August 10.30am**

£3.25 non member/£2.75 member

### Splash Time with Inflatable Fun

Come and join the fun here at Teesdale Leisure Centre

**27 July–28 August Mon to Fri**

### Climbing

If you have never climbed before or just need a new challenge then this is for you.

**27 July–28 August Mon to Thurs**

**12.45pm–2.15pm for 4–9 years olds**

**2.30pm–4.00pm for 10–15 year olds**

**4.15pm–5.45pm family time**

Indoor sessions will be held at Teesdale

Leisure Centre at our fantastic newly extended climbing wall. Two extra climbing sessions will introduce you to advanced techniques and abseiling. No experience is necessary as we have fully qualified staff to help you, and equipment is also available to hire.

### Trampolining Courses

Bounce your way into summer with our trampolining crash courses. If you are a beginner, or more experienced come and give it a go!

**27 July–28 August**

Courses are from Monday to Friday and held at Teesdale Leisure Centre

**3pm–3.45pm** Beginners

**3.45pm–4.30pm** Intermediate

£22.60 non member/£20.65 member

### Dodgeball

Join us for our weekly dodgeball sessions. **Every Wed from 2pm–3pm** at Teesdale Leisure Centre.

### Dance

**6–7 & 11 August**

Come and get your dancing shoes on with the latest craze in dance.

We are holding a two day workshop here at Teesdale Leisure Centre with dance instructor Ashley who will introduce you to street dance, cheerleading and street cheer. There will also be a dance session held at the Randolph Centre in Evenwood on 11 August. All abilities welcome.

### Athletics

Want to learn more about running, jumping and throwing? Come along and join in our weekly athletics club, we will be introducing many events including sprinting, long jump, hurdles and more. Sessions run by Teesdale Junior Athletics Club. Contact us for further details.

### Football Camp

We will be running various football camps throughout the summer. There will be a two day camp for boys and girls aged 5–15 and also weekly coaching sessions run by Chris Beckett from 'Little Kickers' for aged 5 and under. Whatever your ability we have something for you.

### Cricket Camp

Join us for our three day cricket camp. Coaching will be provided by Barnard Castle and Durham Cricket Club. The camp will run from Monday 17 to Wednesday 19 August. We will also be running camps around the area so contact Teesdale Leisure Centre for more details.

### Multi Sport

We are running a variety of multi sports sessions at Teesdale Leisure Centre as well as in the community, please contact us for further details and see if we are coming to your area.

**We have many other activities planned to suit all ages and abilities. Call 01833 696 375 or 01833 696 374.**

Bookings are essential and being taken from 1 July.

**Have an action packed summer with us!**





## Fun in the Pool

**Woodhouse Close Leisure Complex, Bishop Auckland**

### FLOAT Session

Every Tuesday and Thursday  
1pm-3pm FREE

### Pool Disco

Swim and enjoy the music!  
Wednesdays 1pm-3pm £2.35

**Mini Water Polo, Octopush, Lifesaving and much more**

Fridays 1pm-2pm £1

### Inflatable Session

Under 8s must be accompanied by an adult  
24 & 27 July, 3, 10, 17 & 24 August  
2 & 4 September 1pm-3pm £2.55

### Can you swim 25 metres?

Then SEA-DOO could be the activity for you!  
Friday 28 August 1pm - 2pm £5

### Fit Teen in Visions Leisure Club

Thursdays 3.30pm-5pm and  
Saturdays 2pm-3.30pm  
13-16 years  
£3.15 non Member  
£2.10 Member

**Call 01388 761 634**

**\*Glenholme Leisure Complex, Crook**

### Inflatable Fun

Every Mon (exc Bank Holiday)  
1pm-3pm £2.35

### Pool Floats

Tues and Thurs  
1pm-3pm FREE to under 16s

### Street Dance

Fri 5.30pm-6.30pm  
8-16 years FREE

### Get Fit - Teenage Exercise in Visions

Fri 7pm-8.30pm  
13-18 years FREE

\* Note restrictions & limited availability may apply

**Call 01388 761 133**

## Wellness on Wheels

11+ and want to improve your fitness? General fitness sessions at the WOW Trailer - induction required (resistant equipment 16+) FREE

**(WOW) at Escomb near Bishop Auckland. Call 07768 553 217**

### Tennis Camps

Mon 3-Fri 7 August  
Town Recreation Ground,  
Bishop Auckland  
morning and afternoon camps

Mon 10-Fri 14 August  
Wolsingham School  
morning and afternoon camps

**Call 01388 761606 to register**

## CPAC Activities **FREE**

### Area CPAC CONTACT

Woodhouse Close,  
St Helens & Henknowle  
Wayne B 07766 133491  
Rebecca 07717 426857

Weardale  
Peter 07747 486880  
Dean 07717 424967

Coundon & Leeholme  
Richard 07799 860628

Crook, Willington & Tow Law  
Wayne C 07799 868149  
Brian 07909 875271

### All Areas

### Multi Sports Fun

Every Mon  
Bishop Barrington Sports Hall  
Age 11+ 1pm-4pm,  
contact your area CPAC

### All Areas

### 9-a -side Football Tournament

Wed 29 July  
Wolsingham School Field U14s,  
contact your area CPAC

## Crook, Willington & Tow Law

### Village Multi Sports

5 August Roddymoor 1pm-2.30pm, Sunnyside 3pm-4.30pm  
12 August Oakenshaw 1pm-2.30pm, Billy Row 3pm-4.30pm  
19 August Stanley, Crook 2pm-3.30pm, Hunwick 4pm-5.30pm

### Dance, Football, Boxing

In and around Glenholme Park  
Thurs 13 August 11.30am-2.30pm  
Contact Wayne C

### Coundon & Leeholme

### Golf

Thurs 6 August 1pm-3pm  
Eleven Arches Driving Range  
Age 8-18, limited spaces  
Contact Richard

### Cricket Coaching

11, 12, 14 & 25 August at  
Leeholme Recreation Ground  
Age 9-18 yrs Contact Richard

### U14's Football Training

28 July, 14, 19, 21, 26 August &  
2 September  
Leeholme Recreation Ground

**Woodhouse Close, St Helens & Henknowle**

### 5-a-side football

Woodhouse Close  
- new outside court!

Every Thurs

8-11 yrs 4pm-5pm,

11-14 yrs 5pm-7pm

14-19 yrs 7pm-9pm

Every Wed at St Helens  
Recreation Ground

8-11 yrs 3.30pm-4.30pm

11-14 yrs 4.30pm-5.30pm

14-19 yrs 5.30pm-7.00pm

### Junior Swimming

Woodhouse Close  
2pm-3pm with Rebecca

**continued over**

# Activities in South Durham continued

## Weardale

### 5-a-side tournament

31 July under 11s  
11am-12.30pm

### Multi Sports

Wolsingham Sports Hall  
14 & 21 August 1pm-4pm  
You choose!

### Rock Climbing

limited spaces  
6 August 12noon-2pm

### Mixed Sports

Every Mon 1pm-4pm  
Bishop Barrington

Contact Area CPAC Peter

## All Areas

### Street Games

Including street cheer, football  
and many more  
Newcastle  
Thurs 30 July

### Rock Climbing

Teesdale Leisure Centre  
Thurs 6 August

### Wet n Wild

Thurs 13 August

Take part in our weekly activities & you may be eligible for our trips – limited spaces so make sure you contact your area CPAC.

There is more - for a full list of CPAC activities contact your area CPAC. Bookings taken from 1 July 2009.



## Disability Sports

Programme over the summer holidays

There is a wide programme of sports for young people and adults with disabilities which happen every week.

**For more information and to book call 01388 816 166 ext 4412**

## Weekly Sessions

### Sedgefield Sportsability Club

Spennymoor Leisure Centre  
Mon 5pm-6.30pm 5-16 years

### Open Swim Session

Newton Aycliffe Leisure Centre  
Mon 5pm-6pm All ages

### Football Coaching

By Ferryhill Junior Youth FC  
Dean Bank Recreation Ground, Ferryhill  
Tues 6.30pm-7.30pm 5-16 years

### Athletics Coaching

By Shildon Running and Athletic Club  
Stadium 2000, Shildon Sunnydale Leisure Centre  
Wed 7pm-8pm 8-16 years

\*Small charge applies to weekly sessions

## Summer Holiday Sessions - FREE

### Sportsability Session

Spennymoor Leisure Centre  
Every Fri 1pm-2.30pm 5-16 years

### Athletics Camp Stadium 2000

Shildon Sunnydale Leisure Centre  
Mon 3-Wed 5 August 10am-11.30am 8-16 years

### Football Camp

Ferryhill Leisure Centre  
Mon 24-Wed 26 August 1pm-2.30pm 5-16 years

### Gymnastics

South Durham Gymnastics Club  
Spennymoor Leisure Centre  
Tues 4 August 2.30pm-3.30pm 5-16 years  
Tues 11 August 2.30pm-3.30pm 5-16 years



The Children's Network who provide leisure activities for disabled children also have 7 Summer events planned please contact Elaine Wilson 0191 383 3785 or email [childrensnetwork@durham.gov.uk](mailto:childrensnetwork@durham.gov.uk)