



# SUMMER

## Holiday Programme

Day  
camps

Craft  
zone

Sports  
courses

Free  
swimming  
lessons

SWIM  
ACADEMY

New Milton Health and Leisure,  
Gore Road, New Milton BH25 6RR

0845 659 0845

[newforest.gov.uk/leisure](http://newforest.gov.uk/leisure)

# Over 8s activities

## DAY CAMPS

An action packed day whereby 'New Milton Nippers' will part-take in a variety of fun sports, exciting activities and even take a splash in the pool!

Meet some new friends, or just hang-out in a safe and enjoyable setting. We have the best ideas, games and facilities to keep you occupied for hours. Ask at reception for a full itinerary!

**Date:** Every Tuesday and Thursday

**Time:** 8.30am - 5.15pm full day or

8.30am - 1.00pm half day

**Age:** 8 -12yrs

**Price:** Full day £18/half day £10

## TEEN TUESDAYS (TT)

This is your chance to try a variety of activities, have fun and stay fit & healthy through the summer holidays.

- Spin- exclusive access to our refurbished spin studio, a 45 min disco spins class and 15 minutes stretching and cool down!
- Circuits- A dedicated multi-stationed circuits class featuring lots of different exercises aimed at toning muscles and increasing CV endurance!
- Street Dance- Learn steps as seen in the latest R&B/dance videos. It's fast, fun and funky; leave your inhibitions at the door and don't forget your florence bandanas and sweat bands!
- Mini Triathlon- Compete again your mates for the fastest overall time on a 5km run followed by 20km Bike and finishing with a 400m swim (16 lengths)

**Date:** Tuesday 3, 10, 17 and 24 August

**Age:** 12 - 15yrs

**Time:** 2.30pm - 3.30pm

**Price:** £3.50 per session

## GYM TEEN EXTREME SESSIONS

Supervised Gym sessions (Induction and Club 816 membership required and not included).

**Date:** Mondays - Fridays and Saturdays

**Age:** 12 - 14yrs

**Time:** Mondays - Fridays 3.00pm - 5.00pm  
and Saturdays 3.00pm - 8.00pm

**Price:** £1.75

## SPECIALISED SPORTS FRIDAYS (SS)

Dedicated sport coaching sessions concluding with a mini tournament. See grid for details.

**Date:** Fridays 30 July, 6, 13, 20, 27 August

**Time:** 11.00am -12.00noon

**Age:** 6 - 12yrs

**Price:** £4.00 per session

## RACQUETS COURSE

Badminton, squash and short tennis.

**Dates:** Thursdays 5, 12 and 19 August

**Times:** 1.30pm - 2.30pm

**Ages:** 8 - 14yrs

**Cost:** £12.00

## TRAMPOLINING COURSE

Have a bounce and learn some new moves with our expertly qualified coaches.

**Date:** Fridays 13, 20, and 27 August

**Time:** 10.00am - 11.00am

**Age:** 8 - 12yrs

**Price:** £15.00

## ARCHERY COURSE

Three sessions to improve your aim.

**Date:** Mondays 9, 16, 23 August

**Time:** 10.00am - 11.00am

**Age:** 8 - 12yrs

**Price:** £15.00

## SPORTS MORNING

For all those sports enthusiast's out there, a quick warm up through the assault course followed by a series of sports activities. The session will finish with a mini circuits fitness test!

**Date:** Wednesday 28 July and 25 August

**Time:** 10.00am -12.00noon

**Age:** 8 - 14yrs

**Price:** £5.00

# Under 8s activities

## TRAMPOLINING COURSE

Have a bounce and learn some new moves with our expertly qualified coaches.

**Date:** Fridays 13, 20, and 27 August

**Time:** 9.00am - 10.00am

**Age:** 5 - 7yrs

**Price:** £15.00

## JUNIOR PLAY CAMPS

Mini day camps aimed at our younger users and will include parachute games, relay races, sports competitions and a variety of other fun activities.

**Date:** Mondays 2 and 16 and Fridays 6 and 20 August

**Time:** 9.30am - 11.30am

**Age:** 5 - 9yrs

**Price:** £5.00 per session

## "THE ENERGISER"

The best way to release energy this half term; bounce on our huge castle, avoid sinking in the ball pond, play in the fort of soft play and dance to the crazy tunes of the camp organisers.

**Date:** Mondays 26 July, 9 and 23 August

**Time:** 9.30am - 11.00am

**Age:** 3 - 7yrs

**Price:** £4.00 per session

## DISCO MANIA

The best way to finish the summer holidays! Show off your dance moves and play some silly games with DJ Steve-O. Parents/guardian of under 5yrs must stay for this session.

**Date:** Friday 3 September

**Time:** 3.30pm - 5.00pm

**Age:** 3 - 10yrs

**Price:** £2.50

## CRAFT ZONE

Loads of arts and craft activities that you may not have tried before.

**Date:** Wednesdays 28 July, 11, 25, August

**Time:** 10.00am - 11.30am

**Age:** 6 - 12yrs

**Price:** £5.00

## MUSIC WORKSHOP

Session will involve making simple musical instruments and creating your own tune to perform to the group.

**Date:** Wednesday 4 August

**Time:** 10.00am - 11.30am

**Age:** 6 -12yrs

**Price:** £5.00

## MINI SPORTS KIDZ

A great way to introduce your child/children to a range of sports and fun activities.

Parent/Guardian required to stay for this session.

**Date:** Wednesday 4 and 18 August

**Time:** 10.00am -12.00noon

**Age:** 5 - 7yrs

**Price:** £5.00

## CIRCUS SKILLS

Parent/Guardian required to stay for this session.

**Date:** Wednesday 18 August

**Time:** 9.00am - 10.00am

**Age:** 5 - 10yrs

**Price:** £4.00

## ART ATTACK

A fun filled session which will include colouring competition, balloon games and models, face painting etc. Parent/Guardian required to stay for this session.

**Date:** Wednesday 1 September

**Time:** 10.00am -11.00am

**Age:** 5 - 7yrs

**Price:** £4.00

## GYMNASTICS TASTER SESSIONS

Try gymnastics for the first time or brush up on your skills ready for the courses starting in September.

Includes floor work, vaults, high beam and parallel bars. No baggy clothes please.

**Date:** Tuesday 17 August

**Time:** 9.30am - 10.30am Beginners 5 - 8yrs and 10.30am - 11.30am Improvers 7 - 14yrs

**Price:** £5.00

## ATHLETICS SESSION

A chance to try a variety of Athletics events. The session will finish with a mini competition!

**Date:** Thursday 19 August

**Time:** 9.30am -11.00am

**Age:** 8 - 14yrs

**Price:** £4.00

## HOLIDAY COURTS

£4.00 for 55 mins Monday - Friday between 9.00am and 4.00pm only.

Bargain courts inclusive of free equipment hire to practice your skills or try something new.

£5.00 deposit required, subject to availability.

## GROUP SPORTS

£15 includes free ball hire

Round up your friends and hire the whole sports hall for a game of football or basketball.

Depending on sports hall availability, Monday - Friday between 9.00am - 4.00pm, under 18yrs only!

£10 ball deposit required.

# In the pool

## WATERWALKERZ

Ever fancied walking on water? Now you can with our inflatable human sized hamster balls! The WaterWalkerz are great fun. Try to run a length, do a handstand or even just try to stand up!! A free public swim is included with the WaterWalkerz session!

**Date:** Friday 6, 13, 20 and 27 August

**Time:** 4.45pm – 6.00pm

**Age:** 8 – 17yrs

**Price:** £4.50 per session

## POOL ACTIVITY SESSIONS

### 8-16YRS

- 23 August 11.15am – 12.15pm = **Pool Inflatable**
- 24 August 11.15am – 12.15pm = **Water Wheel or WaterWalkerz**
- 25 August 11.15am – 12.15pm = **Fun Time Floats**
- 26 August 11.15am – 12.15pm = **Total Splash Out\*** - Battle it out in the pool this summer with lots of adrenalin fuelled pool activities and races. Only one team can be crowned the champions.

\*Children wanting to attend total splash out must be able to swim at least 50m unaided.

## POOL INFLATABLE SESSIONS

**Date:** Saturday 24, 31 July, 7, 14, 21, 28 August and 4 September

**Time:** 11.05am – 12.00noon

**Age:** 8 - 14yrs

**Price:** £2.60

## POOL FAMILY FUN SWIM (FLOATS ONLY)

**Date:** Sunday 25 July, 1, 8, 15, 22, 29 August and 5 September

**Time:** 3.00pm - 4.00pm

**Age:** Any age welcome (under 8yrs must be accompanied by an adult 17yrs+)

**Price:** £2.60

### Notes

- Please note that refunds will only be considered when applied for in writing to the Manager, accompanied by a Doctors certificate
- Packed lunches should not contain any foods that require refrigeration or products that contain nuts
- Vending service available
- All activities will run subject to booking numbers. Any cancellations will be advertised two days prior to the activity
- The Centre reserves the right to change or cancel any activity if necessary
- Parents or Guardians of children on holiday activities are required to complete medical/contact information form
- We advise advance booking on all activities to avoid disappointment
- All activities are run by suitably trained staff of New Milton health and leisure
- All staff are Police checked prior to starting work
- For sports activity please bring a bottle with you to fill at the water fountains
- For whole day activities over lunch time please bring a packed lunch
- Times and prices correct at time of going to print



# Swimming timetable

## Monday\*

7.00am - 10.00am	Public swim
10.00am - 11.00am	FREE swimming lessons#
11.00am - 12.30pm	Intensive swimming lessons #
12.30pm - 1.30pm	Lane swim
1.30pm - 2.15pm	Public swim
2.15pm - 3.45pm	Therapy swim
4.00pm - 6.00pm	FREE swimming lessons #
6.00pm - 8.30pm	Public swim
8.30pm - 10.30pm	Adults only

## Tuesdays

7.00am - 10.00am	Public swim
10.00am - 11.00am	FREE swimming lessons #
11.00am - 12.30pm	Intensive swimming lessons#
12.30pm - 1.30pm	Lane swim
1.30pm - 3.00pm	Public swimming
3.00pm - 4.00pm	Club Active Senior swim
4.00pm - 6.00pm	FREE swimming lessons #
6.00pm - 8.00pm	Public swim
8.00pm - 10.30pm	Adults only

## Wednesdays

7.00am - 10.00am	Public swim
10.00am - 11.00am	FREE swimming lessons #
11.00am - 12.30pm	Intensive swimming lessons #
12.30pm - 1.30pm	Lane swim
1.30pm - 3.00pm	Public swim
3.00pm - 4.00pm	Club Active Senior swim
4.00pm - 6.00pm	FREE swimming lessons #
6.00pm - 7.30pm	Public swim
7.30pm - 9.00pm	Adults only

## Thursdays

7.00am - 10.00am	Public swim
10.00am - 11.00am	FREE swimming lessons #
11.00am - 12.30pm	Intensive swimming lessons #
12.30pm - 1.30pm	Lane swim
1.30pm - 3.00pm	Public swimming
3.00pm - 4.00pm	Club Active Senior swim
4.00pm - 6.00pm	FREE swimming lessons #
6.00pm - 8.00pm	Public swim
8.00pm - 10.30pm	Adults only

## Fridays

7.00am - 10.00am	Public swim
10.00am - 11.00am	Club Active Senior swim
11.00am - 12.30pm	Intensive swimming lessons #

12.30pm - 1.15pm	Aqua 50+
1.30pm - 2.30pm	Public swim
2.30pm - 3.30pm	Adults only
3.30pm - 4.30pm	To Be Confirmed
4.30pm - 7.30pm	Family swim (including Waterwalkerz 4.45pm - 6.00pm)
7.30pm - 9.30pm	Adults only

## Saturdays

8.00am - 9.00am	Public swim
9.00am - 10.00am	FREE swimming lessons #
10.00am - 11.00am	Adults only
11.05am - 12.00noon	Inflatable Funtime
12.05pm - 3.30pm	Public swim

## Sundays

8.00am - 9.30am	Public swim
9.30am - 10.30am	FREE swimming lessons #
10.39am - 1.00pm	Family swim
1.00pm - 3.00pm	Public swim
3.00pm - 4.00pm	Funtime (floats only)
4.05pm - 6.55pm	Adults only
7.00pm - 9.00pm	Kayaking

## Monday 30 August Bank Holiday times apply\*

7.00am - 8.45am	Early Risers lane swim
9.00am - 10.45am	Public swim
11.00am - 12noon	Club Active Senior swim
12.00pm - 1.45pm	Public swim
# Sessions not running week beginning 23 August	

## Week commencing 23 August as follows:

### Monday - Thursday

10.00am - 11.00am	Public swim
11.15am - 12.15pm	Junior Pool Activity
Sessions (pls see main activity guide)	

### Monday - Wednesday

4.00pm - 6.00pm	Public swim
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### Thursday

4.00pm - 6.00pm	Available to hire
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## Notes

- Fun swim and inflatable sessions - Please note these are not included in the free swim scheme
- Family swim sessions - Please note all children must be accompanied by a responsible adult over the age 17yrs. A 'family' must consist of a minimum of 1 adult (17+yrs) and 1 junior
- Normal pool admission policy applies. Main Pool with designated non-swimmer area - 2 children under 8yrs, where 1 or more may be under the age of 4yrs must be accompanied in the water by 1 Parent or responsible person over the age of 16yrs
- Lane swim - during these sessions the pool will be segmented into three zones, direction signs will be in place



WEEK FOUR 16 - 22 August	WEEK FIVE 23 - 29 August	WEEK SIX 30 August - 5 September
Junior Play Camp Gym Teen Extreme Archery Course  <b>16</b>	The Energiser Pool Activity Session Gym Teen Extreme Archery Course  <b>23</b>	No Activities – Bank Holiday   <b>30</b>
Gymnastics Taster session TT = Circuits Gym Teen Extreme  <b>17</b>	Day Camp TT = Mini Triathlon Pool Activity Session Gym Teen Extreme  <b>24</b>	Day Camp Gym Teen Extreme   <b>31</b>
Mini Sports Kidz Circus Skills Gym Teen Extreme  <b>18</b>	Crafty Zone Sports Morning Pool Activity Session Gym Teen Extreme  <b>25</b>	Arts Attack Gym Teen Extreme   <b>1</b>
Athletics session Racquets Course Gym Teen Extreme  <b>19</b>	Day Camp Pool Activity Session Gym Teen Extreme  <b>26</b>	Day Camp Gym Teen Extreme   <b>2</b>
Junior Play Camp SS = Short Tennis WaterWalkerz Gym Teen Extreme Trampoline Course  <b>20</b>	SS = Net/Basketball WaterWalkerz Gym Teen Extreme Trampoline Course  <b>27</b>	Disco Mania Gym Teen Extreme   <b>3</b>

# "Fit for Summer, now get Fit for Life"

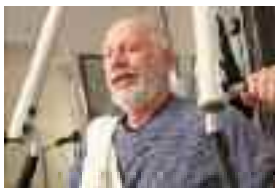
Transfer onto one of our Fitness Direct memberships\* within one month of the end of your trial membership and get **at least one month free**.

No joining fees, no admin fees, no catches.

Speak with a Customer Advisor for more information.

\*Terms and conditions apply.

Join  
our club



club*active*



**Club Active and Club 816** are activity based memberships that encourage over 60s and under 17s to take more activity, more often and in a friendly social atmosphere.

Club membership costs just £15 for 6 months and you can then enjoy a wide range of activities at reduced rates, including classes, gym, pool and steam/sauna. Membership is valid at all five health and leisure centres, and includes free registration for 'free swimming'.

## free swimming

A message from Bob Millard, Head of Leisure, New Forest District Council

"We are obviously disappointed with the decision from central Government to withdraw funding for the free swimming scheme. As a result of this and given the current financial position, we have no option but to reintroduce charges for swimming for under 17yrs and over 60yrs with effect from Monday 26 July 2010.

Charges have been carefully considered and set around rates which applied prior to the introduction of free swimming, whilst also achieving consistent levels across the five health and leisure centres. There are a variety of membership options available designed to offer value for money to our regular swimmers."