

Summer Programme



Summer is upon us and as we all hope for sunshine one thing we can guarantee is a great line up of children's activities to keep the kids entertained whatever the weather. Our summer programme is jam-packed with a range of sport, arts, dance, family trips, music, play and heaps more! Flick through the next four pages to see what we have on offer. Please note booking is essential and places are limited so early booking is advised.

Gymnastics

Tumbles, vaults, beams and more, our gymnastics sessions are aimed at beginners and experienced gymnasts aged 4 -16 years.

GYMNASTICS - EVERY MONDAY AND THURSDAY 26TH JULY TO 26TH AUGUST

DATES	VENUE	4-5 YEARS SESSION	6-8 YEARS SESSION	9+ YEARS SESSION	COST	TEL
Mondays	The Louisa Centre	1pm - 2pm	2pm - 3pm	3pm - 4.30pm	£2/£3	01207 218 877
Thursdays	Belle Vue Leisure Centre	1pm - 2pm	2pm - 3pm	3pm - 4.30pm	£2/£3	01207 218 151

Sportsability

Following the success of the Saturday Sportsability Club we are pleased to offer it to you as part of the summer holiday programme giving children and young people with a disability the opportunity to try a wide range of different sports and activities.

SPORTSABILITY

DATE	VENUE	SPORT/ ACTIVITY BEING DELIVERED	TIME	COST	TEL
Sat 24th July	The Louisa Centre	Table Cricket	1pm - 3pm	FREE	01207 218 877
Sat 31st July	The Louisa Centre	Trampolining	1pm - 3pm	FREE	01207 218 877
Sat 7th Aug	The Louisa Centre	Football	1pm - 3pm	FREE	01207 218 877
Sat 14th Aug	The Louisa Centre	Gymnastics	1pm - 3pm	FREE	01207 218 877
Sat 21st Aug	The Louisa Centre	Wheelchair Basketball	1pm - 3pm	FREE	01207 218 877

Trampolining

Learn jumps, tucks, twists, straddles and more. Whatever your ability, all are welcome (children aged 8 and under must be accompanied by a responsible adult aged 18 years or over).

TRAMPOLINING - EVERY TUESDAY 27TH JULY TO 31ST AUGUST

DATES	VENUE	4-7 YEARS SESSION	8+ SESSION	COST	TEL
Tuesdays	Belle Vue Leisure Centre	2pm - 3pm	3pm - 4pm	£2	01207 218 151

TRAMPOLINING - EVERY WEDNESDAY 28TH JULY TO 1ST SEPTEMBER

DATES	VENUE	4-5 YEARS SESSION	6-8 YEARS SESSION	9+ YEARS SESSION	COST	TEL
Wednesdays	The Louisa Centre	5pm - 6pm	6pm - 7pm	7pm - 8pm	£2	01207 218 877

Football

Calling all football fanatics! Receive training on new skills and techniques from our expert coaches combined with lots of fun and games.

FOOTBALL

DATES	VENUE	AGE	TIMES	COST	TEL
Every Saturday 12th June-17th July	Outside at Oakies	4 - 5 years 6 -12 years	9am - 10am 10am - 11am	£15 (6 week course)	01207 218 877
Monday 26th - Tuesday 27th July	The Louisa Centre	6 -12 years	10am - 3pm	£22 (2-day course)	01207 218 877
Thursday 2nd- Friday 3rd September	The Louisa Centre	6 -12 years	10am - 3pm	£22 (2-day course)	01207 218 877
Thurs 29th - Fri 30th July	Belle Vue Leisure Centre	6 -12 years	10am - 3pm	£22 (2-day course)	01207 218 151
Thurs 26th - Fri 27th Aug	Belle Vue Leisure Centre	6 -12 years	10am - 3pm	£22 (2-day course)	01207 218 151

Packed lunch required on full day course.

Tennis

Our tennis coaches can help beginners develop their game and more experienced players progress their skills. With fun, games and competitions - string up your racket and make sure you don't miss out.

TENNIS

DATE	VENUE	TIME	AGE	COST	TEL
26th, 27th, 28th July, 2nd, 3rd, 4th August, 16th, 17th, 18th August, 23rd, 24th, 25th August, 1st, 2nd, 3rd September	Lanchester Hard Courts	9.30am -12 noon	5 - 9 yrs Mini Red/Orange	£5	01207 218 873
26th July, 2nd, 9th, 16th, 23rd August	The Louisa Centre	1pm - 4pm	5 - 10 yrs Mini Red	£6	01207 218 877
27th July, 3rd, 10th, 17th, 24th August	Lanchester Hard Courts	1pm - 3.30pm	9+ yrs Mini Green and Yellow Tennis	£5	01207 218 873
28th July, 4th, 11th, 18th, 25th August, 1st September	Belle Vue Leisure Centre	12.30pm - 4pm	5 - 10 yrs Mini Red	£5	01207 218 151
29th July, 2nd, 9th, 16th, 24th August	The Louisa Centre	9.30am - 10.30am	3 -5 yrs Tots Tennis	£2	01207 218 877
29th July, 2nd, 9th, 16th, 24th August	Belle Vue Leisure Centre	11am -12 noon	3 - 5 yrs Tots Tennis	£2	01207 218151
30th July, 2nd, 9th, 16th, 23rd August	Sherburn Park	1pm - 3.30pm	9+ yrs Mini Green and Yellow Tennis	£5	01207 218 873
6th, 27th August	Annfield Plain	9.30am -12 noon	9+ yrs plus Mini Orange, Green and Yellow Tennis	£5	01207 218 873
9th, 10th, 11th August	Moorside Community School	10am -12 noon	5 - 9 yrs Mini Red/Orange	£4	01207 218873
13th August	Belle Vue Leisure Centre	9am -11am	5 - 8 yrs Advanced Coaching Mini Red	£5	01207 218 151
20th August	The Louisa Centre	9am -11am	5 - 8 yrs Advanced Coaching Mini Red	£5	01207 218 877

Athletics

Try running, jumping, throwing and much more. This is three fun-packed days suitable for all ability levels. The third day is a fantastic rewarding visit to Gateshead International Stadium!

ATHLETICS

DATE	VENUE	TIME	COST	TEL
Mon 2nd - Wed 4th Aug	Belle Vue Leisure Centre	10am - 3pm	£15 (3-day course)	01207 218 151

Packed lunch required on full day course.

Golf Coaching **NEW FOR 2010**

Want to be the next Rory McIlroy? Or maybe it's Sergio Garcia? Whatever your golf ability our sessions, delivered at South Moor Golf Club, can cater for you! You will be taught by the club's very own PGA professionals. Bring your clubs if you have them, if not no need to worry as the club will provide them too.

GOLF COACHING - EVERY MONDAY AND TUESDAY 2ND TO 31ST AUGUST

DATES	TIME	AGE	VENUE	COST	TEL
Mondays	1pm -3pm	7 - 11 yrs (Tri-Golf)	South Moor Golf Club	£2	01207 218 877
Tuesdays	1pm - 2pm	11+ yrs	South Moor Golf Club	£1	01207 218 877
Tuesdays	2pm - 3pm	11+ yrs	South Moor Golf Club	£1	01207 218 877

Summer Programme

ENTERTAINMENT AND TRIPS FOR FAMILIES AND YOUNG PEOPLE

FAMILY TRIPS - WEDNESDAYS

DATES	DESTINATION	COST	PICK-UP	DROP OFF
28th July	Discovery Museum Newcastle	£4	Belle Vue 9.30am & Lamplight 10am	Lamplight 2.30pm & Belle Vue 3pm
4th Aug	Hartlepool Maritime Experience & Historic Quay	£10 adults £8 (5-16 yrs) £4 (0-4 yrs)	Belle Vue 9.30am & Lamplight 10am	Lamplight 4.30pm & Belle Vue 5pm
11th Aug	Forbidden Corner	£12 adults £11 (4-16 yrs) £4 (0-3 yrs)	Belle Vue 9.30am & Lamplight 10am	Lamplight 4.30pm & Belle Vue 5pm
18th Aug	Heatherslaw Cornmill & Light Railway	£11 adults £10 (5-16 yrs) £6 (under 4s)	Belle Vue 9am & Lamplight 9.30am	Lamplight 4.30pm & Belle Vue 5pm
25th Aug	Mother Shiptons Cave	£10 adults £8 (5-16 yrs) £5 (under 4s)	Belle Vue 9am & Lamplight 9.30am	Lamplight 5pm & Belle Vue 5.30pm
1st Sept	Alnwick Gardens	£10 adults £4 child	Belle Vue 9am & Lamplight 9.30am	Lamplight 5pm & Belle Vue 5.30pm

YOUNG PEOPLES TRIPS - FRIDAYS

DATES	DESTINATION	COST	PICK-UP	DROP OFF
30th July	Wet 'n' Wild	£11	Belle Vue 9.30am & Lamplight 10am	Lamplight 4.30pm & Belle Vue 5pm
6th Aug	Flamingoland	£22	Belle Vue 9am & Lamplight 9.30am	Lamplight 8pm & Belle Vue 8.30pm
13th Aug	Beach Trip (South Shields)	£5	Belle Vue 9.30am & Lamplight 10am	Lamplight 4.30pm & Belle Vue 5pm
20th Aug	Lightwater Valley	£16	Belle Vue 9am & Lamplight 9.30am	Lamplight 7pm & Belle Vue 7.30pm
27th Aug	Top Gear Karting <small>(Children must be 8 years and over, & must be taller than 1.4 metres)</small>	£25	Belle Vue 11am & Lamplight 11.30am	Lamplight 4pm & Belle Vue 4.30pm
3rd Sept	North East Football Stadium Tour NUF& SAFC	£15	Belle Vue 9am & Lamplight 9.30am	Lamplight 4pm & Belle Vue 4.30pm

(Children under 8 years must be supervised by an adult)

THE BOOKING LINE IS 01207 218 899

Please note: All trips and young people's entertainment events must be booked in advance through the Lamplight Box Office (01207 218 899). Times of bus pick-ups and returns may be subject to change. Leisureworks reserves the right to cancel activities if under subscribed. Parental consent forms must be completed. A packed lunch is required for full day activities.

CHILDREN'S DISCO

TICKETS: £2 1PM - 3PM
OVER 16s - ADULTS FREE IF SUPERVISING CHILDREN.
UNDER 3s FREE



FRIDAYS

30th July - Lamplight Arts Centre
6th August - Blackhill & Consett Park
13th August - Lamplight Arts Centre
20th August - Blackhill & Consett Park
27th August - Lamplight Arts Centre
3rd September - Blackhill & Consett Park

£31.50
only /month

Lifestyle Fitness Consett & Stanley

Free

swimming and classes

Membership includes;

- Free getting started session
- Free swimming and exercise classes
- Free personal programme

Belle Vue Leisure Centre
Tel: 01207 218 151

The Louisa Centre
Tel: 01207 218 851

Join online today! www.lifestylefitness.co.uk

TRY SOMETHING NEW!

We are due to launch an exciting range of "Try Something New " activities over the summer holidays.
Activities could include:

- BOWLING • KAYAKING
- GRAFFITI • DANCE
- FACE PAINTING • MUSIC AND MORE!

Check out www.leisureworksonline.co.uk for further updates.



Summer At The Lamplight

A programme of performing arts workshops at the Lamplight Centre.

JEST FOR LAUGHS AGE: 13+

MONDAY 26TH - FRIDAY 30TH JULY 2PM - 4PM
PARTICIPANTS PERFORMANCE 7PM FRIDAY 30TH JULY

Eddie Izzard and Alan Carr are just two of the comedians who took to the mic after doing a stand-up course. Fancy having a go yourself? This stand-up comedy course will help you develop your skills as a comic, learn to write and perform your own material, and take part in a special Stand-Up Night at the end of the week. Workshops will be delivered by experienced comic and radio presenter, Alfie Joey and drama worker and fellow radio presenter, Gilly Hope.

COST: £15 (maximum of 20 places). Guest tickets for Friday evening: £1 (family & friends only).

CONTEMPORARY DANCE & THEATRE AGE: 8-13

MONDAY 2ND - FRIDAY 6TH AUG 10AM - 4PM
EACH DAY, PLUS FINAL PERFORMANCE.

For young people aged 8-13 years. An opportunity to work with artists from Durham-based TIN Arts, learning dance and theatre skills and working together to create and perform your own work.

COST: £30/£20 second child from same household. (Maximum 30 places).

YOUTH DRAMA SUMMER SCHOOL

MONDAY 9TH - FRIDAY 13TH AUG 10AM - 4PM
FIVE DAY COURSE

See page 19 for details.

MAKE SOME (MORE) NOISE AGE: 10+

TUESDAY 17TH - THURSDAY 19TH AUG 10AM - 4PM
DAILY PLUS FINAL PERFORMANCE

Back by popular demand, an expanded three-day Rock School led by music leaders from The Sage Gateshead. Develop your playing skills in guitar, bass, drums/percussion, singing and keyboards, then team up to make a band and write and perform your own song.

COST: £18/£12 second child from same household. (Maximum 20 places).

TRY FIVE DANCE WEEK

MONDAY 23RD - FRIDAY 27TH AUG

Following the success of the Easter Holiday Dance Week, 'South Africa Comes To Stanley', we will have a similar project running through the summer holidays. Further information will be announced nearer the time.