

Chelmsford Sport and Athletics Centre

Salerno Way, Chelmsford, Essex, CMI 2EH

Telephone: 01245 605666 Fax: 01245 491851

Email: csac@chelmsford.gov.uk

Website: www.chelmsford.gov.uk/csac

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



■ Norwich Union Star: Track Athletics

This course is part of a national scheme to introduce children to athletics. All athletes will be given the opportunity to take part in all athletics events from Long Jump to Discus and Hurdles. Every participant will receive a T-Shirt and Goody bag, and take part in the Norwich Union Shine Awards. By taking part in the week you will be joining thousands of likeminded young athletes up and down the country having Fun in Athletics!

Code	Date/s	Time	Age	Price
SPHIATH1	Weds 2 to Fri 4 April	9.30am to 12.30pm	6 to 8 years	£30
SPHIATH2	Weds 2 to Fri 4 April	9.30am to 12.30pm	9 to 11 years	£30

■ Athletics Fun Day

A fantastic, fun opportunity to take part in a range of athletics events such as sprinting, long jump, and many other athletics events. This course is suitable for beginners upward and will finish with a small team competition.

Code	Date/s	Time	Age	Price
SP2ATH1	Friday 11 April	9.30am to 12.30pm	6 to 11 years	£7.50

■ Football School

Run in partnership with Chelmsford City Football in the community.

These courses are open to boys and girls who will receive quality coaching from Chelmsford City Football Club coaches. All participants will receive complimentary tickets for them and an accompanying adult to see a Chelmsford City FC home league match.*All participants attending for the whole week will receive a free football.

Please note all of these courses take place outside in the park.

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Code	Date/s	Time	Age	Price
SPHIFS1	Mon 31 March to Tues 1 April	10am to 1pm	5 to 7 years	£17
SPHIFS2	Weds 2 to Thurs 3 April	10am to 1pm	5 to 7 years	£17
SPHIFS3*	Mon 31 March to Fri 4 April	10am to 1pm	5 to 7 years	£42
SPHIFS4	Mon 31 March to Tues 1 April	10am to 3pm	8 to 11 years	£26
SPHIFS5	Weds 2 to Thur 3 April	10am to 3pm	8 to 11 years	£26
SPHIFS6*	Mon 31 March to Fri 4 April	10am to 3pm	8 to 11 years	£65
Venue:	Melbourne Park			

■ Football in the Park

Run in partnership with Chelmsford City Football in the community.

These courses are open to boys and girls and are an ideal introduction to football for the young beginner. All basic skills are introduced in a fun and enjoyable atmosphere.

Please note all of these courses take place outside in the park.

Code	Date/s	Time	Age	Price
SPHIFP1	Monday 31 March	1.30pm to 2.45pm	4 to 7 years	£5
SPHIFP2	Wednesday 2 April	1.30pm to 2.45pm	4 to 7 years	£5
SPHIFP3	Friday 4 April	1.30pm to 2.45pm	4 to 7 years	£5
Venue:	Melbourne Park			

■ NEW!! Tiny Tees Golf

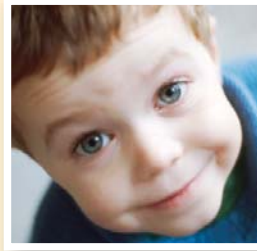
These are fun sessions which involves teaching children the basic concept of golf, teaching them long shots, chipping, putting and having fun in a safe environment. All equipment has been specially designed for young children, targets and Velcro balls are used.

Code	Date/s	Time	Age	Price
SPHITTG1	Monday 31 March	10am to 10.45am	4 to 6 years	£4
SPHITTG2	Monday 31 March	11am to 11.45am	7 to 9 years	£4

■ NEW!! Mini Tennis

These are fun sessions which involves 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/s	Time	Age	Price
SPHIMT1	Monday 31 March	1pm to 1.45pm	4 to 6 years	£4
SPHIMT2	Monday 31 March	2pm to 3pm	7 to 9 years	£4.50



Tots Soft Play

These sessions offer your tot a chance to explore our soft play equipment with your help and encouragement they will work on their balance and coordination Skills. These sessions will be assisted by a coach. **Parents must stay for these sessions.**

Code	Date/s	Time	Age	Price
SPH1TSP1	Monday 31 March	10am to 12pm	0 to 2 years	£3
SPH2TSP1	Monday 7 April	10am to 12pm	0 to 2 years	£3

Artfull Splodgers

These art and craft workshops aim 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 stay for these sessions.

Code	Date/s	Time	Age	Price
SPH1AS1*	Tuesday 1 April	9.30am to 10.30am	18 mths to 4 years	£4.25
SPH1AS2	Tuesday 1 April	11am to 1pm	5 to 10 years	£8.50
SPH2AS1*	Tuesday 8 April	9.30am to 10.30am	18 mths to 4 years	£4.25
SPH2AS2	Tuesday 8 April	11am to 1pm	5 to 10 years	£8.50

Tots Movement to Music

These movement to music sessions aim to stimulate the imagination, develop balance and coordination in a fun environment. Parents must stay for these sessions.

Code	Date/s	Time	Age	Price
SPH1TMM1	Tuesday 1 April	1pm to 2pm	2 to 4 years	£3
SPH2TMM1	Tuesday 8 April	1pm to 2pm	2 to 4 years	£3

Pop Dance

A fun session for you to learn to dance like your favorite pop stars to the latest tunes.

Code	Date/s	Time	Age	Price
SPH1PDI	Tuesday 1 April	2pm to 3pm	5 to 10 years	£3
SPH2PDI	Tuesday 8 April	2pm to 3pm	5 to 10 years	£3

Indoor Cricket

These courses will begin with coaching skills and practice drills and then progress onto a match for the latter part of the session. There will be a supervised lunch break for the Thursday courses; children must bring food and drinks.

Code	Date/s	Time	Age	Price
SPH1CRI	Tuesday 1 April	9.30am to 12.30pm	6 to 11 years	£10
SPH1CR2	Thursday 3 April	9.30am to 3pm	6 to 11 years	£16
SPH2CRI	Tuesday 8 April	9.30am to 12.30pm	6 to 11 years	£10
SPH2CR2	Thursday 10 April	9.30am to 3pm	6 to 11 years	£16



Basketball

These courses 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/s	Time	Age	Price
SPH1BBI	Tuesday 1 April	1pm to 3pm	6 to 11 years	£5
SPH2BBI	Tuesday 8 April	1pm to 3pm	6 to 11 years	£5

Teen Gym

These sessions 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/s	Time	Age	Price
SPH1TGI	Tuesday 1 April	2pm to 3pm	12 to 16 years	£2.50
SPH2TGI	Tuesday 8 April	2pm to 3pm	12 to 16 years	£2.50

Sports Camp

These sessions will give your child the chance to have heaps of fun trying out a variety of sports such as basketball, football, badminton, table tennis and more. Please bring a packed lunch.

Code	Date/s	Time	Age	Price
SPH1SCI	Wednesday 2 April	9am to 3pm	6 to 12 years	£15
SPH2SCI	Wednesday 9 April	9am to 3pm	6 to 12 years	£15

Mad Science

Mad Science, the world leader in fun science, is back for the Spring Holiday with a **brand new workshop – robot camp**. Become a robot for the day! Learn how robots work and move! Then make your very own junk robot to take home don't forget to bring any boxes, bottles, lids or anything funky to help you make your robot unique.

We spark the imagination and inspire any budding young scientist. To learn more see www.madscience.org/east

Code	Date/s	Time	Age	Price
SPH1MSI	Wednesday 2 April	10am to 3pm	5 to 11 years	£22
SPH2MSI	Wednesday 9 April	10am to 3pm	5 to 11 years	£22





NEW!! Artfull Splodgers Jewellery Bar

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 with.

Code	Date/s	Time	Age	Price
SPH1ASJ1	Thursday 3 April	10am to 12pm	7 to 14 years	£15
SPH2ASJ1	Thursday 10 April	10am to 12pm	7 to 14 years	£15

Tots Gymnastics

These taster sessions 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/s	Time	Age	Price
SPH1TGY1	Thursday 3 April	1pm to 1.45pm	12 mths to 3 years	£3
SPH2TGY1	Thursday 10 April	1pm to 1.45pm	12 mths to 3 years	£3

Gymnastics

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

Code	Date/s	Time	Age	Price
SPH1GY1	Thursday 3 April	2pm to 3pm	4 to 10 years	£3
SPH2GY1	Thursday 10 April	2pm to 3pm	4 to 10 years	£3

Table Tennis

These are fun packed taster sessions to try out the basic skills of Table Tennis with a fully qualified coach.

Code	Date/s	Time	Age	Price
SPH1TT1	Thursday 3 April	1pm to 3pm	9 to 15 years	£6
SPH2TT1	Thursday 10 April	1pm to 3pm	9 to 15 years	£6

NEW!! Hulaerobics

A fun and energetic way to workout an exercise class based around using Hula Hoops.

Code	Date/s	Time	Age	Price
SPH1HI	Thursday 3 April	1pm to 2pm	12 years+	£3
SPH2HI	Thursday 10 April	1pm to 2pm	12 years+	£3



Musical Minis

These sessions are run in partnership with Musical Minis and are about having fun whilst encouraging early musical expression to a range of music.

Parents must accompany their children during this session.

Code	Date/s	Time	Age	Price
SPH1MM1	Friday 4 April	10am to 10.45am	6 mths to 4 years	£3.50
SPH2MM1	Friday 11 April	10am to 10.45am	6 mths to 4 years	£3.50

Fun and Games

These fun packed afternoon sessions will give you a chance to try a variety of activities such as Kwik-cricket, manhunt and lots of other fun games!

Code	Date/s	Time	Age	Price
SPH1FG1	Friday 4 April	1pm to 3pm	6 to 12 years	£5
SPH2FG1	Friday 11 April	1pm to 3pm	6 to 12 years	£5

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.

Code	Date/s	Time	Age	Price
SPH1LT1	Tuesday 1 April	12.30pm to 1pm	6 to 12 years	£1.50
SPH1LT2	Tuesday 1 April	1pm to 2pm	5 to 10 years	£2
SPH1LT3	Thursday 3 April	12pm to 1pm	12 years+	£2
SPH2LT1	Tuesday 8 April	12.30pm to 1pm	6 to 12 years	£1.50
SPH2LT2	Tuesday 8 April	1pm to 2pm	5 to 10 years	£2
SPH2LT3	Thursday 10 April	12pm to 1pm	12 years+	£2

Bookings and Payments

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

