



Dear Parent/Guardian of Kidspace Customer,

Half Term is almost here!

Our Holiday activities will be running from:

- Monday 29th May – Sunday 4th June at XC
- Tuesday 30th May - Sunday 4th June at Sportspace

Find an activity your child will love. Here are some ideas to keep them active and entertained including many new ones!

Fun Activities



Pom Poms for 5-7 year olds

A fun-filled class teaching fantastic routines and cheers. This is taking place at Sportspace Berkhamsted on Wednesday 31st May, 9am-10am.

Fit N Flex for 8 year olds+

Come and try this new class designed to improve fitness levels, flexibility and most importantly it's lots of fun! Taking place at Sportspace Berkhamsted on Wednesday 31st May, 10.15am-11.15am.

NEW Super Heroes inspired party for 4-11 year olds

Calling all Super Heroes, we need your help to party! The party will include parachute fun, themed games, pass the parcel and finishing off with optional glitter tattoos or face paints. The party will be taking place on Friday 2nd June at Sportspace Hemel Hempstead, 12.30pm-2pm.

Holiday Camps



Multi Activity and Dance Camps for 5 year olds+

Sportspace and Apex Multisports are running Multi Activity Camps at Sportspace Berkhamsted and Sportspace Hemel Hempstead this holiday. For more information see www.apex360.co.uk/apex-camps.



Proformance Soccer Camp for 6 year olds+

Soccer camps will be running at Sportspace Berkhamsted and Sportspace Longdean in Hemel Hempstead. To book please visit www.proformanceglobal.com/holidaycamp.

Swimming and Diving Crash Courses

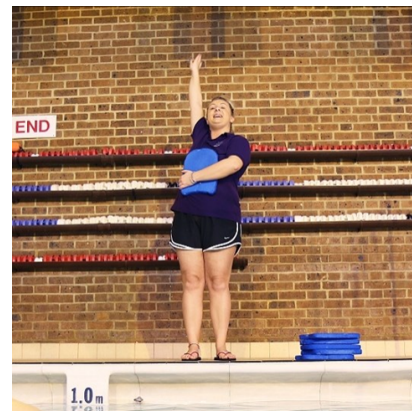
As well as our usual offerings of Swimming Crash Courses aimed at children from 4 years and up (and abilities of beginners to Stage 4), we will also be running these NEW specially-tailored sessions:

- Starts, Turns and Finishes Workshop - an introduction to techniques required for competitive swimming
- Diving Workshop - as well as Diving crash courses we now offer a workshop at Sportspace Tring



- 7 years+ Beginners - we recognise that it can be daunting for older children to learn to swim with younger children so we have introduced these older age group sessions.

To find out more about our Crash Courses and Workshops please click [here](#).



Water Fun

Large Pool Inflatables for 8 year olds+

Large Pool Inflatables are really good fun and back by popular demand. They are suitable for children aged over 8 years old who are competent swimmers and confident in deep water. Commando Run sessions are taking place at Sportspace Berkhamsted and Sportspace Hemel Hempstead and the Ice Adventure inflatable will be in the pool at Tring. Click [here](#) for details of days and times.

Synchro and Waterpolo Workshops for 10-16 year olds

A Synchro workshop will be taking place at 5pm Wednesday 31st May at Sportspace Hemel Hempstead. The Waterpolo workshop will also be at Sportspace Hemel Hempstead on the same dates at 6pm. Children must be 10 years+ and confident in deep water.

Snorkelling for 8-14 year olds

This is a great opportunity to try Snorkelling. The two hour workshop will be taking place at Sportspace Hemel Hempstead on Wednesday 31st May, 12pm-2pm. Please meet in the café at 12pm.

Outdoor Pool for Families

The Outdoor Pool at Sportspace Hemel Hempstead is set to open on Saturday 27th May, just in time for the half term holidays. For details of opening times please click [here](#). The weather is looking good...!



Sports Workshops

Trampolining for 3-15 year olds

Trampolining workshops are running at Sportspace Berkhamsted and Sportspace Hemel Hempstead for children aged 3-5 years and 6-15 years. Family sessions are also available enabling siblings to attend together for children aged between 6-15 years. Click [here](#) for more information.

Tennis Workshops for 3-7 year olds

Tots Tennis (3-4 year olds with parents) and Mini Tennis (5-7 year olds) will be taking place at Sportspace Hemel Hempstead and Sportspace Berkhamsted during Half Term. Click [here](#) for more information.

Extreme Sports



Add something truly exciting to your Half Term plans this May, with one of our extreme holiday activities at XC! You can learn the ropes with one of our climbing taster sessions, twist and turn through the longest caving system

in Europe, or just hang out on our high ropes and course. Can't decide? We don't blame you. That's why we also offer kids between the ages of 8-14 years old the chance to do all activities over 6 fun-packed hours in our XTreme Holiday Experience. It costs just £47 (£45 for Members) and we'll even throw in lunch and drinks too! Check out the XC website [here](#) for all our May Half Term holiday activities.

For more information and additional holiday activities visit our website [here](#), or give us a call on 01442 507100.

Have a great half term!

From all the Team at Dacorum Sports Trust.

Stay in touch

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