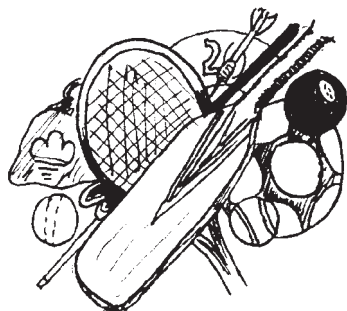


Roller Skating

Tuesday 30th May & Thursday 1st June
2.00-4.00 5-11 year olds

These sessions are a chance to learn how to roller skate or just to have some fun under the supervision of our roller skating instructors. They are open sessions for all standards and skates are available to hire or you may bring your own.
NLC £2.80 LC £2.50 CLC £1.60



Conditions of Booking

- For courses over 2 hours in duration a lunch break will be included and for all courses a drink will be required.
- On arrival for each session a responsible adult must accompany all children until they have been registered.
- Children must be collected at the agreed time by a responsible adult presenting themselves to the staff.
- Continuous disruptive and unacceptable behaviour by any child will result in their removal from the activities.
- In the event of injury or upset please discuss with Duty Officer on the same day.
- A course refund will normally be made on written request 48 hours before the start date, refunds will normally be made in the form of vouchers.
- The facility reserves the right to cancel or change courses as deemed necessary.

Lynnsport School of Gymnastics - Holiday Activities.

Tumble Teds 3-4 year olds
Tuesday 30th May 10.45am-11.45am
NLC £4.30 LC £3.85 CLC £1.90



Indoor Adventure Play 5-14 year olds
Tuesday 30th May 2.00pm-3.30pm
NLC £6.45 LC £5.80 CLC £2.85



Junior Gymnastics 5-15 year olds
Wednesday 31st May 10.30am-12.30pm
NLC £8.60 LC £7.70 CLC £3.80

Junior Trampolining
Thursday 1st June
5-9 year olds 10.30am-11.30am
10-15 year olds 11.30am-12.30pm
NLC £4.30 LC £3.85 CLC £1.90



Indoor Adventure Play 5-14 year olds
Thursday 1st June 3.00pm-4.00pm
NLC £4.30 LC £3.85 CLC £1.90

Pre-School Trampolining 3-4 year olds
Friday 2nd June 10.45am-11.30am
NLC £3.25 LC £2.90 CLC £1.45

Gladiator Challenge 8-14 year olds
Friday 2nd June 1.00pm-3.00pm
NLC £6.90 LC £6.15 CLC £3.05



CRÈCHE 4 years and under
Monday - Friday 10.00am - 12.00pm
Wednesday 9.30am - 11.30am

An opportunity for parents to leave their children in a safe, playful and fun environment while they participate in our programme of activities at Lynnsport.

1 hour NLC £2.20 LC £1.70 CLC £1.15
2 hours NLC £4.00 LC £3.10 CLC £2.00



Half Term Holiday Activities

30th May - 2nd June 2006



A Quality Leisure Service

LYNNSPORT HALF TERM ACTIVITIES APPLICATION FORM

(Please Note: One Application Form Per Person)

Please return form to Lynnsport and Leisure Park, Greenpark Avenue, King's Lynn, Norfolk, PE30 2NB.

Name.....Male/Female

Age..... Leisure Card No

Address

.....

..... Postcode

Tel No..... Emergency Tel No

Please give details of any medical condition or special needs that the course organisers should be aware of:-

.....

.....

Please tick the course(s) your child is attending.

All sessions are subject to availability, book early to avoid disappointment.

- | | |
|--|---|
| <input type="checkbox"/> Badminton Coaching | <input type="checkbox"/> Cricket Coaching 6-9 years |
| <input type="checkbox"/> Skateboard Workshop | <input type="checkbox"/> Cricket Coaching 10-13 years |
| <input type="checkbox"/> Inline Skating Workshop | <input type="checkbox"/> Roller Skating 30 May |
| <input type="checkbox"/> TOPS Fun Day | <input type="checkbox"/> Roller Skating 1 June |
| <input type="checkbox"/> Table Tennis | <input type="checkbox"/> BMX Workshop |
| <input type="checkbox"/> Football Fun Day | |
| <input type="checkbox"/> Mini Camp Chaos | |

NLC = Non-Leisure Card, LC = Leisure Card, CLC - Concession Leisure Card

Lynnsport School of Gymnastics		
<input type="checkbox"/> Tumble Teds	<input type="checkbox"/> Indoor Adventure Play Thur	<input type="checkbox"/>
<input type="checkbox"/> Indoor Adventure Play Tues	<input type="checkbox"/> Pre-School Trampolineing	<input type="checkbox"/>
<input type="checkbox"/> Junior Gymnastics	<input type="checkbox"/> Gladiator Challenge	<input type="checkbox"/>
<input type="checkbox"/> Junior Trampolineing 5-9 years	<input type="checkbox"/>	
<input type="checkbox"/> Junior Trampolineing 10-15 years	<input type="checkbox"/>	

I enclose fees totalling £

(Cheques should be made payable to BCKL&WN)

Payment for courses may be made by credit/debit card:

Please debit my	Access	___	Visa	___	Switch	___	Delta card	___

Expiry Date:...../...../.....			Issue No:.....					
Card Holders Name:.....								
Card Holders Signature:.....								
☎ Telephone bookings are accepted after 11am on 01553 818001								

I have read and agree to the conditions of booking.

Signed Date

(Parent/Guardian)

Tick if you wish to receive details of future childrens activities.

Please tick here if you do not wish any photographs of your child to be taken by Lynnsport or the press for use in future promotional work or to be published in the newspaper.

Badminton Coaching

Tuesday 30th May

10.00-2.00 8-14 year olds

Come along for a fun day of badminton coaching with lots of tips on how to improve your game. Open to all standards of players there are lots of skills to practice and tournaments to put it all together.

NLC £13.75 LC £12.30 CLC £6.10



Skateboard Workshop

Tuesday 30th May

10.00-11.00 8-16 year olds

Learn some new tricks in this skateboard workshop led by a KLAS-A skateboard instructor. The session is held in the Shed Skatepark and is designed for participants to progress at their own rate, building confidence and progressing to using some of the ramps. Please bring your own skateboard although safety equipment is available.

NLC £4.30 LC £3.85 CLC £1.90



Inline Skating Workshop

Wednesday 31st May

10.00-11.00 8-16 year olds

Led by a KLAS-A inline instructor and held in the Shed Skatepark the session will cover the basics of inline skating. Participants will be taught basic skills and tricks and progression is encouraged using the ramps in the parks. Safety equipment is available although you must bring your own skates.

NLC £4.30 LC £3.85 CLC £1.90

TOPS Fun Day

Wednesday 31st May

9.30-11.30 5-8 year olds

This is a session of fun games inspired by different sports using lots of fun equipment under the guidance of our instructors.

NLC £5.60 LC £5.00 CLC £2.50



Table Tennis

Wednesday 31st May

2.00-4.00 8-16 year olds

This fun session is led by an instructor from Superblades Coaching and covers all the skills and techniques you need to progress your game. There is also chance to put your new skills into practice with matches.

NLC £6.90 LC £6.15 CLC £3.05



Football Fun Day

Thursday 1st June

10.00-3.00 5-11 year olds

Join the Top Coaching team for all the skills and drills in this warm up to the World Cup. The day will include lots of fun and games along with the popular World Cup tournament at the end of the day. Will you be in the winning team?

NLC £13.75 LC £12.30 CLC £6.10



Mini Camp Chaos

Friday 2nd June

9.30-11.30 5-8 year olds

A creative arts and crafts session including lots of different fun and games. A bouncy castle is also included.

NLC £5.60 LC £5.00 CLC £2.50



Cricket Coaching

Friday 2nd June

10.00-12.00 6-9 year olds

1.00-3.00 10-13 year olds

These fun sessions are led by popular coach Colin Brassett covering all you need to know to become a future England star. Lots of fun and games are included in the session with plenty of chances to put it all into practice.

NLC 6.90 LC £6.15 CLC £3.05



BMX Workshop

Saturday 3rd June

10.00-11.00 8-16 year olds

Join a KLAS-A BMX instructor for this session teaching all the basic skills and tricks. The session is designed so you can progress at your own rate using the ramps in the Shed Skatepark. Safety equipment is available but bikes are not supplied.

NLC £4.30 LC £3.85 CLC £1.90