

## We have a vast array of activities available in our multi-purpose Sports Hall.

### Sports Hall

For further information, please contact the Sports Hall Manager on 01245 615069.

- Activities can be booked up to 7 days in advance by telephone or in person at Reception
- 24 hours notice of cancellation must be given for all pre-booked activities or you will be liable for the full service charge
- All bookings can be made from 8.45am onwards through Reception 01245 615050
- All bookings in the Sports Hall start on the hour and are 55 minutes in length
- Casual bookings for Squash and Courts in the Sports Hall must be paid for at the time of booking, either by phone or in person
- For full details on those eligible for a concessionary price please see the concessionary leaflet or visit [www.chelmsford.gov.uk/riverside](http://www.chelmsford.gov.uk/riverside)

### Sports Hall Session Times

Monday to Friday	
Off Peak	8am to 5pm (last booking at 4pm)
Peak	5pm to 11pm (last booking at 10pm)
Concessions	9am to 5pm (last booking at 4pm)
Saturday & Sunday	
Peak	8am to 11pm (last booking at 10pm)

### Badminton & Short Tennis

Price are per court

	Standard	Concession
Peak	£10.30	N/A
Off Peak	£6.80	£4.80

Rackets may be hired for badminton at a cost of £2.50 per racket. Please note that a £5 deposit is required, which will be refunded on return of the equipment, in the condition that it was loaned.

### Table Tennis

Prices are per court (maximum 3 tables)

	Standard	Concession
Peak	£10.30	N/A
Off Peak	£6.80	£4.80

### Netball & Hockey

Price varies depending on portion of hall hired

	Standard	Off Peak
One Court	£11	£6.80
Half Hall (3 courts)	£33	£20.40
Whole Hall (6 courts)	£66	£40.80

### Football

	Standard	Off Peak
Whole Hall (6 Courts)	£66	£40.80

### Basketball

Prices vary depending on portion of hall hired

	Standard	Off Peak
Ring (1 court)	£11	£6.80
Small (2 courts)	£22	£13.60
Half Hall (3 courts)	£33	£20.40
Whole Hall (6 courts)	£66	£40.80

### Cricket & Volleyball

Prices refers to an allocation of 3 courts

	Standard	Off Peak
Half Hall	£33	£20.40

### Over 50's Racket Sports

Available to all aged over 50 years old.

A great opportunity to meet people and make new friends.

Sessions run on **Tuesdays 11am to 1pm** and **Fridays 10am to 12pm** for just **£3.50** per session (per person).

### Over 50's Multi Active

A great opportunity to take part in a wide range of activities including Swimming, Tai Chi, Volleyball and Short Mat Bowls. (activities vary week upon week). This session runs **Wednesdays 10am to 12 noon** and costs just **£3.90** per session.

### Ladies Recreation Mornings

Want to try something new? Activities include circuits, pilates, badminton, table tennis, volleyball and much more. These sessions are supervised by fully qualified staff and cater for all levels. Women of any age are welcome. Sessions run on **Mondays 10.15am to 12.15pm** for just **£3.90** per session (per person).

### Sports Hall Courses

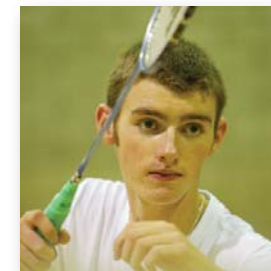
Our sports courses offer specialised tuition from qualified and experienced coaches in a fun and friendly environment. The relaxed atmosphere will help to develop skills in the activity of your choice.

<b>Short Tennis</b>	<b>5 to 7 years</b>
<b>Tuesday</b>	<b>5pm to 6pm</b>
<b>Badminton</b>	<b>8 to 11 years</b>
<b>Tuesday</b>	<b>6pm to 7pm</b>
<b>Badminton</b>	<b>16 years+</b>
<b>Tuesday</b>	<b>7pm to 8pm</b>
<b>Football</b>	<b>5 to 10 years</b>
<b>Saturday</b>	<b>8.45am to 9.45am</b>

Other courses may be arranged throughout the year – look out for separate leaflets.

Please note: We have waiting lists in operation for all of our courses. Forms are available from Reception, by post or on [www.chelmsford.gov.uk/riverside](http://www.chelmsford.gov.uk/riverside)

We are always looking to expand the range of courses available. If we do not currently offer the course of your choice please register your interest at Main Reception. If there is sufficient interest we will attempt to organise a course.



### Trampoline Courses

At Riverside we aim to offer a full range of trampolining courses catering for all age groups and abilities, from beginners to advanced trampolinists. Pupils work individually, within their own capabilities, and lessons follow a proficiency award scheme.

#### Pre-School Trampoline

Specialised courses for children aged 2 upwards. Courses are taught by an experienced and qualified coach. Parent participation is required.

The course gives an opportunity for younger children to experience this stimulating and enjoyable activity and introduces them to the basic trampoline skills, helping to develop balance and co-ordination. The activity is designed to act as a starting point from which to progress further.

#### Adult Trampoline

The sport is enjoyed by many adults and has many benefits including improving fitness, muscle tone and stamina.

### Fitness Classes

At Riverside we run a varied fitness class programme that caters for a wide range of abilities and ages, throughout the week.

Dryside classes are either held in the Sports Hall, Studio One or Studio Two (see the Excel Exercise Class Programme for more details). All fitness classes are available on our Direct Card Scheme.



## Special Events & Room Hire

The Sports Hall, Studio Two and Meeting Room are available for private hire and functions.

Any special event will be considered. To find out more details on availability and prices, please contact the Sports Hall Manager on 01245 615069.

## Squash

Two courts are available on a casual booking basis. Rackets may be hired for squash at a cost of £2.50 per racket. Please note that a £5 refundable deposit is required on return of the equipment in the condition that it was loaned.

- Squash courts are charged per 40 minute period throughout the day
- Courts may be booked up to 7 days in advance. Payment is required at time of booking
- 24 hours notice of cancellation is required or you will be liable for the full cost
- Prices are per court

Monday to Friday		
Off Peak	7am to 11am (last booking at 10.20am)	£5.50
Peak	11am onwards (last booking at 10.20pm)	£7.20
Concession	9am to 5pm	£3.60
Saturday & Sunday		
Peak	7am onwards (last booking at 10.20pm)	£7.20

## Activity Bug Club

For children aged 6 to 10 years.

Fully qualified coaches will lead children in a range of exciting activities including basketball, ice skating, trampolining, football and much more! (Activities will vary each week).

Sessions run **Wednesdays (term time only) 4pm to 6pm** and **Saturdays 10am to 12 noon** and cost **£3.10** per session.

## Move It!

For youngsters aged 10 to 13 years

An exciting addition to our activity programme Move It! is designed to motivate older children to be active. Move It! offers the chance to try activities that are generally not offered in schools including Boxercise, Trampolining, Cheerleading, Core Stability & Teen Gym and much more!

Sessions run **Mondays and Thursdays 4.15pm to 5.45pm**. (Thursday sessions include 'Teen Gym'). Based on 6 weeks of 2 sessions. Cost: **£3.10** per session or **£31** for whole course

## Parkour

These sessions provide the opportunity for those aged **11 years+** to try Parkour techniques including vaults, jumps, rolls and balances, all on soft blocks under expert supervision. These classes are a great fun way to keep fit, improve strength and stamina, develop confidence and spacial awareness and improve core stability.

Day	Time	Level	Price
Saturday	2pm to 3pm	Beginners	£3.10 per session
Saturday	3pm to 5pm	Intermediate	£5.10 per session

## Birthday Parties

Children's parties are available in the Sports Hall and are detailed on our Birthday Parties leaflet. Please contact the Activities Administrator on 01245 615057 for details (Monday to Friday, 9am to 5pm).



## Riverside Ice and Leisure Centre

Victoria Road, Chelmsford,  
Essex, CMI IFG

Main Reception: 01245 615050  
Textphone: 01245 615080  
(Monday to Friday 8am to 4pm)  
Fax: 01245 354919  
Website: [www.chelmsford.gov.uk/riverside](http://www.chelmsford.gov.uk/riverside)  
Email: [riverside@chelmsford.gov.uk](mailto:riverside@chelmsford.gov.uk)

The information contained in this leaflet is available in alternative formats including; Braille, Large Print, Audiotape and other languages on request.

Please note that Riverside reserve the right to alter any details featured on this leaflet at any time without prior notification. The information on this leaflet is correct at time of print.

In order to comply with Chelmsford Borough Council's Child Protection Policy, no photography or filming is allowed within the premises.

Prices valid until 31 March 2011



# Sports Hall & Squash

