



Child's Play

Activities for Toddlers,
Children and Young Adults



Fun Time for Everyone

Welcome to Riverside Ice and Leisure

Riverside is keen to help with the development of your child, and provide courses/activities, which allow your child to enhance their physical, mental and social skills.

These cover all areas within the Centre, including the Pools, Ice Rink, Sports Hall and specialist kids areas such as the Crèche and Kool Kids adventure playground. All of these are aimed at helping parents/guardians to plan educational, 'fun' programmes and courses for their children, which will keep them entertained throughout the year. No matter what your child's age or ability, we have something at the Centre to suit them.

■ Crèche

For the younger children (6 weeks – up to 5th birthday) there is the Crèche, which is open every morning from Monday to Friday, 9.30am to 12.30pm (during Essex County Council term time) as well as Tuesday and Thursday during ECC school holidays (excluding Christmas break). All staff are qualified and the Crèche is registered with and inspected by OFSTED.

The Crèche is filled with play equipment, toys and other activities to keep the children happy. Drinks and snacks are not provided, but parents are welcome to bring these with their children.

Admission Prices (Sessions are half an hour in length)

First child	£2.20
Second child	£1.70
Third child	FREE

A simple registration form is required in order to use the Crèche.

Please feel free to visit the Crèche and speak to the staff before deciding to leave your child in this facility.

Why not leave the children in the Crèche while you enjoy a workout or some time to yourself.

General Pointers

1. Sessions in the Crèche are 30 minutes in length. Children can be booked into the Crèche for between 30 minutes and two hours maximum.
2. Places in the Crèche can be booked up to 7 days in advance.
3. Parents / carers are required to 'stay on site' whilst the child is in the Crèche.

For full more information on the Crèche please ask at Reception for a 'Crèche Welcome Information Pack' or visit www.chelmsford.gov.uk/riverside.



■ ■ Kool Kids

Kool Kids is an indoor soft play area full of fun and adventure for children up to the height of 1.5m or 4'10" (Maximum age: 11 years) to enjoy. The frame is three storeys high, and has a slide, ball pond, climbing area, obstacles and soft play.



Opening Times

Open 7 days a week, throughout the year.
9am to 5pm Monday to Friday
10am to 6pm, Saturday and Sunday.
Sessions are one hour in length.

(If you wish to use Kool Kids for a longer period, tickets for additional 1 hour sessions must be purchased from Reception).

Supervision

Kool Kids staff are in the area to monitor the use of the equipment to ensure the children enjoy themselves. **Whilst happy to be of assistance they are not child minders and the accompanying adult is responsible for the children in their care.**

General Pointers

- Socks must be worn at all times.
- We advise that long sleeves and trousers are worn on the apparatus.

Please read the 'Rules of Play' displayed in Kool Kids for further information.

Crawling to Three Years

Safe and secure – there is even a separate area for the under three's only. Adults accompanying their children can join in the fun at quiet times.

Children can play on the puzzle mat or with the soft play shapes, they can climb the ramps and steps and then slide gently into the large ball pond. The whole area is self contained and totally separate from the rest of the play area.

Three to Eleven Years (up to 1.5 metres or 4'10")

The Ice Adventure is the ultimate in play areas, with three levels of fun for the children to enjoy and experience.

Children can try the Spiral Slide which goes from top to bottom, they can crawl through the tunnels, fight their way past giant penguins and through hanging vines, squeeze past rollers, or dare to cross the rope bridge. There are hours of fun to be had in this place of adventure that even the weather can't spoil.

Café

For adults and children there is a café available for refreshing drinks, snacks or meals. The café is an ideal place for parents to relax whilst still keeping a watchful eye on their children in the play area.

Admission Prices (Applicable to Children 9+ months)

Monday to Friday (Term Time)* £2.40 per session

Monday to Friday (School Holidays)* £2.90 per session

Saturday & Sunday (All dates) £2.90 per session

*Essex County Council dates.

We also host birthday parties in Kool Kids and hold special events and promotions throughout the year. Please ask staff for further information.

■ ■ Junior Direct Card

Riverside Ice and Leisure centre offers membership schemes to juniors that entitle them to unlimited use of ice skating, swimming, squash and more!

Junior Card – 5 to 15 years* £13.50 per month

Junior Plus Card – 14 and 15 years £20.50 per month

* Under IRSM recommendations, children under 8 years are required to be accompanied by an adult (16 years+) when using the swimming facilities at Riverside Ice and Leisure Centre.

For full information please see the Membership Options leaflet, telephone 01245 615062 or visit www.chelmsford.gov.uk/directcard.





■ ■ School Holiday Programmes

How to keep the kids entertained during the holiday period can be a difficult task!

During Essex County Council school holidays (including half terms), Riverside Ice and Leisure Centre run a wide variety of courses for children to keep both their minds and bodies active. These courses target different age groups, varying in activity choice and duration.

We want your child to enjoy their holiday period, and provide a wide range of activities that will appeal to almost any child including Basketball, Short Tennis, Gymnastics, Team Games, Kool Kids, Table Tennis, Badminton, Trampoline, Ice-Skating and many more (activity choice will vary between different holiday periods).

All equipment is provided, and supervisors are fully qualified. All you need to do is ensure that your child wears suitable sports clothing and shoes (ie. long trousers and gloves for Ice Skating).

Safety is an important aspect and younger children are provided with a special wristband which must be worn at all times whilst on one of our courses to ensure they are easily identifiable to staff.

Please ask at Reception to see our latest school holidays programmes leaflet. (We also regularly distribute these to local schools to give to their pupils.)

For more information or bookings, please contact the Course Co-ordinator on 01245 615056 or Reception on 01245 615050.

■ ■ 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 (ECC 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

■ ■ Other Activities for Children

We also offer a range of term time courses including swimming lessons and sports hall activities, and our public ice skating and swimming sessions are an ideal family day out! For more information please telephone main reception on 01245 615050 or visit www.chelmsford.gov.uk/riverside.

Give them something
to get excited about!





Riverside Ice and Leisure Centre

Victoria Road, Chelmsford, Essex, CMI IFG

Activities

Administrator	01245 615057
Main Reception	01245 615050
Textphone	01245 615080 (Monday to Friday, 8am to 4pm)
Fax	01245 354919
Website	www.chelmsford.gov.uk/riverside
Email	riverside@chelmsford.gov.uk

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.

The information contained in this leaflet is available in alternative format including: Braille, Large Print, Audiotape and other Languages on request.

Prices valid until 31 March 2011