

Riverside Ice and Leisure Centre

Victoria Road, Chelmsford, Essex, CM1 1FG

Telephone: 01245 615050

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Email: riverside@chelmsford.gov.uk

Website: www.chelmsford.gov.uk/riverside

Pool Crash Courses

Monday 15 to Friday 19 February 2010

Beginners Classes: For non-swimmers only.

Stroke Improvement Classes: Must have 20 metre badge or be in our class 3.

Time	Course	Price
8.30am to 9am	Frontcrawl Improvement	£20.50
8.30am to 9am	Breaststroke Improvement	£20.50
9am to 9.30am	Beginners – Toddlers (3 to 4 years)	£20.50
9am to 9.30am	Beginners – Juniors (5 years+)	£20.50
9.30am to 10am	Beginners – Toddlers (3 to 4 years)	£20.50
9.30am to 10am	Beginners – Juniors (5 years+)	£20.50

To book the above Pool Crash Courses please contact the Centre direct on 01245 615050.

Children's Morning Mayhem (4 to 7 years)

Children's Morning Mayhem will give kids the chance to try out an exciting range of activities including Trampolining, Movement to Music, Multisports, and Gymnastics! Limited spaces are available so book now to avoid disappointment!

Date/s:	Monday 15 to Friday 19 February 2010
Time:	9am to 12 noon
Registration:	From 8.45am in the Sports Hall
Length:	3 hours per day
Price:	£8.40 per day



Bookings and Payments – The reception at Riverside Ice and Leisure is open from 8.45am to 8.30pm, 7 days a week for bookings and payments in person. Alternatively telephone bookings and payments can be made on 01245 615050 between 8.45am and 8.30pm, 7 days a week.



■ Kids Camp (8 to 12 years)

Holiday time is a chance for everyone to relax including parents. If a day (or more!) of peace and quiet sounds good to you then Riverside has the perfect answer. All you have to do is drop your kids off and pick them up! For those of you who are still at work, you can drop your kids off from 8am and pick them up as late as 6pm, knowing they will be supervised! Please make sure that your child has adequate clothing to participate in any of the listed activities. During the afternoon slot (1pm to 4pm) pre-set sports hall activities will run.

Date/s:	Monday 15 to Friday 19 February 2010	
Time:	8am to 9am	Registration (Lower Catering)
	9am to 10.30am	Swimming
	10.30am to 12pm	Ice Skating
	12pm to 1pm	Lunch
	1pm to 4pm	Sports Hall Activities
	4pm to 5pm	Team Competition
	5pm to 6pm	Collection (Lower Catering)
Length:	10 hours per day	
Price:	£22.40 per day or £94.30 for 5 days	

■ West Ham United Soccer School (5 to 10 years)



In association with West Ham Community Sports Trust this course provides children aged 5 to 10 years the ideal opportunity to learn to play football like Premiership stars, Carlton Cole and Lucas Neill! These sessions will be linked to the FA charter standard and schools syllabus for coaching football, penalty competition, cross bar challenges and a World Cup competition. Every participant will receive a medal and certificate for taking part, with additional prizes available on the day. A 25 minute snack / lunch break will be included as part of the session. Please bring drinks and a snack / lunch, and wear suitable clothing.

Date/s:	Thursday 18 to Friday 19 February 2010	
Time:	1.15pm to 5pm	
Registration:	From 1pm in the Sports Hall	
Length:	3 hours 45 minutes per day	
Price:	£25 for 2 day course	

■ School Holiday Skate

Skate to the latest chart music with friends. Please be aware that strobe and/or flashing lights and loud music may be used. No booking required – payment on arrival.

Date/s:	Monday 15 to Friday 19 February 2010	
Time:	10am to 4pm*	
Cost:	£6 – Includes skate hire (price is per session)	

*Please note that there will be an ice cut at 1pm until 1.15pm. Skaters will be asked to leave the ice pad during this time but may remain in the Centre for the second half of the session.

■ Learn to Skate – Intensive Training

Monday 15 to Friday 19 February 2010

Pupils on this course will be following the National Ice Skating Association (N.I.S.A) approved Skate UK programme. Pupils will spend at least 25 minutes per session on the ice, and progress on this course will be dependant on the individual's ability. For those who pass any Skate UK levels there will be the opportunity to purchase badges (£2.20) or certificates (£1.10) from Reception as a record of this achievement. Limited spaces are available so book now to avoid disappointment! This course is suitable for beginners only.

Time	Age	Price
1.15pm to 1.45pm	6 to 9 years – Beginners	£20
1.45pm to 2.15pm	6 to 9 years – Beginners	£20
2.15pm to 2.45pm	6 to 9 years – Beginners	£20
2.45pm to 3.15pm	10 to 15 years – Beginners	£20
3.15pm to 3.45pm	10 to 15 years – Beginners	£20

Registration and collection will be at the ice rink reception.



Activity Bug Club

For children aged 6 to 10 years
at Riverside Ice and Leisure Centre

Wednesdays - 4pm to 6pm
Saturdays - 10am to 12 noon
£3 per session

Activity Bug Club provides an exciting way to try new activities* whilst making new friends. Activities include basketball, trampoline, ice skating and much more!

*Activities will vary week upon week. Please telephone the Centre prior to booking to see what activities will be on offer.

Activity Bug Club
First session for just £1!
(with this voucher)

This voucher is valid until 31 March 2010
Pre booking is not available with this offer.
Terms and conditions apply. Original vouchers
only will be accepted - No photocopies.

For more information call 01245 615050
or visit www.chelmsford.gov.uk/activitybugclub