



**XC**

**Pool**  
**Roller Disco**  
**Bubble Football**  
**Go Karts**  
**Football**

**Trampoline**  
**Climbing**  
**Skatepark**  
**Caving**

**And many more!**  
**Call 01442 507100**

### Where to find us:

- Sportspace Athletics Track**  
Jarman Park, Hemel Hempstead,  
Herts HP2 4JS.
- Sportspace Berkhamsted**  
Lagley Meadow, Douglas Gardens,  
Berkhamsted, Herts HP4 3QQ.
- Sportspace Hemel Hempstead**  
Park Road, Hemel Hempstead,  
Herts HP1 1JS.
- Sportspace Longdean**  
Hill Common, Bennetts End,  
Hemel Hempstead, Herts HP3 8JH.
- Sportspace Tring**  
Mortimer Hill, Tring,  
Herts HP23 5JU.
- Little Hay Golf Complex**  
Box Lane, Bovingdon,  
Herts, HP3 0XT.
- XC xc**  
Jarman Park, Hemel Hempstead,  
Herts HP2 4JS.

Get in touch: By phone, online or in person



**Tel: 01442 507100**

[www.sportspace.co.uk](http://www.sportspace.co.uk)  
[www.thexc.co.uk](http://www.thexc.co.uk)  
[www.littlehaygolf.co.uk](http://www.littlehaygolf.co.uk)

Details and prices are correct at time of printing.  
 All information is subject to change with or without notice.  
 All sessions are subject to availability.  
 All sessions are non-refundable once booked.

**August 2016**  
 Working in partnership with  
 Dacorum Borough Council.



September to December

# Kids Courses & Activities 2016



[facebook.com/sportspace](https://www.facebook.com/sportspace)  
[@sportspace1](https://twitter.com/sportspace1)

# Contents

Find out what's on...

## Sports Courses

### Trampoline

Beginner, intermediate and mixed ability courses available for children aged 5 years+. Children can work towards badges or just participate for fun.

### Badminton

Beginner, improver and mixed ability courses available for children aged 8 years+.

### Mini Tennis

Lawn Tennis Association Red Level Tennis courses for children aged 5-8 years. Courses are run in partnership with Leverstock Green Tennis Club.



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Timetable of Activities

### Basketball

Come and learn all the skills of this sport with our qualified coaches.

### Fencing

Come and learn all the skills of this exciting sport using age-specific equipment for 6-13 year olds.

### Golf

Each 5 week course takes children through a structured programme developed by the Golf Foundation. Once children are ready to hit the golf course, the coach will recommend them to join the Junior Golf Academy.

See pages 4 & 5  
for more details



## Pay on the day activities

### Roller Skating

Scraggs Roller Disco in the sports hall. Entry includes skate hire. Children under 8 must be accompanied by a responsible adult. All non-skating adults will pay an entrance fee of £1.90.



### Fun and Floats

Pool fun session with music and small floats. Pool admission policy applies\*\*.

### Large Pool Inflatables

A large pool inflatable suitable for children aged 8 years+. The child must be a competent swimmer, able to swim 25m without swim aids, and be confident in deep water. Super Commando Run at Sportspace Berkhamsted, Ice Adventure at Sportspace Tring.



### FootGolf

Play FootGolf on the 9-hole course situated on the pitch and putt course. It's great fun, like golf but with a football!



### Family Football & Fitness

Bring your little one along to learn some football skills and get fit yourself too! One adult can bring up to 2 children aged between 2 ½ to 4 years. Parents must stay with children. Starting on Saturday 10th September 2016. This is part of a funded project 'Get Set Go Dacorum'.

### Junior Gym

Junior Gym sessions are fun, interactive and supervised by our friendly Gym team.



### Junior Metafit

30 minute non choreographed workout.

\*\*Pool admission policy: One adult aged 18+ should supervise no more than two children under 8 years old.

See pages 6 & 7  
for more details

## Sports Courses

Sport	Day	Time	Venue	Age	Level	Start date	No of weeks	Exception date
Badminton	Monday	4pm-5pm	Sportspace Berkhamsted	8 years+	Beginners	5th September	14 weeks	24th October
	Monday	5pm-6pm	Sportspace Berkhamsted	8 years+	Improvers	5th September	14 weeks	24th October
	Thursday	4pm-5pm	Sportspace Hemel Hempstead	8 years+	Beginners	8th September	14 weeks	27th October
	Thursday	5pm-6pm	Sportspace Hemel Hempstead	8 years+	Improvers	8th September	14 weeks	27th October
Fencing	Thursday	4pm-5pm	Sportspace Berkhamsted	6 years+	Beginners	8th September	14 weeks	27th October
	Thursday	5pm-6pm	Sportspace Berkhamsted	6 years+	Improvers	8th September	14 weeks	27th October
Mini Tennis	Tuesday	4pm-5pm	Sportspace Hemel Hempstead	5-8 years	All abilities	6th September	14 weeks	25th October
Trampoline	Monday	4.15pm -5.15pm	Sportspace Berkhamsted	5 years+	Beginners	5th September	14 weeks	24th October
	Monday	5.15pm-6.15pm	Sportspace Berkhamsted	5 years+	Intermediates	5th September	14 weeks	24th October
	Tuesday	4pm-5pm	Sportspace Hemel Hempstead	5 years+	Beginners	6th September	14 weeks	25th October
	Tuesday	5pm-6pm	Sportspace Hemel Hempstead	5 years+	Intermediates	6th September	14 weeks	25th October
	Tuesday	6pm-7pm	Sportspace Hemel Hempstead	5 years+	All abilities	6th September	14 weeks	25th October
	Thursday	6pm-7pm	Sportspace Hemel Hempstead	5 years+	All abilities	8th September	14 weeks	27th October
	Thursday	7pm-8pm	Sportspace Hemel Hempstead	5 years+	All abilities	8th September	14 weeks	27th October
	Saturday	9am-10am	Sportspace Berkhamsted	5 years+	Beginners	10th September	14 weeks	29th October
	Saturday	10am-11am	Sportspace Berkhamsted	5 years+	Intermediates	10th September	14 weeks	29th October
	Saturday	11am-12pm	Sportspace Berkhamsted	5 years+	Intermediates	10th September	14 weeks	29th October
Golf	Saturday	9am-10am	Little Hay Golf Complex	6-16 years	Beginner	3rd September / 15th October	5 weeks	N/A
	Saturday	10am-11am	Little Hay Golf Complex	6-16 years	Beginner	3rd September / 15th October	5 weeks	N/A
	Saturday	11am-12pm	Little Hay Golf Complex	6-16 years	Intermediate	3rd September / 15th October	5 weeks	N/A
	Saturday	12pm-1pm	Little Hay Golf Complex	6-16 years	Advanced	3rd September / 15th October	5 weeks	N/A
Basketball	Tuesday	5.30pm-6.30pm	Sportspace Hemel Hempstead	8 years+	All abilities	6th September	14 weeks	25th October
Football	Saturday	10am-11am	Sportspace Longdean	5-8 years	All abilities	10th September	6 weeks	N/A

<b>Pricing:</b>	<b>Member</b>	<b>Non-Member</b>
Golf 5 weeks	£30	£30
Football 6 weeks	£32.40	£43.80

<b>Pricing for all other courses:</b>	<b>Member</b>	<b>Non-Member</b>
14 weeks	£75.60	£102.20

Please note that course duration and costs are subject to change.

## Pay on the day activities

Activity	Day	Time	Venue	Age	Member price	Non-Member
Roller Skating	Saturdays	5pm-7pm	Sportspace Berkhamsted	All*	£5.25	£5.25
	Sundays	5pm-7pm	Sportspace Hemel Hempstead	All*	£5.25	£5.25
				Spectators	£2	£2
Fun and Floats	Saturdays	1pm-2pm	Sportspace Hemel Hempstead	All**	£3.50	£5.40
	Sundays	1pm-2pm	Sportspace Hemel Hempstead	All**	£3.50	£5.40
	Saturdays	1pm-2pm	Sportspace Tring	All**	£3.50	£5.40
	Sundays	2pm-3pm	Sportspace Tring	All**	£3.50	£5.40
Large Pool Inflatables	Saturdays	2pm-2.45pm	Sportspace Berkhamsted	8 years+	£3.50	£5.40
	Saturdays	2pm-3pm	Sportspace Tring	8 years+	£3.50	£5.40
	Sundays	2pm-2.45pm	Sportspace Berkhamsted	8 years+	£3.50	£5.40
	Sundays	2pm-3pm	Sportspace Hemel Hempstead	8 years+	£3.50	£5.40
FootGolf	Monday – Sunday	*** During opening hours	Little Hay Golf Complex	All	£3.20	£3.20
Family Football & Fitness ****	Saturdays	9am-10am	Sportspace Longdean	2 ½ - 4 years with parent	£2.50 per family	£2.50 per family
Junior Gym	Mondays	4pm-5.30pm	Sportspace Berkhamsted	12-15 years	£4.20	£6.10
	Mondays	5pm-6pm	Sportspace Hemel Hempstead	8-12 years	£4.20	£6.10
	Mondays	6pm-7pm	Sportspace Hemel Hempstead	12-15 years	£4.20	£6.10
	Tuesdays	4pm-5pm	Sportspace Hemel Hempstead	8-12 years	£4.20	£6.10
	Tuesdays	5pm-6pm	Sportspace Hemel Hempstead	12-15 years	£4.20	£6.10
	Tuesdays	6pm-7pm	Sportspace Hemel Hempstead	8-15 years	£4.20	£6.10
	Wednesdays	4pm-5.30pm	Sportspace Berkhamsted	12-15 years	£4.20	£6.10
	Wednesdays	5pm-6pm	Sportspace Hemel Hempstead	8-12 years	£4.20	£6.10
	Wednesdays	6pm-7pm	Sportspace Hemel Hempstead	12-15 years	£4.20	£6.10
	Thursdays	4pm-5pm	Sportspace Hemel Hempstead	8-12 years	£4.20	£6.10
	Thursdays	5pm-6pm	Sportspace Hemel Hempstead	12-15 years	£4.20	£6.10
	Thursdays	6pm-7pm	Sportspace Hemel Hempstead	8-15 years	£4.20	£6.10
	Fridays	4pm-5.30pm	Sportspace Berkhamsted	12-15 years	£4.20	£6.10
	Fridays	5pm-6pm	Sportspace Hemel Hempstead	8-12 years	£4.20	£6.10
	Fridays	6pm-7pm	Sportspace Hemel Hempstead	12-15 years	£4.20	£6.10
	Saturdays	10.30am-11.30am	Sportspace Hemel Hempstead	8-15 years	£4.20	£6.10
	Saturdays	12pm-1pm	Sportspace Berkhamsted	12-15 years	£4.20	£6.10
	Sundays	10.30am-11.30am	Sportspace Hemel Hempstead	8-15 years	£4.20	£6.10
	Sundays	12pm-1pm	Sportspace Berkhamsted	12-15 years	£4.20	£6.10
Junior Metafit®	Mondays	4.15pm-4.45pm	Sportspace Hemel Hempstead	8-15 years	£2.70	£4.60
	Fridays	4.15pm-4.45pm	Sportspace Hemel Hempstead	8-15 years	£2.70	£4.60

\* Under 8s must be accompanied by an adult  
 \*\* Pool admission policy: One adult aged 18 + should supervise no more than two children under 8 years old.  
 \*\*\* From 8am until 1 hour before dusk.  
 \*\*\*\* Starting Saturday 10th September. Parents must stay with children. This is part of a funded project: 'Get Set Go Dacorum'.