

# 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 and between 9am and 6pm Saturday and 9am and 8pm Sunday. Call on 01245 605666.

## Disability Athletics

The children on this course will get a chance to participate in a range of events, to give an all round experience of adapted athletics, as well as take part in the Aviva Shine Awards adapted for every disability. Children of any disability are welcome, however if one to one aid is required then the athlete must be accompanied by a parent, guardian or carer.

In order to make our special needs sessions more accessible to young people with disabilities we welcome any siblings who wish to attend with the athletes, at a nominal cost of £1 per session attended.

Code	Day	Date	Time	Age	Price
ATDATH	Monday	6 September to 13 December (excl. 25 October)	5pm to 6pm	5 years+	£49



## Chelmsford Athletic Club Juniors Academy

These sessions are in partnership with Chelmsford Athletic Club. All children will be coached in a wide range of events whilst being introduced to the club atmosphere and competitions

Day	Date	Time	Age	Price
Tuesdays	7 September to 14 December (excl. 26 October)	5.30pm to 6.30pm	9 to 11 years	£3 per session





## Wednesday Athletics Club

This course is designed for children who are relatively new to athletics and wish to develop their athletic skills. Sessions are structured for children to learn a range of track and field events in a fun and safe environment with our qualified coaches. The club is part of the UK athletics initiative where every 3 weeks the children will take part in the Aviva Shine Awards and receive a Certificate.

Code	Day	Date	Time	Age	Price
ATATH	Wednesday	8 September to 15 December (excl. 27 October)	5pm to 6pm	6 to 11 years	£49



## Saturday Morning Athletics Fun

Every Saturday during term time!

(Parents are advised to call to check running dates prior to first session attended). You can try a variety of athletics each session, with the opportunity to take part in the Aviva Shine Awards. Fully qualified coaches lead all sessions.

Day	Time	Age	Price
Saturday	9am to 10.30am	6 to 8 years	£3 per session
Saturday	10.30am to 12 noon	9 to 11 years	£3 per session

## Saturday Morning Disability Athletics Club

Every Saturday during term time!

(Parents are advised to check running dates prior to the first session)

Participants can try a variety of athletics events to give an all round experience of adapted athletics and sessions will also concentrate on specific events for individuals needs.

Participants will be given the chance to take part in competitions.

This club is run in partnership with 'The Flyers', a multi sports club for disability sports people who train at the centre on a Saturday from 10am to 12 noon.



Day	Time	Age	Price
Saturday	12 noon to 1pm	6 years+	£2.50 per session

## Running Sisters

These sessions are for women that are 16 years+. For beginners and intermediate runners who would like to run in a safe environment. The course is a great opportunity to get active, have fun and make new friends and is led by an encouraging and fun coach.

Code	Day	Date	Time	Age	Price
ATRSATH1	Tuesday	7 September to 14 December (excl. 26 October)	10am to 11am	16 years+	£35 for 14 weeks or £3 per session
ATRSATH2	Wednesday	8 September to 15 December	7pm to 8pm	16 years+	£37.50 for 15 weeks or £3 per session



## NEW! Saturday Running Club

Every Saturday during school term time!

(Please check running dates prior to attending the first session.)

The centre runs running sessions designed for men and women who have done little or no running before or who are already running and enjoy the companionship of running in a group.

Why not drop the children at the Saturday Morning Athletics Club and go for a run. There are qualified coaches who provide a sociable, fun and safe environment.

Day	Time	Price
Saturday	9am to 10.15am	£3 per session
Saturday	10.45am to 11.45am	£3 per session



## Gymnastics

This course will be a fun introduction to all gymnastic apparatus aimed at building strength, balance, flexibility and co-ordination with a fully qualified coach.

Code	Day	Date	Time	Age	Price
ATGY	Tuesday	7 September to 14 December (excl. 26 October)	4pm to 5pm	4 to 8 years	£56

## Mini Tennis

This course 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 and a fully qualified coach will be instructing.

Code	Day	Date	Time	Age	Price
ATMT	Wednesday	8 September to 15 December (excl. 27 October)	4pm to 4.45pm	4 to 7 years	£42

## Trampoline

Learn the skills of trampoline with a fully qualified coach. Improve and build balance and co-ordination on these courses whilst working towards your Trampoline Awards.

Code	Day	Date	Time	Age	Price
ATTR1	Monday	6 September to 13 December (excl. 25 October)	5.30pm to 6.30pm	11 to 16 years	£52.50
ATTR2	Monday	6 September to 13 December (excl. 25 October)	6.30pm to 7.30pm	11 to 16 years	£52.50
ATTR3	Thursday	9 September to 16 December (excl. 28 October)	4pm to 5pm	4 to 6 years	£52.50
ATTR4	Thursday	9 September to 16 December (excl. 28 October)	5pm to 6pm	7 to 10 years	£52.50

### 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.



## Pre-School Gymnastics

Why not combine fun, fitness and agility in our pre-school gymnastics classes which are led by fully qualified B.G.A. coaches.\* Parents must stay for these sessions.

Code	Day	Date	Time	Age	Price
ATPSGY1*	Thursday	9 September to 16 December (excl. 28 October)	9.30am to 10.15am	18 months to 3 years	£56
ATPSGY2*	Thursday	9 September to 16 December (excl. 28 October)	10.30am to 11.15am	3 to 5 years	£56
ATPSGY3*	Thursday	9 September to 16 December (excl. 28 October)	11.25am to 12.10pm	3 to 5 years	£56

## Pre-School Trampoline

Something for the little ones! Pre-School Trampoline will encourage your child to develop their skills of balance, coordination and build confidence with the aid of a fully qualified coach.\*Parents must accompany their children during these courses.

Code	Day	Date	Time	Age	Price
ATPSTR1*	Tuesday	14 September to 14 December (excl. 19 & 26 Oct and 7 Dec)	9.30am to 10.30am	2 to 4 years	£41.25
ATPSTR2*	Tuesday	14 September to 14 December (excl. 19 & 26 Oct and 7 Dec)	10.30am to 11.30am	2 to 4 years	£41.25

## Teen Gym

These courses will introduce you to our Technogym equipped fitness suite. 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	Day	Date	Time	Age	Price
ATTG	Tuesday	7 September to 14 December (excl. 26 October)	5pm to 6pm	12 to 16 years	£42
	Saturday		12pm to 1pm	12 to 16 years	£3 per session

