

# Adult Activities

## Healthy Life Exercise Class

### Mondays

10.00am - 11.00am

	Full price	beActive Leisure Card	beActive PLUS Leisure Card
Adults	£6.55	£4.90	£2.45
60 +	£4.90	£3.70	£1.85

## Badminton - open session

### Tuesdays

From 8.00pm to 11.00pm £2 per session

## Netball

### Wednesdays

7.00pm - 8.00pm £2 per session

## 5-a-side football

### Thursdays

7.00pm - 9.00pm £2 per session

## Boxercise

### Thursdays

6.15pm - 7.00pm £3 per session  
Age 14 years +

## Family Trampolining

### Saturdays

11.00am - 11.55am £3 per person per session



Rede, Tyne & Coquet Sports Centre, Otterburn  
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[www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

# Rede, Tyne & Coquet Sports Centre

## Activities for children and adults

Organised by Rede, Tyne &  
Coquet Sports Centre and  
North Country Leisure  
Sports Development

January to December 2010



# Junior Activities

## Junior Football

### Tuesdays

**4 to 6 years** 5.00pm - 6.00pm £3 per session  
**7 to 13 years** 6.00pm - 7.00pm £3 per session

Coach: Michael

Sessions focus on ball familiarity and control, dribbling, turning techniques, passing, small group work and small sided games.

## Netball

### Wednesdays

**12 + years** 7.00pm - 8.00pm £2 per session

## Woodchips

### Thursdays (excluding school holidays)

**3 to 7 years** 3.30pm - 5.00pm. £2 per session  
(£1 per session if booked in advance)

Activities include games, crafts and outdoor activities

## Open Door Session

### Fridays

Come along and play a range of activities - your choice!  
7.00pm - 9.00pm £1 per session

## Dance Workshop

### Fridays

**4 to 7 years** 4.30pm - 5.15pm £3 per session  
**8 to 17 years** 5.15pm - 6.00pm £3 per session  
Coach: Claire

## Trampoline Course

### Saturdays

First School: 10.00am to 10.55am  
Middle/High School 11.00am to 11.55am  
& family session:

#### Prices (per term):

9th Jan to 3rd April 2010 (excl. 20th Feb) £36.00 (12 weeks)  
24th Apr to 24th July 2010 (excl. 5th June) £39.00 (13 weeks)  
11th Sept to 11th Dec 2010 (excl. 30th Dec)  
£39.00 (13 weeks)

**Trampoline bookings must be made and paid for in advance of the next term to guarantee your child's place on the course.**

# School Holidays Sports Fun

**Spring half term** - Thursday 18th Feb 2010

**Easter** - Thursday 8th and 15th April 2010

**May half term** - Thursday 3rd June 2010

**Summer** - Thursday 29th July, 5th, 12th, 19th, 26th August and 2nd September 2010

**Autumn half term** - Thursday 28th October 2010

For children aged 4 to 13 years

## Sports only

**Activities may include: New age curling • Parachute • Fun games • Arts & crafts**

**Half day:** 10.00am - 1.00pm or 2.00pm to 5.00pm

**Full day:** 8.30am - 5.00pm

**Prices:** £10.00 per day / £5.00 per half day. **Extra £3.00 for trampolining as well as sports.**

Discount of £1.50 per extra sibling.

## Trampolining only

**Session:** 2.00pm to 4.00pm

**Price:** £3.00 per session

Lead Coach: Fiona Makepeace.

**Bookings must be made in advance with Sandra on the numbers below.**

**Participants should wear suitable clothing i.e. tracksuit bottoms, shorts, t-shirt and trainers. Please bring plenty to drink and a packed lunch (tuck shop available).**

## Children's Parties

Four-hour - bouncy castle, hall and lounge: £40.00

Four-hour - hall and lounge only: £35.00

One-hour - trampolining, hall and lounge: £60.00 (Saturdays only)

## Other information

### Advance booking is recommended:

To book any junior or adult activity or for more details call Sandra Austin on 01830 520565/07972149679 or Fiona Makepeace on 07972779532.

All abilities welcome to any session.

If you have any other preferred activity you would like us to provide please let Sandra or Fiona know your suggestions. **All ideas are welcome!**

### Please Note:

All prices are subsidised by Rede Tyne & Coquet Sports Centre and may be subject to change.