

Riverside Ice and Leisure Centre

Victoria Road, Chelmsford, Essex, CMI 1FG

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Website: www.chelmsford.gov.uk/riverside

JUNIOR ACTIVITIES

■ ■ Pre-School Trampoline

Taught by an experienced, qualified coach, these courses provide an opportunity for younger children to experience this stimulating and enjoyable activity. The course will introduce children to the basic trampoline skills, whilst helping to develop balance and co-ordination.

Date	Day	Time	Age	Price
6 September to 29 November (excluding 25 October)	Monday	9.30am to 10.30am	3 to 4 years	£54
6 September to 29 November (excluding 25 October)	Monday	10.30am to 11.30am	2 to 3 years	£54
6 September to 29 November (excluding 25 October)	Monday	11.30am to 12.30pm	3 to 4 years	£54
6 September to 29 November (excluding 25 October)	Monday	1pm to 2pm	3 to 4 years	£54
8 September to 1 December (excluding 6 & 27 October)	Wednesday	9.30am to 10.30am	3 to 4 years	£49.50
8 September to 1 December (excluding 6 & 27 October)	Wednesday	10.30am to 11.30am	2 to 3 years	£49.50
8 September to 1 December (excluding 6 & 27 October)	Wednesday	11.30am to 12.30pm	3 to 4 years	£49.50
8 September to 1 December (excluding 6 & 27 October)	Wednesday	1pm to 2pm	3 to 4 years	£49.50

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. Please note a waiting list is in operation for courses at Riverside Ice and Leisure Centre.

Riverside Ice and Leisure Centre

■ ■ Trampoline

Taught by an experienced, qualified coach, these courses provide an opportunity for children to experience this stimulating and enjoyable activity. Courses are available for a range of levels from beginners through to advanced level.

Beginners

Date	Day	Time	Age	Price
7 September to 14 December (excluding 5 & 26 October)	Tuesday	4pm to 5pm	5 years +	£55.90
7 September to 14 December (excluding 5 & 26 October)	Tuesday	5pm to 6pm	5 years +	£55.90
7 September to 14 December (excluding 5 & 26 October)	Tuesday	6pm to 7.30pm	8 to 11 years	£76.70
7 September to 14 December (excluding 5 & 26 October)	Tuesday	7.30pm to 9pm	11 to 15 years	£76.70
8 September to 15 December (excluding 6 & 27 October)	Wednesday	4pm to 5pm	5 years +	£55.90
8 September to 15 December (excluding 6 & 27 October)	Wednesday	5pm to 6pm	5 years +	£55.90
9 September to 16 December (excluding 7 & 28 October)	Thursday	5pm to 6pm	5 years +	£55.90
10 September to 10 December (excluding 29 October)	Friday	5pm to 6pm	5 years +	£55.90

Beginners/Improvers

Date	Day	Time	Age	Price
8 September to 15 December (excluding 6 & 27 October)	Wednesday	6pm to 7pm	9 years +	£55.90
10 September to 10 December (excluding 29 October)	Friday	6pm to 7.30pm	7 years +	£76.70

Improvers – Badge 8+

Date	Day	Time	Age	Price
9 September to 16 December (excluding 7 & 28 October)	Thursday	6pm to 7.25pm	N/A	£76.70

Advanced

Date	Day	Time	Age	Price
9 September to 16 December (excluding 7 & 28 October)	Thursday	7.25pm to 8.50pm	N/A	£76.70





Football

Are you the next Rooney or Beckham? Learn the basic skills of football, including shooting, dribbling and passing.

Date	Day	Time	Age	Price
4 September to 11 December (excluding 30 October)	Saturday	8.45am to 9.45am	5 to 10 years	£58.80



Short Tennis

This course provides an introduction to racket and ball skills in a safe and fun environment.

Date	Day	Time	Age	Price
7 September to 14 December (excluding 5 & 26 October)	Tuesday	5pm to 6pm	5 to 7 years	£54.60

Badminton

This course provides a fun way to learn the basic skills of badminton.

Date	Day	Time	Age	Price
7 September to 14 December (excluding 5 & 26 October)	Tuesday	6pm to 7pm	5 to 7 years	£54.60

ADULT ACTIVITIES

Trampoline

Suitable for all levels from complete beginners to experienced students, fully qualified instructors will teach you trampoline skills.

Date	Day	Time	Age	Price
8 September to 15 December (excluding 6 & 27 October)	Wednesday	7pm to 8.30pm	16 years +	£76.70
9 September to 16 December (excl. 7 & 28 Oct and 9 Dec)	Thursday	9.30am to 11am	16 years +	£70.80
10 September to 10 December (excluding 29 October)	Friday	7.30pm to 9pm	16 years +	£76.70

Badminton

This course provides a fun way to learn the basic skills of badminton.

Date	Day	Time	Age	Price
7 September to 14 December (excluding 5 & 26 October)	Tuesday	7pm to 8pm	5 to 7 years	£54.60