

# Chelmsford Sport and Athletics Centre

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Website: [www.chelmsford.gov.uk/csac](http://www.chelmsford.gov.uk/csac)

Card bookings: Taken by telephone between 9am and 9pm, Monday to Friday, 9am and 5pm, Saturday and 9am and 8pm, Sunday. Call on 01245 605666.



## Chelmsford Track Stars of the Future

The day is designed to give young people the chance to come and try the many athletics events that Chelmsford Sport and Athletics Centre has to offer. All participants will receive coaching in a fun and enjoyable atmosphere. Prizes will be awarded to individuals who do well and show improvements.

Code	Date	Time	Age	Price
HFEBATH1	Tuesday 16 February	10am to 3pm	6 to 11 years	£16.25
HFEBATH2	Tuesday 16 February	10am to 3pm	12 to 14 years	£16.25



## The Ultimate Triple Event Challenge

A fantastic, fun opportunity to take part in a three day challenge where all participants will be given the opportunity to participate in different athletic events from long jump to discus and hurdles.

Each event will be recorded with a score at the end of the three days to decide who the ultimate triple event winner is; every child will receive a certificate.

Code	Date	Time	Age	Price
HFEBATH3	Wednesday 17 to Friday 19 February	9.30am to 12.30pm	6 to 11 years	£29.25
HFEBATH4	Wednesday 17 to Friday 19 February	9.30am to 12.30pm	12 to 14 years	£29.25

## Go-Karts 3 In 1

Go-Karts, Trampoline and Football extravaganza all in one morning.

Code	Date	Time	Age	Price
HFEBGKFT	Monday 15 February	10am to 1pm	4 to 9 years	£13

## Go-Karting

Let your child have some of the best fun racing around the inflatable mini grand prix circuit in specifically designed electric go-karts.

Code	Date	Time	Age	Price
HFEBGK1	Monday 15 February	10am to 11am	4 to 9 years	£7
HFEBGK2	Monday 15 February	11am to 12 noon	4 to 9 years	£7
HFEBGK3	Monday 15 February	12 noon to 1pm	4 to 9 years	£7



## Basketball

This course welcomes both girls and boys of all abilities who want to participate in a range of basketball related games in a fun environment.

Code	Date	Time	Age	Price
HFEBBB	Monday 15 February	1.30pm to 3.30pm	6 to 11 years	£6.50



## Musical Minis

This course is run in partnership with Musical Minis and is about having fun whilst encouraging early musical expression to a range of music including the use of small musical instruments. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBMM*	Monday 15 February	10am to 10.45pm	6 mths to 4 years	£3.50

## Table Tennis

This is a fun packed taster session to try out the basic skills of Table Tennis with a fully qualified coach.

Code	Date	Time	Age	Price
HFEBTT	Tuesday 16 February	10am to 12 noon	9 to 15 years	£7

## Artfull Splodgers

This art and craft workshop aims to stretch the creative imagination, stimulate the mind and give lots of fun. Your child will return home with a bag full of creativity. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBAS1*	Tuesday 16 February	9.30am to 10.30am	18 mths to 4 years	£4.75



## Tots Fun & Ball Games

Come and let your tot have fun playing games and learning basic ball skills such as throwing, catching and dribbling. Also have a fun time on the bouncy castle. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBTBG*	Tuesday 16 February	10.30am to 11.30am	3 to 5 years	£4

## Tots Double Deluxe

Why not combine Artful Splodgers art and craft workshop with Tots Fun and Ball Games. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBTDD*	Tuesday 16 February	9.30am to 11.30am	3 to 5 years	£8.50

## Mini Tennis

These are fun sessions that involve teaching children the basic concept of tennis, teaching various shots and serves whilst having fun in a safe environment. All equipment has been specially designed for young children.

Code	Date	Time	Age	Price
HFEBMT1	Tuesday 16 February	1pm to 2pm	4 to 6 years	£4
HFEBMT2	Tuesday 16 February	2pm to 3pm	7 to 9 years	£4

## Teen Gym

This course will introduce you to the latest Techno Gym equipment. You will be instructed on the use of the cardiovascular and resistance training machines by a fully qualified fitness instructor, enabling you to develop strength, endurance and tone.

Code	Date	Time	Age	Price
HFEBTG	Tuesday 16 February	2pm to 3pm	12 to 16 years	£3

## Mad Science

Mad Science, the world leader in fun science, is back for the February half term. This holiday will offer the opportunity to take part in our Super Structures Challenge Day. Have fun with the mad scientists putting unusual items to the test to see which is the strongest; you'll be amazed at the results. There will be lots of team work, fun and games testing the forces against each other. Whose egg will survive the drop??? We spark the imagination and inspire any budding young scientist. To learn more see [www.madscience.org/east](http://www.madscience.org/east)

Code	Date	Time	Age	Price
HFEBMSI	Wednesday 17 February	10am to 3pm	5 to 11 years	£25



## Tots Gymnastics

This taster session will be a fun, basic introduction to a variety of gymnastic apparatus in a safe environment to develop strength, flexibility and co-ordination. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBTGY*	Wednesday 17 February	9.30am to 10.15am	12 mths to 3 years	£4

## Gymnastics

This taster session will be a fun introduction to all gymnastic apparatus aimed at building strength, balance, flexibility and co-ordination.

Code	Date	Time	Age	Price
HFEBGY	Wednesday 17 February	10.30am to 11.30am	4 to 8 years	£4

## Dance/Gymnastics/Trampoline

A Trio-tastic time is to be had with this combination of activities, dance to the latest tunes, bounce on the trampoline and try some moves on the gymnastics equipment, all with the instruction of our fully qualified coaches.

Code	Date	Time	Age	Price
HFEBDTGI	Wednesday 17 February	1pm to 4pm	5 to 10 years	£10.50

## Indoor Cricket

This course, which is run in partnership with Springfield Cricket Club, will begin with coaching skills and practice drills and then progress on to a match for the latter part of the session.

Code	Date	Time	Age	Price
HFEBCRI	Thursday 18 February	9.30am to 12.30pm	6 to 11 years	£12

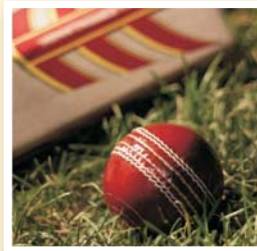
## Indoor Football

This course welcomes both girls and boys of all abilities who want to participate in a range of football related games in a fun environment, the session will conclude with a match.

Code	Date	Time	Age	Price
HFEBFB	Thursday 18 February	1pm to 3pm	6 to 12 years	£6

### Bookings and Payments –

The reception at Chelmsford Sport and Athletics Centre is open between 9am until 9pm, Monday to Friday, between 9am until 5pm, Saturday and between 9am until 8pm, Sunday for bookings in person or by telephone. Postal bookings are also welcome.





## ■ ■ Tots Bounce and Play

This session will be a great fun time for your toddler to get bouncing on our bouncy castle and bounce and play with you on the soft play equipment. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBTBP1*	Thursday 18 February	1.30pm to 3pm	Walking to 4 years	£4



## ■ ■ Artful Splodgers Jewellery

Create your own gorgeous jewels during this workshop; make dazzling necklaces, bracelets and phone or bag charms from a choice of over a 1000 different beads and charms everyone will go home with 4 or 5 newly created items to adorn themselves.

Code	Date	Time	Age	Price
HFEBASJ	Thursday 18 February	10am to 12 noon	6 to 12 years	£17

## ■ ■ Tots Party

A party packed with fun, play games, have a dance, bounce on the bouncy castle. Come dressed up as your favourite T.V or film character and take part in our fancy dress competition. A drink and snack will be provided. \*Parents must accompany their children during this session.

Code	Date	Time	Age	Price
HFEBTP*	Friday 19 February	10am to 11.30pm	Walking to 4 years	£7

## ■ ■ Party

A party packed with fun, play games, have a dance, bounce on the bouncy castle. A drink and snack will be provided.

Code	Date	Time	Age	Price
HFEBP	Friday 19 February	1pm to 2.30pm	5 to 10 years	£7

## ■ ■ Lunches

How about combining one of our morning courses with an afternoon course book your child in for a supervised lunch break and we will take care of them and keep them happy through out their stay. Lunch is not included please provide your child with a packed lunch.

Code	Date	Time	Age	Price
HFEBL1	Monday 15 February	1pm to 1.30pm	6 to 9 years	£1.50
HFEBL2	Wednesday 17 February	12.30pm to 1pm	5 to 10 years	£1.50
HFEBL3	Thursday 18 February	12.30pm to 1pm	6 to 11 years	£1.50
HFEBL4	Friday 19 February	12.30pm to 1pm	6 to 10 years	£1.50