

Durham  
**D**  
CountyLeisure  
Durham County Council



# School's out!

Get set for summer 2009, in Teesdale



SOME  
**FREE**  
ACTIVITIES THIS  
SUMMER

See inside for more details

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

# How to book

**Anyone wishing to take part in any of the activities must register, but please book early as places are limited.**

To do this, complete the registration form at the back of this booklet. Bookings for all activities are essential and will be taken from Wednesday, 1 July 2009. **All activities are held at Teesdale Sports Centre unless otherwise stated.**

For further details of any of our activities or to book a place please contact:

Nicky Spencer on **01833 696 375**

Sarah Beadle on **01833 696 374**

Reception on **01833 696 367**

Teesdale Leisure Centre, Strathmore Road, Barnard Castle, County Durham, DL12 8DS

**www.durham.gov.uk**



## Multi sport, athletics and football

**Friday 7 and 28 August  
10am-2pm**

**At Middleton in  
Teesdale School**

Come and learn a whole host of skills including football, rounders, cricket as well as all aspects of athletics

**Age 5-11**

**IT'S  
FREE**



## Are you aged 5 or under?

Chris Beckett from 'Little Kickers' will be holding football coaching sessions for aged 5 and under.

**Monday 27 July, 3, 10, 17  
and 24 August**

9.30-10.30am (age 2-3½)  
10.30-11.30am (age 3½-5)

**£2 per session**

Please bring a drink and wear suitable clothing and footwear.

# swimming courses

Come and splash your way into summer  
Want to learn to swim? Can swim but want to improve?  
Then we have a course for you.



## Monday to Friday, 27 July to 28 August

8-8.45am Advanced Learn to Swim	£46.50 non members / £39.80 members
8.45-9.30am Learn to Swim	£46.50 non members / £39.80 members
9.30-10am Pre School (3+)	£31 non members / £26.25 members
10-10.30am Pre School (3+)	£31 non members / £26.25 members

# water polo

If you love swimming and fancy something different, then come down and give water polo a go.



**Tuesday 28 and Thursday 30 July**

**Thursday 6, 13, 20, 27 and Tuesday 18 August**

10.30-11.15am, £3.25 non members / £2.75 members per session

# turns and starts

Come and learn how to tumble, backstroke etc

**Tuesday 11 August**

10.30-11.15am

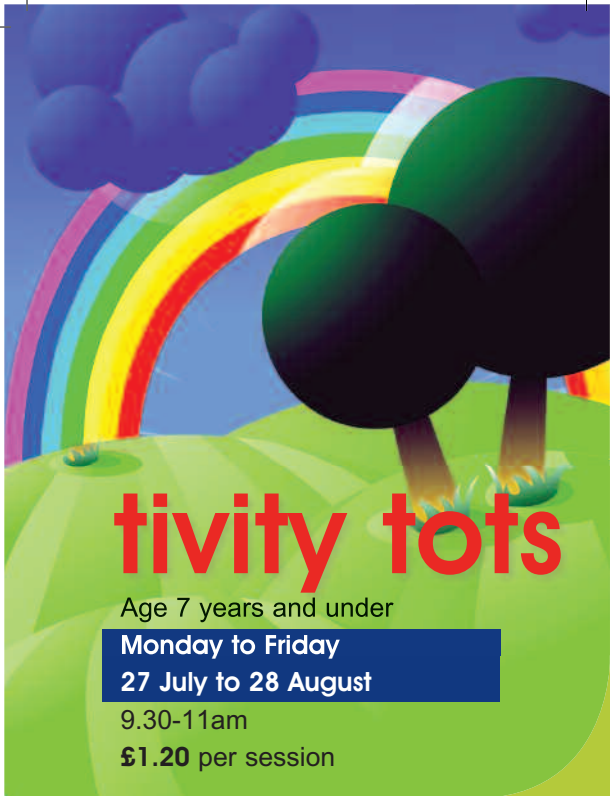
**£3.25 non members / £2.75 members**

# diving

Learn all about the basics of diving

**Tuesday 4 and 25 August**

10.30-11.15am, **£3.25 non members / £2.75 members**



# tivity tots

Age 7 years and under

**Monday to Friday**

**27 July to 28 August**

9.30-11am

**£1.20** per session

# Splash time and inflatables

**Monday to Sunday**

**27 July to 28 August**

**Monday, Tuesday and Thursday**

10.30am-12noon and 3-4pm

**Wednesday and Friday**

10.30-11.30am and 3-4pm

**Saturday and Sunday**

11am-12noon

# climbing wall

**Indoors**

Whether you are an experienced climber or have never climbed before then this is for you. Climbing is an exciting, challenging sport and suited for all abilities. Sessions will be held at our fantastic newly extended climbing wall.



**Monday to Thursday**

27 July to 28 August  
(excl 29 July and 6 August)

**1-2.15pm**      **age 4-9**

**2.30-3.45pm**      **age 10-15**

**Tuesday and Friday**

28, 31 July, 4, 7, 11, 14, 18, 21, 25, 28 August

**5.45-7.15pm, family time**

No experience is necessary as we have fully qualified staff. **£3** per person per session.

For those who want to learn more about climbing we are also running a special session for

# climbing techniques



**Monday 3 August, 9am-12 noon**

These sessions are open to youngsters **aged 12-18** and will introduce you to further skills used in climbing such as advanced belaying, abseiling, knots and many other climbing techniques which can be used in both indoor and outdoor climbing. These sessions will be run by experienced climber Andy Brown. Previous experience of climbing is preferred though not essential. **£5** per session

**For all climbing sessions please wear long sleeved tops and trousers. All equipment is included in the price except for climbing shoes, however trainers or shoes that are used to climb must be clean and non-marking.**



As an added bonus we are also running

# climbing sessions outdoors

**IT'S FREE**

Join Andy and Pete for a fantastic day out and put all you have learnt into practice.

**Thursday 6 and 13 August, age 8-15**

Transport will be provided to Scugdale and Wainstones.

**Pick up at 8.45am prompt and drop off at 5pm at Teesdale Leisure Centre.**

All equipment will be provided. Please wear appropriate footwear and clothing for weather ie waterproofs, sun hat as well as a packed lunch, bin bag for wet clothes and a drink.

# cricket camps

**IT'S FREE**

Join us for our 3 day camp with BCCC coaches John Ashworth and Jamie Byers held at **Barnard Castle Cricket Club.**

**Monday 17 to Wednesday 19 August, 10am-2pm**

This course will allow youngsters to develop their abilities in batting, bowling, wicket keeping and other skills.

Please wear suitable footwear and clothing and please bring a packed lunch and drink.

# trampoline courses

Age 5-15

Bounce your way into summer with our fantastic weekly courses. Learn all about jumps, tucks, twists and much more with our experienced coaches.

## Monday to Friday

**27-31 July (excluding Wednesday 29)**

10-10.45am (beginner)

10.45-11.30am (intermediate)

## Monday to Thursday

**3-6 August**

1-1.45pm (beginner)

1.45-2.30pm (intermediate)

## Monday to Friday

**10-14 August**

3-3.45pm (beginners)

3.45-4.30pm (intermediate)

## Monday to Friday

**17-21 August**

3-3.45pm (beginners)

3.45-4.30pm (intermediate)

## Monday to Friday

**24-28 August**

3-3.45pm (beginners)

3.45-4.30pm

(intermediate)



All courses are **£22.60** non members / **£20.65** members. Except 27-31 July and 3-6 August **£18.10** non members / **£16.50** members which are four day sessions.

# dodge ball

Age 6-11

Come and join us for this fast moving, incredibly fun game.

**Wednesday 5, 12, 19 and 26 August**

2-3pm, **£3**

Session run by our very own John Chapman.



# dance

Get your dancing shoes on and come and learn all the latest dance moves with our fantastic dance instructor Ashley. She will introduce you to street dance, cheerleading and street cheer.

**Tuesday 11 August**

9.30am-12.30pm

At the **Randolph Centre in Evenwood** Sessions are aimed at all abilities so give it a go this summer.

**IT'S FREE**

# football camp

IT'S FREE

Age 8-16



Chris Beckett will be running a two day camp which will introduce you to skills and techniques to help improve your ability to play one of the world's most popular sports.

**Tuesday 11 and Wednesday 12 August**

10am-4pm

Coaching sessions are open to boys and girls. All abilities are welcome. Please wear suitable clothing and footwear. Players must bring a packed lunch, drink, shin pads and a football.

# bowls



Taster sessions will be run by coaches from Barnard Castle Bowls Club at their world famous grounds within Bowes Museum. The club has been established since 1910 so they can offer you a wealth of experience.

**Saturday 8, 15 and 22 August**

**10am-12 noon, age 8-18**

Come and try it, you will be surprised at how much fun it can be.

Bowls and shoes are included in price Parents are welcome to stay and watch. **£3** per session

**To book a place please contact Alan Butcher on 01833 630 449.**

# tennis

Come along to our tennis coaching run by Geoff Thomas who is head coach at Barnard Castle Tennis Club. He will be running beginner and intermediate classes.

**Monday 24 to Thursday 27 August**

9.30-10.30am, age 7-9

10.30-11.30am age 9-12

**£10** per person

Please wear suitable clothing and footwear and please bring a drink.

All equipment will be provided.



# Booking and consent form

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Get set for summer 2009  
in Teesdale

Child's name	Age	Name of Course	Date of Course
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**Data protection Act 1998:** Data Controller: Durham County Council. All issues relating to the Data Protection Act 1998 should be addressed to: Freedom of Information and Data Protection Co-ordinator, Durham County Council, County Hall, Durham DH1 5UL.

Name of Child(ren): 1 .....

2 .....

Address: .....

.....

Post Code: .....

Tel. No: .....

treatment for my child/children named if considered necessary during the programme.

Do your child/children suffer any condition requiring treatment? **Yes/No\***

If yes, please give details (including any medication taken):

.....

.....

**\* Please delete as appropriate**

I give permission for my child/children to take part in the School's out programme, either on or off site that have been organised by Durham County Council.

I also understand that some courses/activities carry an element of risk.

I do/do not\* consent for photographs to be taken of my child/children whilst they participate in the activities, for use in future promotions by Durham County Council, and relevant partner organisations. (You should also make your child/children aware of your decision should a photographer attend any of the sessions they are involved in).

I **do/do not\*** consent for any emergency medical

**In case of emergency**

Emergency Contact Name:

.....

Emergency Telephone No:

.....

Data Protection Act 1998

Name (Parent/Guardian):

.....

Signed: .....

Date: .....