

Childwall School News

No 62

Dear Parents/Carers,

At the beginning of the final half-term of the academic year 2007-08 our Year examination candidates, and particularly those in Years 11 and 13, are well underway with their public examinations. I wish the very best of fortune to all our examination candidates. Students in Years 7,8,9 and 10 completed school examinations in the week before the half-term holiday. Reports will therefore be posted to Parents/Carers at the end of the Summer Term 2008. For your information the Summer Term ends on Tuesday, 15th July 2008 due to the industrial action by Unison. School will re-open after the summer break on Wednesday, 3rd September 2008. Year 12 induction will take place from 1st until 4th September 2008.

Public examinations results:

'A' Level: Thursday, 14th August 2008 from 10.00 a.m. onwards

GCSE: Thursday, 21st August 2008 from 10.00 a.m. onwards



Parents/Carers will know that we were oversubscribed for Year 7 in September 2008. Year 6 students joining us in September were in school on 18th/19th June for two days induction. Year 5 students from all our local Primary Schools joined us for a series of activities, especially within P.E. and Science, during the afternoon of 26th June.



A group of Food Technology students in Years 9/10 visited Ireland accompanied by Miss Colgan, Mr. Langley and Mr. Woodpark. Students in Key Stages 3/4 will be undertaking a number of Duke of Edinburgh Award visits and walks during the course of the summer term.

We are delighted at the range of sporting achievements in which our students are involved. Four of our Year 10 Soccer players were members of the Liverpool Schoolboys U15 Soccer Squad which won the National Championships recently. I was delighted that Helio Andre, David McDermott, Kadeem Mekki and Dale McDonald were part of the successful squad. Many congratulations.

Our Year 9 Basketball Squad are City Champions having defeated Bluecoat by 80-56 in an excellent final played at Bluecoat recently. Again many congratulations to our Year 9 Basketball Squad.

Terry Mullins in Year 10 performed a superb double by winning the 100m and 200m at the City Athletics Championships held recently at Picton Sports Centre. Nathan Iniabere, Year 7, is City Champion in the Long Jump. Many congratulations to both boys. Antonia Goudie year 9 is city champion in the long jump.

School Sports Day took place on Friday, 27th June at Picton Sports Centre and as

a Specialist Sports College we are heavily involved in the National School Sport Week which commenced on Monday, 30th June.

Our year 9 GCSE Dance group continues to meet after school on a regular basis every Wednesday and we are informed by their Teacher, Miss Lytton, that the group is doing exceptionally well.

We were delighted to be joined by colleagues from the Ghanaian Association in June who undertook a range of musical activities with students in Year 9.

Our Key Stage 3 Drama Group has been selected from all the schools in Liverpool to be part of the Aim Higher Greater Merseyside Achievers Award Ceremony to be held in June. Also our Key Stage 3 Drama Club led by Ms Horrocks has been selected to be part of a high profile evening to be held at the Echo Arena on 8th July. Students in Key Stages



4/5 will also be receiving individual awards. Alan Millington, Year 13, reached the final of the 'Teen Idol' competition which is open to all Liverpool Secondary Schools. The Childwall choir was invited, again from all the Secondary Schools in Liverpool, to sing at the Philharmonic Hall in a special concert on 19th June.

Year 10 students commenced Work Experience on 16th

June for two weeks. All Year 10 students were advised that all academic work must be completed before commencing Work Experience. This is particularly the case in terms of English Language coursework. Students not completing the work did not commence Work Experience. All Year



10 students are involved in Enterprise activities early in June. Arrangements are being made by Ms Maddock and Ms Baker of the school's Business Studies department.

Our Year 8 Skills Club has been highly commended by the organisers and the students have been especially identified for their commitment and endeavour to the project. The Awards Evening for Year 8 students involved in the Skills Club took place on 18th June at John Moores University. All Year 8 students will be involved in a series of Enterprise activities on 3rd/4th July. The arrangements are being made by Miss Maddock, the school's Enterprise Co-ordinator.

Our Key Stage 3 Newspaper Club has been selected as one of the five finalists from schools across England and we are hopeful of some good news at the Awards Ceremony to be held on 20th June. We are delighted to be able to inform Parents/Carers that we won this competition. My thanks go

July 2008

not only to the students but to Mrs. Gambardella and Ms Hamilton for making the arrangements for our budding journalists.

Parents/Carers will be aware that the Fiveways Trust was established in April. There are two highly significant events taking place within the context of our Trust Status. On 10th July there will be an International Day and on the 8th July there will be a Health Day. Broadgreen Technology College, a partner school in our Trust, is making the arrangements for the International Day whilst Childwall is responsible for the Health Day.

A group of Sixth Form students visited Iceland in June to undertake specific elements of the Advanced Level coursework in Geography. This was a superb experience. Mrs. Gambardella is leading a party of students to Venice for a week's residential.

Year 7 students will be visiting the Kingswood Centre at Colomendy led by Miss Cassidy and Miss Alecock.

Harry Povall, Year 11, has been selected as a finalist in the National Young Champions competition. To this end Harry will be a special guest at the Kingswood Centre at Colomendy in July when the national winner will be selected by Dame Tanni Grey-Thompson. Good luck Harry.

There are a number of Summer Schools taking place in July 2008 and further information regarding these will be available in due course.

D.W. Phillips, Headteacher.

Newsday Pupils on Cultural Tour of Liverpool

To celebrate gaining the top award in the Newsday Competition Mrs Gambardella and Ms Hamilton took the reporters on a cultural tour around Liverpool looking at the art and architecture of the City. We followed some of the World Heritage trail including the Three Graces, the Tunnel



Dock Ventilation Building, India buildings and Oriel House, comparing these buildings to those in the newly built Liverpool One development. We saw thirty eight Superlambananas on our way around. We also had a guided tour of the Athenaeum in Church Alley, visited the Walker Art Gallery and finished up at St George's Hall.

Girls PE

Throughout May and June, Childwall has hosted the North Liverpool rounders tournaments, our notable successes include a year 10 team who missed out on attending the finals by rounders difference only, and an unbeaten Y9 squad. On the finals night Y9 met a very impressive St John Bosco team and were ultimately out scored 11-81/2. This game was worthy of a final as Bosco in the final and Childwall beat Bellerive with ease in the 3/4th play off. The Year 9's have been outstanding at rounders this year with over 20 girls getting involved in this very successful squad.

On Tuesday 1st July Westmoor FC invited Childwall to a football tournament. We took a very talented year 9/10 team who beat Shorefields easily 6-1 but had to face a more talented Holly Lodge team in the deciding game. After going 1-0 down Childwall

Generation 21: Capital of Culture Celebration

To celebrate Capital of Culture, Childwall Sport College took part in the Generation 21 Project. During this half term a selected number of students took part of a two day comedy workshop with the professional actor and playwright Joe Standerline. The group devised plays based on original fairy tales giving them a twist and setting them in Liverpool in the year 2108. The school worked as part of a collaboration with King David Primary School, King David High School, Christ the King Primary School and Northway Primary School each performing sketches in the style of a comedy club titled Livertopia. As both groups were unable to perform at the final showing, one group's work was turned into a radio play, this can be found on using following link: <http://forums.liverpool08.com/blogs/nfsg4/Jack%20Movie.wmv>

equalised halfway through the 2nd half through Jodie E'von (who scored 6 goals in total in the tournament), with barely seconds to go Jess Carney curled an amazing shot into the top left hand corner and Childwall took the well earned victory. Squad - Jodie E'von (Capt), Olivia Patterson, Jess Carney, Leila Blackett, Kelsey Gibson, Emily Hughes, Antonia Goudie, Hannah Corkill, Crystal Cole.

During sports week (30th June - 4th July 2008) Childwall sixth form have been very active in organising a number of football/rounders tournaments. As part of a health & safety unit the BTEC students planned/organised/set up/umpired these tournaments which were a huge success. Congratulations to all those who took part and particularly those 6th formers who made the events so enjoyable for key stage 3. Thank you.

Miss Tomlinson

African Drummers

A group of our year 7 pupils, accompanied by Marcelle Greenberg, visited Liverpool Anglican Cathedral this week to perform, African Drumming, at the end of the closing ceremony of International Youth Conference.



Lots of the international delegates came over to praise the pupils for their performance. The pupils all came back from the trip buzzing, excited and proud.

Pictures of African Drumming at the Anglican Cathedral.

J. Davies

Staff Success

The Administration Staff at Childwall Sports College recently entered the Radio City 'Best Workplace Photograph' competition by which they had to send in a photograph of the group. As befits a Specialist Sports College Administrative Staff at Childwall Sports College dressed up in a variety of sporting attire and we were delighted to be informed by Radio City that our Administrative Staff



had won the Liverpool-wide competition. The superb prize was £1,000 towards a meal for 12 people at a top restaurant which our staff intend to spend in the very near future. Congratulations to all concerned.

D.W. Phillips, Headteacher

Arts Award Week

Congratulations to K. Earle and the ART department on a successful ARTS AWARD week. Some superb work has been done and it has been profiled on the ARTS AWARD WEBSITE.

More details and photographs to follow.

Basketball

Congratulations to the year 9 boys basketball team who defeated Bluecoat in the U14 city championship final. This was a great achievement against a team who came 6th in the national finals earlier in the year! All the boys played very well and won comfortably in the end. The final score was 56-80



Simon Parris
Parris Kaye Minto
Ashley Kalugin Ugo
Stephan Anderson
John Windle
Biruk Fikre
Habyn Fikre
Thomas Parker

Charity Event

Four of our year ten students have organised a charity event as part of their Performing Arts coursework. It took place on Thursday 12th June at 7.30pm in the Sandon Rooms (next to Liverpool football club). There will be live entertainment, auction, raffle, buffet and disco. Tickets were sold for £8 each. Proceeds will be divided between Alderhey's Imagine appeal and the Connor Roscoe Charity (brain tumours).

This was a very successful evening.

Students involved were:

Amy Buckley
Laura Clarke
Natasha Lynch
Jenny McGrath

Parent Governors

Due to the reconstitution of the Governing Body at Childwall Sports College in terms of Foundation Status we now require three Parent Governors. Would Parents/Carers interested in becoming a Governor please contact the school immediately.

Glyn Kevan, Victor Alpha, Ian Tweedle, Sandile Neine and Dale Farrington and Mr. Porter all successfully completed the 10K Liverpool Mersey Tunnel Race in June 2008: Many congratulations



Year 10 students exhibited at the Royal Society, London, July 2008



Nathan Iniabere, City Long Jump Champion and Terry Mullins, Double City Champion in 100m and 200m: Superb results for both boys



Childwall Sports College: Year 9 Basketball City Champions: June 2008

Many congratulations



Newsday Competition

We are extremely proud to announce that our entry in this years Guardian sponsored Newsday event has won the overall Key Stage 3 Award.

Mrs Gambardella and 3 of the team, Graeme Pitt, Lukasz Falandysz and Adam Manley, travelled down to London on Friday 20th June to collect their distinction certificate and were surprised to win the overall national award for the Key Stage 3 entry. Our team won an AlphaSmart Neo portable notebook, which will be invaluable to our roving reporters writing their articles and interviewing people away from our newsroom.

The Emerald Isle.

The Ireland Trip took place from 5th to 8th of June and we got off to a very early start. The

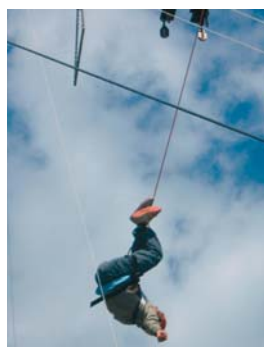


sleepy heads of pupils and staff gathered at Childwall School in the very early hours of Thursday morning to set off on our adventure. And an adventure it was as we only got as far as the Wirral before our school bus died on us!!! Oh yes fun and games as we all piled off the bus to the side of the road and called the RAC. They came to our rescue and informed us that our reliable bus driver Mr. Woodpark had filled the tank with petrol instead of diesel!!!! EASILY



DONE HE CLAIMS!! "Not to worry" we said and headed to McDonalds for a big breakfast before getting on the road in the new and improved

school bus. We think it was a conspiracy by Mr. Woodpark to make us spend some time in Wales as we now had time to kill before going on the ferry. We ended up in the longest town in Wales which ends in gogogoch where we played in the sports centre and Paris showed us how it's done in basketball. Finally on the boat we had some dinner and



played a few card games.

It was all systems go when we reached Irish soil getting to Drogheda, checking in and getting ourselves glammed up for the cinema. It was a great night and we all managed to stay awake after our long day of travel.

Friday was a beautiful sunny day where we all gained some bumps and bruises on the ice at the Ice Dome in Dundalk. The people in Subway were

kept busy making our lunch as we ate and then shopped for the BBQ supplies. Mummy Colgan put on a great spread again this year as we all piled into Miss Colgan's house in Drogheda for a delicious BBQ. The boys played football with the dog while Miss Kular kept everyone in line dishing out the grub. The sun stayed out for the evening and we all headed back to the hostel full and chilled out. It was early to bed for everyone ready for a full day of activities on Saturday.

"Morning Lovelies" was heard along the hostel corridors at 7am on Saturday morning as Mr. Woodpark got everyone up for the day ahead. Miss Colgan did not get any sleep so just headed to the kitchen in the early hours to make the brekkie!!! The adventure centre was found in the picturesque village of Carlingford in County Louth where we all got busy doing zip wires, climbing, archery, low ropes and challenge course in the morning. Quick pit stop for lunch and then we headed to the edge of the Lough for the water activities. Everyone got dressed in their Baywatch style wetsuits and the two teams battled it out

to build and race their rafts around the pier. Miss Colgan's group did not even make it round the pier as their raft fell apart but everyone scrambled onto surf boards to make it to the finish line. Rena and her crew managed to finish with their raft in one piece to win the race. No hard feelings as everyone lined up on the wall to dive off the pier. That was



the best bit of the day as Tom Rogers, the little daredevil, led the way. We refuelled ourselves with a trip to KFC and then got all glamorous again for our bowling and amusements. Saturday was great and we all got into our PJ's and sat together in the hostel chilling out to music and chatting. Sunday brought mixed emotions as we were all tired yet we did not want the trip to end. A

bit of souvenir shopping in Drogheda where we all got ice creams and then it was the final leg of our journey



on the boat and back through Wales. Plenty of singing on the bus all the way home as DJ Kular blasted out the tunes. Parents eagerly waited outside the school gates and we turned into Childwall. A great time was had by everyone and the trip will stay in our memories forever. The pupils were an absolute credit to their parents and the school as they were all responsible and mature individuals while we were away. Thanks again to Mr. Woodpark, Mr. Langley,



Mr. Kular and Mr. Parry for all of their help and support.

Slan leat agus go raibh maith agaibh.

From Miss Colgan.

Induction

Over 200 Year 6 pupils came to Childwall for two days as part of our Induction Programme. They experienced taster lessons in Food Technology, Science, ICT and Drama. The



pupils were escorted by Year 7 pupils who were very good helpers and no-one got lost. Everyone had a very good time. My thanks go to all the staff and pupils who helped over the two days.

J. Parker

Food Charter Award



June 2008

Childwall School Notches Up Another Healthy Award

Jamie Oliver has competition in Liverpool. In the kitchen at Childwall School, schoolboys Matthew McCoomb and Matthew Blackmore are more than a match for the celebrity chef who is famous for transforming school meals.

The two Year 9 pupils, who help teach healthy eating to primary schoolchildren after school, were celebrating this week after their school added yet another award to its growing list of honours. The specialist Sports College has just been awarded the charter mark for healthy food from leading Merseyside-based heart charity Heart of Mersey.

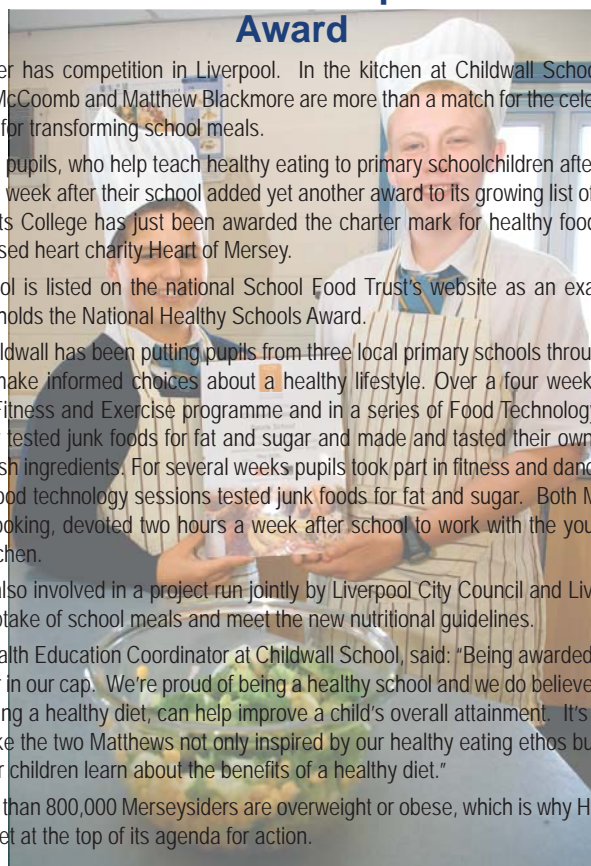
Childwall School is listed on the national School Food Trust's website as an example of good practice and it holds the National Healthy Schools Award.

In addition, Childwall has been putting pupils from three local primary schools through their paces to help them make informed choices about a healthy lifestyle. Over a four week period pupils took part in a Fitness and Exercise programme and in a series of Food Technology and Science sessions. They tested junk foods for fat and sugar and made and tasted their own healthy beef-burger from fresh ingredients. For several weeks pupils took part in fitness and dance classes and in a series of food technology sessions tested junk foods for fat and sugar. Both Matthews, who are keen on cooking, devoted two hours a week after school to work with the younger pupils in their school kitchen.

The school is also involved in a project run jointly by Liverpool City Council and Liverpool PCT to increase the uptake of school meals and meet the new nutritional guidelines.

Jan Parker, Health Education Coordinator at Childwall School, said: "Being awarded the Charter is another feather in our cap. We're proud of being a healthy school and we do believe that a healthy lifestyle, including a healthy diet, can help improve a child's overall attainment. It's also gratifying to see pupils like the two Matthews not only inspired by our healthy eating ethos but also wanting to help younger children learn about the benefits of a healthy diet."

Currently more than 800,000 Merseysiders are overweight or obese, which is why Heart of Mersey has put poor diet at the top of its agenda for action.



Engineering Challenge at Jaguar

Congratulations to the team of six year 10 pupils who successfully completed the Compact Engineering Challenge. They were competing against several other Liverpool Schools and the pupils were very professional in their approach to all the activities. The team narrowly missed winning the trophy, as Fazakerley High School were 1.5 points ahead.

The team was:

John Carney

Sian Rush

Naomi Farnworth

Daniel Rimmer

Jason Cain

Jack Goodwin-Jones

Tim Goudie

Humanities Trips

The Geography Department has organised several trips out in recent weeks.

Year 10 pupils enjoyed an interactive day at Cadbury World. The main focus of the day was to investigate Trans National Corporations and the world of work. Pupils also appreciated the opportunity to sample the delights of the chocolate goodies on offer!

Year 8 pupils became photographers as they were taken on the open top "City Explorer" bus through the city centre. The aim of their trip was to investigate the cultural activities available in Liverpool. The pupils will use the photographs to develop a collage of Liverpool images. They also visited St. George's Hall and the World Museum. Everyone had a brilliant day!

Year 12 are preparing for their year 13 coursework module. We have been busy collecting data on soils and vegetation on the sand dunes at Ainsdale and at Thurstaston Hill on the Wirral. One of the students wants to compare seaside resorts in the North West and so an afternoon was spent at New Brighton collecting data on building function and pedestrian flows, as well as completing a questionnaire survey.

The next A'Level Geography trip is to Iceland, where students will be able to experience the wonders that the country has to offer. Students will visit a glacier, see geysers and volcanoes and magnificent coastal scenery.

J.M. Price Head of Humanities

Aimhigher Achievers Award Ceremony 2008

The KS3 Drama group have been working hard on projects to perform to the wider community. The KS3 group entered a competition and created an original piece of devised drama about education and aiming higher. The entry won the competition and the prize was to perform at the Achievers Award Ceremony at The Echo Arena. The pupils represented the school as ambassadors for the art form at the event attended by the Lord Mayor. The pupils excelled themselves and received trophies and certificates for their efforts. Childwall Sports College were well represented at the event as several students also received awards.

More information can be found at: <http://www.ahgtm.ac.uk/news>

Debating Issues

Childwall Debate Team participated in 'The Big Hope' debate at Liverpool Hope University on Saturday 7th June 2008. This was a hugely prestigious event and leaders from all over the world were involved. Amal Abdulkadir, Hollie Grimes and Tim Goudie competed against several schools to come third in the debate. An excellent achievement was their first ever debate. Pupils worked incredibly hard with Miss Conway and Miss McNally in preparation for the event and were an absolute asset to the school with their behaviour, participation and tremendous ideas. Well done!!



Miss H Conway

Literacy and Learning Support Web Page.

The Childwall Literacy website is at <http://childwallsen.googlepages.com/> and if you type this into your internet browser address bar you can access it from home. There are links to educational web sites for reading, writing and spelling games and information. There are links to educational activities and other good websites which students may wish to use.

With the long summer holidays coming up now is an ideal time to take advantage of this site. Pupils can still practice their literacy whilst doing these activities. Try to spend a little time each day on these activities and you are sure to progress. There is no excuse for being bored or not making good use of time.

There are links for parents too - if you want to see the schools policy - or want advice on how to help at home the links are all there on the left side of the home page. Many parents ask what they can do to help their child improve with literacy skills - what better way than to encourage your son or daughter to use this website <http://childwallsen.googlepages.com/>.

P W Lewis Literacy Co-ordinator

Stop Press

Due to rising fuel prices and the high price of fresh food Childwall Sports College has decided to raise the price of a school meal from £1.65 to £1.85 as of 1st September 2008. We obviously take great pride in our healthy food at Childwall Sports College and would not wish to compromise on quality or service.

D.W. Phillips, Headteacher.

Can You Help?

We are collecting magazines to be used by students in Year 10 and 11. If you have any suitable, recent magazines in good condition we would be grateful for them. Preferred subjects are sports, computers, teen issues and general interest. Please send them to me in the Learning Support department.

Thanks

P W Lewis

The purpose of National School Sport Week:

Celebrate all that has been achieved in PE and School Sport over the last year. This includes Young Peoples participation, Young Peoples achievements and talent in PE & Sport and the contribution made by young leaders and volunteers and all those enabling Young People to achieve their potential.



Launch new initiatives and developments in PE and School Sport. This summer we will see the launch of new impetus and innovative developments in Intra School Competition as well as the launch of the National Network of Competition Managers for inter school competition.



Youth Sport Trust

Profile all the amazing things that are happening in PE and School Sport nationally and encourage all school to raise the profile of PE & School Sport at a local level.

A VERY SUCCESSFUL SCHOOL SPORT WEEK AND SPORTS DAY WEEK occurred with many different inter-form competitions. Thanks to everybody involved.

S. Bird

If parents have any queries regarding their children's education they should contact the school immediately.

Yours sincerely



D.W. Phillips
Headteacher

Fiveways, Queens Drive, Liverpool, L15 6XZ.



SPORTS FACILITIES

Childwall Sports Centre provides a wide range of facilities available for hire by the general public. The sports hall is specially designed to be multi functional for sport, meaning we are able to cater for a large variety of sports, including :

**Basketball, Tennis, Volleyball
5-a-side Football
Badminton/Short Tennis, Netball**

Block booking of all the sports facilities is available for evening and weekend use for local teams and groups.

FACILITY	PER HOUR
Sports Hall	£25
Gymnasium	£20
Dance Studio	£20
Drama Studio	£20
Rugby Pitch	price negotiable
Football Pitch	price negotiable
Badminton Court	£5

The facilities can be hired out in part or whole depending on the activity and upon availability. Price negotiable.

Free Holiday activities run throughout the year 10.00 - 15.00. Early drop off available from 8.00 and late pick up until 17.30.



Childwall Sports Centre
Childwall Sports College
Fiveways
Queens Drive
Liverpool
L15 6XZ

Phone: 0151 722 1561 (Mon to Fri 9am - 4pm)

0151 722 3907 (Evenings & Weekends
4pm - 10pm)

Email: nwray@childwallsc.co.uk



CHILDWALL SPORTS CENTRE

Community Facilities & Activities

monday to friday
17:00 – 22:00
saturday & sunday
09:00 – 17:00

Phone: 0151 722 1561 (Mon to Fri 9am - 4pm)
0151 722 3907 (Evenings & Weekends
4pm - 10pm)

WELCOME

TO CHILDWALL SPORTS CENTRE

Whether you are looking for a healthier lifestyle, needing to improve your existing one or wanting to try exercise for the first time then why not visit Childwall Sports Centre.

We offer a wide range of facilities and classes to the local community in a safe and friendly environment. Whether you are looking to casually play badminton, attend kickboxing, train as a club or play 5-a-side football we are here to assist.



ACTIVITIES AND EXERCISE CLASSES

Mon		
17:00 – 18.00	Multi Sports (6 - 12 yrs)	£1.00
	Kickboxing (4 - 14 yrs)	£3.00
18:00 – 19:00	Kickboxing (14 yrs +)	£3.50
18:00 – 19:30	Fencing (7 - 16yrs)	£3.50
19:00 – 20:00	Circuit Training (All)	£4.00
20:00 – 21:30	Karate (All)	£3.50
Tues		
17:00 - 18.00	MD Productions Dance Company	£4.00
	Trampolining (4 - 8 yrs)	£2.00
	Mini Kickers Football (4 - 7 yrs)	£2.00
18.00 - 19.00	MD Productions Dance Company	£2.00
	Family Martial Arts	TBC
20.00 - 21.00	Family Martial Arts	TBC
19.30 - 20.15	Aerobics (ALL)	£3.00
20.15 - 21.00	Pilates (ALL)	£3.00
Wed		
17:00 – 18.00	Hip Hop/Breakdancing (7 - 12yrs)	£3.00
	Trampolining (4 - 8 yrs)	£2.00
18.00 – 19.00	Trampolining (8 yrs +)	£2.00
18.30 – 20.30	American Football (14 - 19 yrs)	FREE
18.30 – 20.00	Burford Girls FC (8 - 13 yrs)	FREE
19.00 – 20.00	Circuit Training (ALL)	£4.00
	Trampolining (ADULTS)	£2.00
Thur		
17:00 - 18.00	Trampolining (4 - 8 yrs)	£2.00
18.00 - 19.00	Trampolining (8+ yrs)	£2.00
17.30 - 19.30	Performing Arts (Singing/ Dance/Drama)	£2.00
19.30 - 20.30	Total Toning (ALL)	£3.00
18.00 - 19.00	Family Martial Arts	TBC
20.00 - 21.00	Family Martial Arts	TBC
Fri		
17:00 – 18:00	Kickboxing (4 - 14 yrs)	£3.00
18:00 – 19:00	Kickboxing (14 yrs +)	£3.50

Sat		
9:45 – 10:30	Dance (2 - 5 yrs)	£4.00
11:00 – 12:00	Football (6 – 12 yrs)	£2.00
10:30 – 11:00	Ballet (6 years +)	£2.00
11:00 – 12:00	Jazz (6 – 11years)	£2.00
12:00 – 13:00	Jazz (11 yrs +)	£4.00
10.00 - 11.30	Football(6 - 12 yrs)	£2.50
10.00 - 11.00	Trampolining (JUNIORS)	£2.00
11.00 - 12.00	Trampolining (JUNIORS)	£2.00

Sun		
14:00 – 17:00	American Football (14 - 19 yrs)	£3.00



The first **under 18 gym** in the country built specifically for young people, with music and disco lights.

OPENING HOURS

MONDAY	15:00 – 20:00
TUESDAY	15:00 – 20:00
WEDNESDAY	15:00 – 20:00
THURSDAY	15:00 – 20:00
FRIDAY	15:00 – 20:00
SATURDAY	9:00 – 17:00
SUNDAY	9:00 – 17:00

All new members will be given a full equipment induction and asked to complete a pre-exercise questionnaire.

Personalised programmes are available on request from the staff.

£10 for a months membership

SUMMER HOLIDAY ACTIVITIES MONDAY 28TH JULY - FRIDAY 1ST AUGUST

MONDAY 28TH JULY

Football
Dance
Trampolining
Alternative sports - Softball, Ultimate Frisbee, Tag Rugby, Boxercise, Fitness Suite

TUESDAY 29TH JULY

Trampolining
Cheerleading
Football
Summer Sports - Rounders, Softball, Kwik Cricket, Athletics

WEDNESDAY 30TH JULY

Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics
Alternative Sports - Softball, Ultimate Frisbee, Tag Rugby, Boxercise, Fitness Suite
Trampolining

THURSDAY 31ST JULY

Multi Sports - Football, Hockey, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Cheerleading
Five-A-Side Football
Summer Sports - Rounders, Softball, Kwik Cricket, Athletics

FRIDAY 1ST AUGUST

Football
Invasion Games - Football, Basketball, Handball, Tag Rugby, Hockey
Trampolining
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics

SUMMER HOLIDAY ACTIVITIES MONDAY 4TH - FRIDAY 8TH AUGUST

MONDAY 4TH AUGUST

Football
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Trampolining
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics

TUESDAY 5TH AUGUST

Invasion Games - Football, Basketball, Handball, Tag Rugby, Hockey
Alternative sports - Softball, Ultimate Frisbee, Tag Rugby, Boxercise, Fitness Suite
Cheerleading
Trampolining

WEDNESDAY 6TH AUGUST

Racket Sports - Badminton, Table Tennis, Tennis
Summer Sports - Rounders, Softball, Kwik Cricket, Athletics
Football
Dance

THURSDAY 7TH AUGUST

Football
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Trampolining
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics

FRIDAY 8TH AUGUST

Football
Alternative Activities - Softball, Ultimate Frisbee, Tag Rugby, Boxercise, Fitness Suite, American Football
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics

SUMMER HOLIDAY ACTIVITIES MONDAY 11TH - FRIDAY 15TH AUGUST

MONDAY 11TH AUGUST

Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics
Football
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Trampolining

TUESDAY 12TH AUGUST

Gymnastics and Rhythmic Gymnastics
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Kickboxing / Martial Arts
Trampolining

WEDNESDAY 13TH AUGUST

Summer Sports - Rounders, Softball, Kwik Cricket, Athletics
Alternative Activities - Softball, Ultimate Frisbee, Tag Rugby, Boxercise, Fitness Suite
Football
Dance

THURSDAY 14TH AUGUST

Football
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football
Trampolining
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics

FRIDAY 15TH AUGUST

Football
Summer Sports - Rounders, Softball, Kwik Cricket, Athletics
Sports Activities for Girls - Dance, Cheerleading, Netball, Rounders, Aerobics
Multi Sports - 5 a side, Badminton, Handball, Basketball, Dodgeball, Kwik Cricket, Football