

# Fun Activities and Holiday Camps

## February Parties 5-12 year olds ●●

### Sportspace Hemel Hempstead

Monday 15th February  
9.30am-12.30pm

### Sportspace Berkhamsted

Tuesday 16th February  
9.30am-12.30pm

### 5-7 year olds

Fun session with team games, bouncy castle, parachute and much more plus a hot meal.

### 8-12 year olds

Keep active and have fun with fitness games, bouncy castle and pool session - and includes a hot meal.

#### Cost:

**Member** £12.50    **Non-Member** £14.40

## Bouncy Tots 3-4 year olds ●

### Sportspace Berkhamsted

Tuesday 16th February 1pm-3pm

A two hour fun session with soft play equipment, circuits and parachute games. Includes juice and a biscuit.

#### Cost:

**Member** £8.60    **Non-Member** £10.50

## Arsenal Soccer Schools Camp 6-13 year olds ●●

### Sportspace Berkhamsted and Sportspace Longdean

For more information and to book please visit:  
[www.playthearsenalway.com/Hertfordshire](http://www.playthearsenalway.com/Hertfordshire)

## Multi Activity Camps 5-11 year olds ●●

### Sportspace Berkhamsted and Sportspace Hemel Hempstead

Sportspace - in partnership with Apex.  
To find out more information or to book your child onto these camps please go to [www.apex360.co.uk/apex-camps](http://www.apex360.co.uk/apex-camps)

### Where can I join in? KEY

- Sportspace Hemel
- Sportspace Berkhamsted
- Sportspace Tring
- Sportspace Longdean
- Sportspace Kings Langley
- Little Hay Golf Complex

For more information or to book call 01442 507100  
or visit our website [www.sportspace.co.uk](http://www.sportspace.co.uk)

# Sports Activities

## Free Netball Taster 8-12 year olds ●

### Sportspace Hemel Hempstead

Wednesday 17th February 4.15pm-5.15pm

A great chance to improve your skills and passing, shooting and footwork  
All abilities welcome.

Book to avoid disappointment

## Tennis Workshops 3-7 year olds ●

### Sportspace Hemel Hempstead

#### Tots Tennis 3-4 year olds

Monday 15th February 1.15pm-2.15pm

Come and have some fun. Parents to stay with children during this session.

#### Mini Tennis 5-7 year olds

Monday 15th February 12pm-1pm

Want to be the next Wimbledon Champion? Come and learn new skills and have fun too!

**Cost:**

**Member** £6.70    Non-Member £8.60

## Trampolining Workshops 3-15 year olds ●●

### Sportspace Hemel Hempstead

Tuesday 16th February

1.45pm-2.45pm	3-5 year olds
3pm-4pm	Family sessions for 6-15 year olds

### Sportspace Berkhamsted

Thursday 18th February

10am	3-4 year olds
11.15am	5-7 year olds
12.30pm	Family friendly session for ages 6-15 year olds allowing siblings to attend together

### Sportspace Hemel Hempstead

Friday 19th February

10am-11am	3-5 year olds
11.15am-12.15am	Family sessions for 6-15 year olds

**Cost:**

**Member** £6.70    Non-Member £8.60

## Go Fence 8-13 year olds ●

### Sportspace Berkhamsted

Thursday 18th February 1pm-2pm

Come and try and an amazing new sport using specialised, age specific equipment.

**Cost:**

**Member** £6.70    Non-Member £8.60

# Water Fun & Courses

## Large Pool Inflatables 8 year olds+

Ice Adventure and Commando Run are suitable for children over 8. The child must be a competent swimmer, able to swim 25metres and be confident in deep water. Please book to avoid disappointment.

## Super Commando Run ●

### Sportspace Berkhamsted

Tuesday, Wednesday and Thursday  
2pm-3pm

## Commando Run ●

### Sportspace Hemel Hempstead

Tuesday Wednesday, Thursday  
and Friday 2.15pm-3.15pm

## Ice Adventure ●

### Sportspace Tring

Monday, Wednesday and Thursday  
3pm-4pm

#### Cost:

**Member** £3.30    **Non-Member** £5.20

## Fun and Floats - Families ●●

Fun session based in the flexi pool with large floats and music aimed at families. Normal swimming ratios will apply and customers can use pools after the session (subject to availability)

### Sportspace Berkhamsted

Friday 2pm-3pm

### Sportspace Tring

Tuesday 3pm-4pm  
Friday 2pm-3pm

#### Cost

**Member** £3.30    **Non-Member** £5.20

Where can I join in?  
**KEY**

- Sportspace Hemel
- Sportspace Berkhamsted
- Sportspace Tring
- Sportspace Longdean
- Sportspace Kings Langley
- Little Hay Golf Complex

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# Water Fun & Courses

## Swimming Crash Courses

4 years+ ●●●

### Sportspace Berkhamsted

5 day courses

Monday 15th – Friday 19th February

Cost:

Member £25      Non-Member £34.50

**9am – 9.30am**

4 year old Beginner swimmers

**9.30am – 10am**

5 years +, Stage 1 and 2

**10am – 10.30am**

5 years +, Stage 1 and 2

**3 day course**

Monday 15th – Wednesday 17th February

Cost: Member £15 Non-Member £20.70

**10.30am – 11am**

5 years + Stage 3 and above

### Swimming Levels

Stage 1	Beginner swimmers
Stage 2	Passed Stage 1
Stage 3	Able to swim 5m
Stage 4	Able to swim 10m
Stage 5	Able to swim 25m

### Sportspace Tring

5 day courses

Monday 15th – Friday 19th February

Cost: Member £25, Non-Member £34.50

**9am – 9.40 am**

4 year old Beginner swimmers

5 years + Stage 3 and 4

**9.45am – 10.25am**

5 years + Stage 1 and 2

5 years + Stage 5

### Sportspace Hemel Hempstead

4 day courses

Tuesday 16th – Friday 19th February

Cost: Member £20 Non-Member £27.60

**9am – 9.40am**

4 year old Beginner swimmers

5 year old Beginner swimmers

**9.45am – 10.25am**

4 year old Beginner swimmers

5 year old Beginner swimmers

**10.30am – 11.10am**

5 years + Beginner swimmers

5 years +, Stage 2

**11.15am – 11.55am**

5 years +, Stage 3 and 4

# XLC



## CLIMBING:

### Climbing Taster Sessions 5 years+

Monday - Sunday (on the hour every hour  
10am-9pm, subject to availability)

<b>Junior Member</b>	<b>£9</b>
Junior Non-Member	£10.90
<b>Adult Member</b>	<b>£11</b>
Adult Non-Member	£13.40



## SKATEPARK:

### Mini Shredders Skatepark session 4-7 year olds

Monday - Sunday 9am-10am

#### Cost

**Member** £3.30      Non-Member £5.20

(Children must be accompanied by an adult and supply their own equipment including a helmet)

### Skateboard Holiday Camp 8-14 years

Beginner to Intermediate  
Monday-Wednesday 10am-4pm  
Three day camp with an instructor.  
Lunch and drinks included.

#### Cost

**Member** £55      Non-Member £60.70

(Please bring your own equipment including a helmet. We can hire helmets and skateboards if needed)