

October Half Term Fun!

We have lots going on this Half Term. Here is a selection of what's on offer:

Water Fun

Activity	Date	Time	Venue	Age	Cost: Member	Cost: Non-Member	Description
Arctic Explorers Fun Session	Friday	2pm-3pm	Sportspace Berkhamsted	Families	£3.50	£5.40	A themed pool fun session including 8 activities for all of the family. With your help, we are going to bring some ocean magic to the pool! Normal swimming ratios will apply.
Arctic Explorers Fun Session	Monday	12.15pm-1.15pm	Sportspace Tring	Families	£3.50	£5.40	A themed pool fun session including 8 activities for all of the family. With your help, we are going to bring some ocean magic to the pool! Normal swimming ratios will apply.
Fun and Floats	Wednesday	12.15pm-1.15pm	Sportspace Tring	Families	£3.50	£5.40	Family fun session in the pool.
Fun and Floats	Friday	12.15pm-1.15pm	Sportspace Tring	Families	£3.50	£5.40	Family fun session in the pool.
Distance Challenge	Thursday	10.30am – 11.30am	Sportspace Tring	5 year olds+	£5.80	£7.70	The chance to complete 100m & 200m awards. If you attend this session you will be guaranteed a certificate. Cost includes a badge.
Splash Challenge	Tuesday	10.30am – 11.30am	Sportspace Tring	8 year olds+	£3.50	£5.40	This fun and energetic session will involve the children having to work as teams to take part in exciting games and relays.
Ice Adventure	Monday Wednesday Friday	11am-12pm	Sportspace Tring	8 year olds+	£3.50	£5.40	Large pool inflatable. The child must be a competent swimmer, able to swim 25 metres and be confident in deep water.
Super Commando Run	Tuesday Wednesday Thursday	2pm-3pm	Sportspace Berkhamsted	8 year olds+	£3.50	£5.40	Large pool inflatable. The child must be a competent swimmer, able to swim 25 metres and be confident in deep water.
Commando Run	Tuesday Wednesday Thursday Friday	2.15pm-3.15pm	Sportspace Hemel Hempstead	8 year olds+	£3.50	£5.40	Large pool inflatable. The child must be a competent swimmer, able to swim 25 metres and be confident in deep water.
Snorkelling	Wednesday	12pm-2pm	Sportspace Hemel Hempstead	8-14 year olds	£15	£16.90	A great opportunity to try snorkelling during this 2 hour workshop. Please meet in the café at 12pm.

Swimming Crash Courses and Aquatic Workshops

Level	Date	Time	Venue	Age	Cost: Member	Cost: Non-Member	Description
Swimming Crash Courses	Monday-Friday (Tuesday-Friday at Sportspace Hemel Hempstead)	Various	Sportspace Berkhamsted Sportspace Hemel Hempstead Sportspace Tring	4 years+ (all abilities)	From £20	From £27.60	We offer swimming crash courses for children from 4 years+ and of all abilities. Check out our website for abilities, days, times and sites.
Diving Crash Courses	Tuesday-Friday	9am-9.45am & 9.45am-10.25am	Sportspace Hemel Hempstead	5 years+	£20	£27.60	Beginners Diving crash course for children 5 years+ who are confident in deep water and have passed Stage 4 or above.
Rookie Lifeguard Crash Courses	Monday-Friday (Tuesday-Friday at Sportspace Hemel Hempstead)	Various	Sportspace Hemel Hempstead Sportspace Tring	5 years+	From £20	From £27.60	An introduction to learning water safety, survival and rescue skills. Swimmers must have passed Stage 6 and be confident in deep water.
Synchronised Swimming & Waterpolo Workshops	Wednesday	5pm-6pm/ 6pm-7pm	Sportspace Hemel Hempstead	10-16 years	£5.50	£7.40	Workshops to introduce your child to the sports of Synchronised Swimming and Waterpolo. Children must be 10-16 years of age and confident in deep water and have passed Stage 4 or above.



Know your dates!

October Half Term

Monday 24th October – Sunday 30th October 2016

For more information or to book call 01442 507100

or visit our website - www.sportspace.co.uk

Holiday Camps

Sport	Date	Time	Venue	Age	Booking Information
Multi Activity Camps	Monday – Friday	10am-3pm Early drop off/late pick up available	Sportspace Berkhamsted	5-11 year olds	Book via www.apex360.co.uk/apex-camps
Multi Activity Camps	Monday – Friday	10am-3pm Early drop off/late pick up available	Sportspace Hemel Hempstead	5-11 year olds	Book via www.apex360.co.uk/apex-camps
Dance Camps	Monday – Friday	10am-3pm Early drop off/late pick up available	Sportspace Hemel Hempstead	5-11 year olds	Book via www.apex360.co.uk/apex-camps
Soccer Camp	Monday – Friday	10am-3pm Early drop off/late pick up available	Sportspace Longdean	6-13 year olds	Book via www.playthearsenalway.com/Hertfordshire
Soccer Camp	Monday – Friday	10am-3pm Early drop off/late pick up available	Sportspace Berkhamsted	6-13 year olds	Book via www.playthearsenalway.com/Hertfordshire

Sports Activities

Sport	Date	Time	Venue	Age	Cost: Member	Cost: Non-Member	Description
Family Badminton & Table Tennis*	Monday	9.30am- 12pm	Sportspace Tring	Families	£2	£3.90 / £4.40	Come and play Badminton and Table Tennis. Under 8's go free.
Family Badminton & Table Tennis*	Wednesday	9.30am- 12pm	Sportspace Tring	Families	£2	£3.90 / £4.40	Come and play Badminton and Table Tennis. Under 8's go free.
Family Badminton & Table Tennis*	Friday	9.30am- 12pm	Sportspace Tring	Families	£2	£3.90 / £4.40	Come and play Badminton and Table Tennis. Under 8's go free.
Trampolineing	Tuesday	1.45pm-2.45pm	Sportspace Hemel Hempstead	3-5 year olds	£7.10	£9	All abilities welcome.
Trampolineing	Tuesday	3pm-4pm	Sportspace Hemel Hempstead	6-15 year olds	£7.10	£9	All abilities welcome.
Trampolineing	Thursday	10am-11am	Sportspace Berkhamsted	3-4 year olds	£7.10	£9	All abilities welcome.
Trampolineing	Thursday	11.15am -12.15pm	Sportspace Berkhamsted	5-7 year olds	£7.10	£9	All abilities welcome.
Trampolineing	Thursday	12.30pm -1.30pm	Sportspace Berkhamsted	8-15 year olds	£7.10	£9	Family session.
Trampolineing	Friday	10am-11am	Sportspace Hemel Hempstead	3-5 year olds	£7.10	£9	All abilities welcome.
Trampolineing	Friday	11.15am-12.15pm	Sportspace Hemel Hempstead	6-15 year olds	£7.10	£9	All abilities welcome.
Golf Workshops	Tuesday	10am – 2pm	Little Hay Golf Complex	6-9 years olds	£16	N/A	Includes lunch
Golf Workshops	Thursday	10am – 2pm	Little Hay Golf Complex	6-9 years olds	£16	N/A	Includes lunch

Extreme Sports

Activity	Date	Time	Venue	Age	Cost: Member	Cost: Non-Member	Description
Weekly Holiday Skate Pass	Monday – Friday	10am-10pm	XC	8 year olds+	£27	£27	Skate pass for 1 week Monday – Friday for unlimited access to the Skatepark during the school holidays. Session times and disciplines still apply.
Skateboard Holiday Camp	Monday – Wednesday	10am-4pm	XC	8-14 year olds	£60	£65.70	3 day Skateboard camp for 8-14 year olds with experienced skateboard instructors. Appropriate for beginner to intermediate skaters. Lunch is included.
Scooter Holiday Camp	Thursday - Friday	10am-4pm	XC	8-14 year olds	£40	£43.80	2 day Scooter camp for 8-14 year olds with experienced scooter instructors. Appropriate for beginner to intermediate riders. Lunch is included.
Mini Mountaineers	Monday –Sunday	9am-10am	XC	3-4 year olds	£3.50	£5.40	1 hour climbing session with an instructor for 3-4 year olds.
Mini Shredders	Monday –Sunday	9am-10am	XC	4-7 year olds	£3.50	£5.40	Skatepark session for 4-7 year olds. Children must be accompanied by a parent at all times in the park. Children must bring their own equipment including helmet.
Climbing Taster Sessions	Monday –Sunday	10am-9pm (subject to availability)	XC	5 year olds +	£10	£11.90	1 hour session with an instructor, including traversing, bouldering and climbing. All safety equipment is provided.
Little Rockies	Monday –Sunday	10am-11am; 1pm-2pm; 4pm-5pm(weekdays only)	XC	5-6 year olds	£10	£11.90	1 hour climbing sessions with an instructor for 5-6 year olds.
All Day Skate Holiday Special	Monday – Friday	10am-10pm	XC	8 year olds +	£8.40	£10.30	Skatepark session from 10am-10pm during the school holidays. Session times and disciplines still apply.



Climbing at XC



Caving at XC

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