

Children's Holiday Activities

18th February - 22nd February 2019





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For activity programming and pricing information:



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Please Note: It is important that children attend sessions suitably dressed for their activity. No jewellery is allowed to be worn whilst taking part in the activities. For activities on trampolines, children will not be allowed on the trampolines in jeans or jewellery.

All bookings are final. Notice will be given more than 48 hours if a session is canceled. If a refund is required, only credit notes will be given.

Safeguarding

Every member of staff, user and visitor to CV Life facilities is responsible for maintaining respectful and safe behaviour towards all children and young people at all times. In the event that you have any cause for concern, please speak to any member of staff immediately.

Sports Coaching Charter

Coventry Sports Foundation prides itself on quality coaching standards and the development of coaches. Each coach who is involved in our 'Get Active' coaching programmes has undergone a DBS check and has, or is working towards a recognized National Governing Body of Sport qualification. All coaches attend regular training seminars to refresh aspects of good practice, coaching techniques, child protection and sports development. The coaching team is provided with a wide range of equipment and materials, which are checked on a regular basis to ensure safety and suitability.

All coaching sessions are planned to ensure that each child receives maximum enjoyment and that every session has a guideline for coaching ratios. If you are not completely satisfied with the coaching standards delivered within your child's session, then please contact your Sports Development Officer.

Contacts

Vanessa Pearson

Sports Development Officer

Xcel Leisure Centre

02476856956

vpearson@cvlife.co.uk

Nikki Stilwell

Sports Development Officer

Centre AT7

02476665530

NDStilwell@cvlife.co.uk

Natalie Bolam-Wilson

Sports Development Officer

The Alan Higgs Centre

02476308244

NBWilson@cvlife.co.uk



Angie's Animal Antics

Thursday 21st February - Xcel Leisure Centre & Centre AT7
Friday 22nd February - The Alan Higgs Centre

Join us for lots of animal fun! Your child will learn about different species, where they originate from and how to look after different animals properly!

See pages 6,8 & 10 for more information.

Session Guide

Gymnastics and Trampoline Camp

This is a progressive camp to ensure that all children of all abilities can enjoy the sport. Includes learning tumbling moves, floor work, shapes and landings. No jeans or earrings allowed.

Outdoor Activities Camp

Climb and abseil our 35ft tower, practise soft archery and perfect your skills, complete the low ropes course challenge, gain team building skills and more!



Xcel Leisure Centre

Activity Days

| Monday 18 th February | Tuesday 19 th February | Wednesday 20 th February | Thursday 21 st February | Friday 22 nd February |
|--|---|--|--|--|
| Splash** Cricket Benchball Tri-Golf | Arts & Crafts Football Soft Archery Gymnastics | Splash** Hockey Balloon Volleyball Basketball | Netball Dodgeball Animal Antics Athletics | Splash** Tag Rugby Rounders Fun with Food |

| | Time | Age | Price (per child, per day) | OFFER |
|--------------------|-----------------|--------------|-------------------------------|----------------------------------|
| Early Birds* | 8.30am - 9.00am | 5 - 11 years | £2.00 | Book the whole week for only £60 |
| Holiday Activities | 9.00pm - 4.00pm | 5 - 11 years | £15.00 | |
| Extra Time | 4.00pm - 5.00pm | 5 - 11 years | £3.00 | |

*Early Birds does not include breakfast for your child.

**Swim kit is required for Splash days.



Centre AT7

Activity Days

| Monday 18 th February | Tuesday 19 th February | Wednesday 20 th February | Thursday 21 st February | Friday 22 nd February |
|--|---|---|--|--|
| Splash** Football Balloon Volleyball Tri-Golf | Tag Rugby Hockey Arts & Crafts Netball | Splash** Dodgeball Rounders Basketball | Fun with Food Animal Antics Bench Ball Gymnastics | Splash** Cricket Soft Archery Athletics |

| | Time | Age | Price (per child, per day) | OFFER |
|---------------------------|-----------------|--------------|-------------------------------|--|
| Early Birds* | 8.30am - 9.00am | 5 - 11 years | £2.00 | Book the whole week for only £60 |
| Holiday Activities | 9.00pm - 4.00pm | 5 - 11 years | £15.00 | |
| Extra Time | 4.00pm - 5.00pm | 5 - 11 years | £3.00 | |

Camps

| | Day(s) | Time | Age | Cost (per session) |
|-------------------------|--|-----------------|-----------|-----------------------|
| Outdoor Camps*** | Tuesday 19 th & Thursday 21 st January | 9.00am - 4.00pm | 6 + years | £16.00 (per day) |

*Early Birds does not include breakfast for your child.

**Swim kit is required for Splash days.



The Alan Higgs Centre

Activity Days

| Monday 18 th February | Tuesday 19 th February | Wednesday 20 th February | Thursday 21 st February | Friday 22 nd February |
|--|---|--|---|---|
| Benchball Athletics Gymnastics Rounders | Tri Golf Cricket Basketball Yoga | Tennis Tag Rugby AHC's Got Talent Fun with Food | Relay Races Hockey Football End Zone | Dodgeball Arts & Crafts Balloon Volleyball Animal Antics |

| | Time | Age | Price (per child, per day) | OFFER |
|---------------------------|-----------------|--------------|-------------------------------|--|
| Early Birds* | 8.30am - 9.00am | 5 - 11 years | £2.00 | Book the whole week for only £60 |
| Holiday Activities | 9.00pm - 4.00pm | 5 - 11 years | £15.00 | |
| Extra Time | 4.00pm - 5.00pm | 5 - 11 years | £3.00 | |

Camps

| | Day(s) | Time | Age | Cost (per session) |
|---|--|-----------------|--------------|-----------------------|
| Gymnastics and Trampolineing | Wednesday 20 th February | 9.00am - 4.00pm | 5 - 11 years | £16.00 |

*Early Birds does not include breakfast for your child.

**Swim kit is required for Splash days.





Swimming & Lessons



Fitness Suites



Group Exercise Classes



Sports & Leisure



Children's Activities



Children's Play & Parties



Functions & Celebrations



Business Services

Xcel Leisure Centre
Mitchell Avenue
Coventry CV4 8DY

Centre AT7
Bell Green Road
Coventry CV6 7GP

The Alan Higgs Centre
Allard Way
Coventry CV3 1HW



www.cvlife.co.uk | 024 7630 8258 | @cvlifeneews

Activities, times and prices may be subject to change. It is advised you visit our social media pages, website or contact the Centre prior to your visit for any updates. Our website can be translated into a wide range of languages.

Coventry Sports Foundation (Company Number 2239584 and Registered Charity Number 700409) operating as CV Life.