



£3 during the summer holidays

...and still **FREE** for adults and children under 1

Leo's Funzone are indoor adventure play centres which are specially designed to provide babies, toddlers and children up to 9 years the ideal place to exercise and have fun through play.

There are multi levels packed with climbing walls, ball pools, slides, spinning panels, wobble floors, swings, interactive games and a separate play area for babies and toddlers.

Adults can relax and enjoy quality food and drink in Caffè Zest whilst watching their children play in a safe environment.

£3.00 summer special offer at Leo's Funzone is only available with a One Card from Saturday 21st July to Monday 3rd September 2012.

meal deals
£2.95
per child

parties
£6.95
per child



OPENING TIMES	HUNTINGDON	ST NEOTS
Monday to Wednesday	9am to 5pm*	9am to 8pm
Thursday and Friday	9am to 6pm*	9am to 8pm
Saturday	9am to 5pm	9am to 5pm
Sunday	9am to 5pm	9am to 8pm
Bank Holiday (Monday 27th August)	Closed	Closed

* Leo's Funzone at Huntingdon opens at 10am on Monday to Friday from Tuesday 24th July to Friday 31st August 2012.

One Leisure Huntingdon
St Peter's Road, Huntingdon PE29 7DA
Tel: 01480 388600

One Leisure St Neots
Barford Road, Eynesbury, St Neots PE19 2SA
Tel: 01480 388700

www.leosfunzone.co.uk



SUMMER FUN

Sport and leisure activities for under 16's



free copy

Tuesday 24th July to Monday 3rd September 2012

www.oneleisure.net

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Activities are provided by One Leisure and the Sport & Active Lifestyles team at Huntingdonshire District Council.

All information is correct at the time of printing (06/12). We reserve the right to amend prices and services as described within this publication.

If you would like a translation of this publication, a large text version or an audio version, please contact your local One Leisure site and we will try to accommodate your needs.

Summer Fun is your comprehensive guide to sport and leisure activities in your local area. We have put together a packed programme for all ages, abilities and interests, so we are sure you will find something to enjoy.

Booking Information

You must book and pay for all holiday activities in advance (except swimming, roller skating and soft play sessions). All pre-booked activities must be paid for at the time of booking. There are limited spaces for each activity so you are advised to book early to guarantee your place.

FREE One Card

To book on any activity, your child needs to be a One Leisure member and have a One Card. Every child must have their own One Card. Membership is **FREE** and only requires you to complete a simple form which is available from reception or www.oneleisure.net

Book by phone

Telephone your local One Leisure site to book and pay for holiday activities. See contact numbers below. Payment can be made by cash, debit card or credit card (there is no surcharge for payments made by debit or credit cards).

Book in person

Visit reception at your local One Leisure site to book and pay for holiday activities. Payment can be made by cash, debit card or credit card (there is no surcharge for payments made by debit or credit cards). We do not accept payments by cheque.

Medical & Parental Consent Forms

Some activities such as kids holiday clubs will require you to complete Medical and Parental Consent Forms.

Outdoor Activities

For your safety on outdoor activities please wear appropriate clothing and bring a drink, hat and suncream. Outdoor activities run subject to weather conditions.

Cancellations & Refunds

48 hours notice is required for cancellation of Kids Holiday Clubs and all other pre-booked activities. We will give a minimum of 48 hours notice if we have to cancel an activity due to low numbers booked on. A full refund will be given if we cancel a course due to insufficient numbers or unforeseen circumstances.

One Leisure Huntingdon
St Peter's Road, Huntingdon,
Cambridgeshire PE29 7DA
Tel: 01480 388600

One Leisure Ramsey
Abbey Road, Ramsey,
Cambridgeshire PE26 1DP
Tel: 01480 387900

One Leisure Sawtry
Green End Road, Sawtry,
Cambridgeshire PE28 5UY
Tel: 01480 387800

One Leisure St Ives Indoor
Westwood Road, St Ives,
Cambridgeshire PE27 6WU
Tel: 01480 388500

One Leisure St Ives Outdoor
California Road, St Ives,
Cambridgeshire PE27 6SJ
Tel: 01480 388555

One Leisure St Neots
Barford Road, Eynesbury, St Neots,
Cambridgeshire PE19 2SA
Tel: 01480 388700

Oneleisure

"We aim to provide a progressive, quality and value for money service encouraging continued and frequent use by the community."

www.oneleisure.net

[facebook.com/oneleisureuk](https://www.facebook.com/oneleisureuk)

twitter.com/oneleisureuk

Holiday Clubs

All of the holiday clubs require booking in advance. Please contact any of the One Leisure sites to make a booking (see page 2 for details).

Holiday Clubs (6 to 12 years)

During the summer holidays, all of the One Leisure sites in Huntingdon, St Neots and Sawtry run holiday clubs which provide the ideal solution for childcare.

Children attend from all local schools which provides an excellent opportunity for them to make new friends, as well as building on current friendships in a safe and stimulating surrounding.



The clubs are Ofsted registered and staff are Criminal Record Bureau (CRB) checked and the leaders all have CACHE Level 3 Award, Certificate and Diploma in Playwork.

They offer a full programme of sport and leisure activities ensuring children are kept active and entertained. Each day is completely different so kids will never get bored.

There are different activities available at each club which may include any of the following:

- Swimming
- Multi Sports
- Fun Games
- Roller Skating
- Dance Mats
- Themed Activities (e.g. Olympics, Countries, Movies and Animals)
- Arts & Crafts
- Cooking
- Children's Films
- Video Games
- Discos

Prices start from just £2.44 per hour representing excellent value for money making them the first choice in the area.

To help spread the cost of childcare, we are able to accept childcare vouchers from Accor, Care 4, Computershare and Sodexo.

Please bring a drink (squash or water) and ensure your child is wearing suitable clothing and footwear. Remember to provide swimwear for the swimming sessions.

If you do not book a lunch please ensure you provide your child with a healthy and filling packed lunch (note that lunch cannot be provided at Leapz & Boundz Holiday Club).

Leo's Holiday Club

■ Venue: One Leisure Huntingdon

Monday to Friday from Tuesday 24th July to Friday 31st August (closed on Monday 27th August)

8.00am to 6.00pm	£24.50 per full day
8.00am to 1.00pm	£14.00 per ½ day
1.00pm to 6.00pm	£14.00 per ½ day

Lunch	£3.50 per day
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8.00am to 6.00pm	£110.00 for 5 days
(Monday to Friday, five consecutive days only)	

8.00am to 6.00pm	£88.00 for 4 days
(Tuesday 24th to Friday 27th July or Tuesday 28th to Friday 31st August)	

Leapz & Boundz Holiday Club

■ Venue: One Leisure Sawtry

Tuesdays and Thursdays from Tuesday 24th July to Thursday 30th August

8.30am to 5.30pm	£22.00 per full day
8.30am to 1.00pm	£13.00 per ½ day
1.00pm to 5.30pm	£13.00 per ½ day

NEW hourly rate	£3.50 per hour
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- Gives you the option of booking childcare at times to suit you.
- Minimum of 2 hours, bookings to start on the half hour.
- Make bookings up to 24 hours in advance.

Dr Croc's Holiday Club

■ Venue: One Leisure St Neots

Monday to Friday from Tuesday 24th July to Friday 31st August (closed on Monday 27th August)

8.30am to 5.30pm	£22.00 per full day
Lunch	£3.50 per day

NEW hourly rate	£3.50 per hour
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- Gives you the option of booking childcare at times to suit you.
- Minimum of 2 hours, bookings to start on the half hour.
- Make bookings up to 24 hours in advance.

Sports & Fitness

All of the sports activities require booking in advance. Please contact any of the One Leisure sites to make a booking (see page 2 for details).

Archery (7 to 14 years)

Come along to learn and develop your bow and arrow skills. These fun sessions are suitable for all levels and led by an experienced instructor in a safe environment.

Venue: One Leisure Ramsey

Monday 30th July
1.00pm to 2.00pm £4.80 per person
2.15pm to 3.15pm £4.80 per person

Venue: One Leisure St Ives Outdoor

Wednesday 8th August
11.00am to 11.55am £4.80 per person
12.00pm to 12.55pm £4.80 per person

Athletics Camp (6 to 15 years)

Coinciding with the Olympic athletics events, this four day course will cover a wide range of events that you see on TV. The course is suitable for all abilities and participants will be split into groups of similar ages. There will also be a mini Olympics on the final day.

Venue: One Leisure St Ives Outdoor

Monday 6th August to Thursday 9th August
1.00pm to 4.00pm £48.00 for 4 days

Badminton (8 to 12 years)

Learn to correctly play badminton under the safe tuition of our experienced coach. This classic racquet sport is lots of fun and great for hand and eye co-ordination.

Venue: One Leisure St Neots

Monday 6th August to Friday 10th August
1.00pm to 2.00pm £22.00 for 5 days
Monday 20th August to Friday 24th August
1.00pm to 2.00pm £22.00 for 5 days

Balanceability Cycling Courses (2½ to 4 years)

It's fun to ride! Balanceability is an innovative cycling programme designed for 2½ to 4 year olds which is endorsed by Olympic Gold Medallist, Chris Boardman MBE. Using balance bikes, our experienced instructors will help children develop motor skills, co-ordination, balance, agility and core strength whilst increasing confidence. Most importantly balance bikes are fun, completely safe and a great way to learn how to ride before moving onto a pedal bike. Bikes and safety helmets are provided.

Venue: One Leisure St Ives Indoor

Monday 30th July to Thursday 2nd August
10.00am to 11.00am £30.00 for 4 days
11.00am to 12.00pm £30.00 for 4 days

Ballroom Dancing (16+ years)

An evening taster session which will introduce you into the wonderful world of ballroom dancing. Tuition from a qualified dance instructor. Free glass of complimentary wine or orange juice on arrival for each dancer. Please ensure you bring a dance partner.

Venue: One Leisure St Neots

Friday 3rd August
7.30pm to 9.30pm £18.00 per couple

Basketball (8 to 12 years)

A qualified basketball coach will introduce the basic skills of this fast paced and exciting sport. Learn how to dribble, pass, shoot and defend just like the NBA Pro's. Suitable for boys and girls.

Venue: One Leisure St Neots

Wednesday 25th July to Friday 27th July
1.00pm to 2.00pm £13.20 for 3 days
Monday 6th August to Friday 10th August
1.00pm to 2.00pm £22.00 for 5 days

Boot Camp for Kids (10+ years)

Our fitness instructor will incorporate fun games and agility tests plus make you aware how nutrition can improve fitness.

Venue: One Leisure Ramsey

Friday 24th August
12.00pm to 2.00pm £5.00 per person

Venue: One Leisure Sawtry

Monday 13th August
1.00pm to 2.00pm £2.50 per person

Boxercise for Kids (10+ years)

Energetic sessions where you will learn basic boxing fitness techniques using pads and mitts plus skipping and step-ups.

Venue: One Leisure Huntingdon

Monday 20th August
2.00pm to 3.00pm £2.50 per person

Venue: One Leisure Ramsey

Friday 10th August
10.30am to 11.30am £2.50 per person

Venue: One Leisure Sawtry

Thursday 30th August
1.00pm to 2.00pm £2.50 per person

Canoeing (8+ years)

Have fun in the swimming pool by taking part in this canoeing taster session. You must be a confident swimmer and comfortable in deep water.

Venue: One Leisure St Neots

Monday 6th August
9.00am to 10.00am £4.80 per person

Cheerleading (5 to 12 years)

A fun mix of dancing, gymnastics and cheer. Learn different dance styles, how to use Pom Poms and create your own cheers, basic tumbling and stunts. Pom Poms are supplied.

Venue: One Leisure Huntingdon

Friday 3rd August and Friday 24th August
9.00am to 10.45am £8.40 per session

Venue: One Leisure Sawtry

Monday 6th August
10.00am to 11.45am £8.40 per person

Venue: One Leisure St Neots

Wednesday 25th July and Wednesday 22nd August
11.00am to 12.00pm £4.80 per session



Cricket (8 to 14 years)

These are fun cricket sessions designed to hone your batting, bowling and fielding skills. The activities are held on the outdoor synthetic pitch so please wear suitable footwear.

Venue: One Leisure St Ives Outdoor

Friday 10th August and Friday 24th August
2.00pm to 3.30pm £6.60 per session

Venue: One Leisure St Neots

Monday 6th August to Friday 10th August
2.00pm to 3.00pm £22.00 for 5 days

Monday 20th August to Friday 24th August

2.00pm to 3.00pm £22.00 for 5 days

Dribblers Football School (under 5's)

Introduces football to younger children by learning the basic skills of the game whilst having lots of fun. Learn balance, co-ordination, improve awareness and agility through basic football skills with a qualified coach.

Venue: One Leisure Huntingdon

These sessions are run by CSJ Soccer Skills. For bookings and information please contact Chris Jones on 07540 267944 or email CSJsoccerskills@hotmail.co.uk

Monday 30th July and Thursday 16th August
10.00am to 11.00am (2 to 4 years) £6.50 per session

Venue: One Leisure Ramsey

These sessions are run by CSJ Soccer Skills. For bookings and information please contact Chris Jones on 07540 267944 or email CSJsoccerskills@hotmail.co.uk

Wednesday 8th August
10.00am to 11.00am (2 to 4 years) £6.50 per person

Venue: One Leisure St Neots

Wednesday 25th July to Friday 27th July and Monday 30th July to Friday 3rd August
10.30am to 11.00am (3 and 4 years) £19.20 for 8 days

Monday 13th August to Friday 17th August
10.30am to 11.00am (3 and 4 years) £12.00 for 5 days

Tuesday 28th August to Friday 31st August
10.30am to 11.00am (3 and 4 years) £9.60 for 4 days

Fencing (8 to 12 years)

On guard! An fun introduction to the art of fencing with experienced coaches from St Neots Fencing Club. Develop quick reactions plus learn how to defend and attack.

Venue: One Leisure St Neots

Monday 20th August to Wednesday 22nd August
1.00pm to 2.00pm £14.40 for 3 days

Fundamentals (4 to 6 years)

This British gymnastic scheme helps younger children improve co-ordination and learn basic movement skills such as jumping, balancing and stretching through fun exercises and activities.

Venue: One Leisure Ramsey

Thursday 26th July and Thursday 23rd August
1.00pm to 2.00pm £4.80 per session

COURTS 4 ALL

During the summer holidays, badminton, squash and tennis courts at One Leisure are only £2.00!

This offer is open to all ages (including adults) plus if you do not have your own racquets you can hire them for **FREE**.

Monday to Friday from Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

9.00am to 5.00pm £2.00 per court

Book up to 7 days in advance with a One Card (subject to availability).

Courts are available at the following One Leisure sites:	Badminton	Racketball	Short Tennis	Squash	Table Tennis	Tennis
One Leisure St Ives Indoor	✓		✓		✓	
One Leisure St Ives Outdoor (available from 11.00am)		✓		✓		✓
One Leisure Huntingdon	✓	✓	✓	✓	✓	
One Leisure St Neots	✓	✓	✓	✓		✓
One Leisure Ramsey	✓		✓		✓	
One Leisure Sawtry	✓		✓		✓	

Golf (8 to 14 years)

Fun and interactive group sessions led by a John Letters Academy PGA coach that will cover all aspects of the game. All abilities welcome, with golf clubs available if you do not have your own. Time will be spent on the range, practice area and course.

Venue: Cambridge Golf & Conference Centre, Hemingford Abbots

Tuesday 24th July to Thursday 26th July
10.00am to 12.00pm £28.80 for 3 days

Wednesday 15th August to Friday 17th August
10.00am to 12.00pm £28.80 for 3 days

Go-Ride Mountain Biking (9 to 12 years)

British Cycling's Regional Go-Ride coach will guide you through fun mountain biking sessions in a traffic free environment. Improve your off-road techniques through challenges, competitions and races. All sessions are unique. You must be able to ride off-road. Bikes and helmets provided. Please wear suitable clothing and covered shoes (no flip flops or sandals). Bring a packed lunch and a drink (squash or water) in a secure plastic bottle.



Venue: Hinchingsbrooke Country Park

Tuesday 24th July, Wednesday 25th July, Wednesday 8th August and Wednesday 15th August
9.00am to 1.30pm £19.20 per session

Go-Ride Games (8 to 15 years)

Gear up and Go-Ride! Could you be the next Olympic cycling champion? Come and try mountain biking and racing at the British Cycling's Go-Ride Games in association with St Ives Cycling Club. A series of age related races lasting between 15 to 60 minutes will take place throughout the day. Qualified cycling coaches will be on hand to give you tips during the practice sessions to enable you to get the most out of the races. Bikes and helmets provided (subject to availability) or bring your own. Parental consent required.

NO BOOKING REQUIRED. For further information about this activity please contact James Bamford on 07835 120235.

Venue: Hinchingsbrooke Country Park

Saturday 11th August

COME & TRY IT (PRACTICE SESSIONS)

9.30am to 11.00am FREE OF CHARGE
12.30pm to 1.30pm FREE OF CHARGE

RACES (WITH MEDALS, CERTIFICATES AND PRIZES)

11.00am to 12.00pm (register by 10.50am) £2.50 per person
1.30pm to 2.30pm (register by 1.20pm) £2.50 per person

Indoor Climbing (8 to 15 years)

Introductory climbing sessions at Grafham Water's indoor activity hall under the watchful eye of a qualified instructor. Fun games and challenges are added to increase enjoyment and learning.

Venue: Grafham Water Centre (Activity Hall)

Monday 30th July, Monday 6th August and Friday 17th August
10.00am to 12.00pm £10.80 per session
2.00pm to 4.00pm £10.80 per session

Judo (6 to 12 years)

Judo is the practice and development of grappling and tumbling techniques, for the purpose of self defence, health and self development. This is an introduction into the basic movements involved in this martial art. Long sleeve shirt and tracksuit bottoms required.

Venue: One Leisure St Neots

Monday 6th August to Friday 10th August
2.00pm to 3.00pm (6 to 9 years) £24.00 for 5 days
3.00pm to 4.00pm (10 to 12 years) £24.00 for 5 days

Kayaking Tasters (8 to 15 years)

These popular Kayaking sessions allow you the chance to try this exciting Olympic sport in a safe environment with fun activities. You must be prepared to get very wet! Limited spaces available.

Venue: Grafham Water Centre

Thursday 2nd August
11.00am to 12.30pm £9.00 per person
1.30pm to 3.00pm £9.00 per person
3.30pm to 5.00pm £9.00 per person

Venue: Hinchingsbrooke Country Park

Thursday 16th August
10.00am to 11.30am £9.00 per person
11.45am to 1.15pm £9.00 per person
2.00pm to 3.30pm £9.00 per person
3.45pm to 5.15pm £9.00 per person

Kayaking PaddlePower Start (8 to 15 years)

For those with a small amount of experience (try one of our taster sessions) this course will provide a qualification at the first level of the Canoe England PaddlePower programme. Limited spaces available.

Venue: Grafham Water Centre

Friday 3rd August and Friday 17th August
9.30am to 4.30pm £42.00 per session

Mini Olympics (5 to 8 years)

Come and take part in our special mini Olympics events aimed at younger children. There are lots of fun games including ball games, relays, an egg & spoon race, obstacle courses, hoopla plus much more. All participants will receive their very own Olympics medal.



Venue: One Leisure Huntingdon

Monday 6th August
12.00pm to 1.45pm £5.00 per person

Venue: One Leisure Ramsey

Thursday 2nd August
2.00pm to 3.45pm £5.00 per person

Venue: One Leisure Sawtry

Friday 3rd August
1.00pm to 2.45pm £5.00 per person

Netball Camp (7 to 12 years)

Netball is a great way to keep fit and have fun with friends. Learn the basic skills and rules of the game whilst developing hand and eye co-ordination.

Venue: One Leisure St Ives Outdoor

Monday 20th August to Wednesday 22nd August
11.15am to 12.00pm £9.90 for 3 days

Olympian Training (8 to 14 years)

A foundation course in running, jumping and throwing! Who knows, it could be you in a future Olympic Games. Find out what hidden talents you have!

Venue: One Leisure Ramsey

Thursday 9th August and Thursday 30th August
10.00am to 11.00am (8 to 11 years) £4.80 per session
11.00am to 12.00pm (11 to 14 years) £4.80 per session

Olympic Multi-Sports (7 to 15 years)

A chance to try some different Olympic sports such as Volleyball and Handball during one session. Led by qualified coaches.

Venue: Priory Centre, St Neots

Friday 24th August
10.00am to 12.00pm (7 to 10 years) £6.00 per person
1.00pm to 3.00pm (11 to 15 years) £6.00 per person

Parachute Games (under 5's)

A fun hour of gentle games and activities based around and under our brightly coloured parachute. Parental supervision is required during this session.

Venue: One Leisure St Neots

Friday 27th July, Friday 10th August, Friday 24th August and Friday 31st August
10.00am to 11.00am £2.40 per session

Play Dodgeball (7 to 10 years)

A fast and fun new age sport enjoyed by young people led by a level 2 qualified Dodgeball coach. There are plenty of games to join in with as well as challenges to improve the skills involved with the game.

Venue: One Leisure St Ives Indoor

Tuesday 21st August
10.00am to 11.30am £4.50 per person

Play Handball (7 to 15 years)

An introduction into this high scoring Olympic sport. Learn the basic passing and dribbling skills from a qualified coach.

Venue: One Leisure St Ives Outdoor

Friday 10th August and Wednesday 29th August
11.00am to 12.00pm (7 to 10 years) £3.00 per session
2.00pm to 3.00pm (11 to 15 years) £3.00 per session

Football for a Fiver!

During the summer holidays, under 16's can hire the outdoor synthetic pitches at One Leisure for only £5.00 per hour!

Why not get a group of friends together and share the cost between you?

Monday to Friday from Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

9.00am to 5.00pm

£5.00 per hour

Book up to 7 days in advance with a One Card (subject to availability). Not available for clubs or coaching sessions.



Play Volleyball (6 to 15 years)

Try this exciting Olympic sport in a short taster session. An introduction to this fast paced sport, where you learn ball skills, teamwork and agility around the court.

Venue: One Leisure St Ives Outdoor

Friday 10th August and Wednesday 29th August
10.00am to 11.00am (7 to 10 years) £3.00 per session
1.00pm to 2.00pm (11 to 15 years) £3.00 per session

Venue: One Leisure St Neots

Monday 13th August
1.00pm to 2.00pm (6 to 9 years) £3.00 per person
2.00pm to 3.00pm (10 to 12 years) £3.00 per person

Power Boating (8 to 15 years)

A fun introduction on how to use a power boat on the lake. These short courses have very limited places so please book early to avoid disappointment.

Venue: Paxton Lakes Sailing Club

Monday 6th August and Tuesday 7th August
1.00pm to 4.00pm £42.00 for 2 days

Wednesday 8th August and Thursday 9th August
1.00pm to 4.00pm £42.00 for 2 days

Monday 20th August and Tuesday 21st August
1.00pm to 4.00pm £42.00 for 2 days

Wednesday 22nd August and Thursday 23rd August
1.00pm to 4.00pm £42.00 for 2 days

Rowing (12 to 15 years)

Try this Olympic sport with the local and friendly Huntingdon Boat Club. This three day course is suitable for all levels to learn and develop rowing skills. Participants must be good swimmers due to the course being on the river.

Venue: Huntingdon Boat Club

Wednesday 25th July to Friday 27th July
1.00pm to 3.00pm £30.00 for 3 days

Run-around Games (4 to 8 years)

Lots of different run-around games for you to enjoy such as parachute games, fox and hounds, stuck in the mud plus much more.

Venue: One Leisure Ramsey

Monday 13th August
2.00pm to 3.45pm £5.00 per person

Venue: One Leisure Sawtry

Wednesday 15th August
1.00pm to 2.45pm £5.00 per person

Sailing (8 to 15 years)

After watching sailing at the Olympics, why not take part in this popular course that allows young people to gain a level 1, 2 or 3 recognised RYA junior sailing course qualification. These fun courses are run in a safe environment and aimed at both beginners and those that have some sailing experience.

Venue: Paxton Lakes Sailing Club

Monday 6th August to Thursday 9th August
9.30am to 12.30pm £60.00 for 4 days

Monday 20th August to Thursday 23rd August
9.30am to 12.30pm £60.00 for 4 days

Self Defence (6 to 12 years)

A practical activity for learning how to defend yourself. You will improve confidence, self discipline and co-ordination. Long sleeve shirt and tracksuit bottoms required.

Venue: One Leisure St Ives Indoor

Thursday 30th August and Friday 31st August
1.00pm to 2.00pm £9.60 for 2 days

Short Tennis (5 to 10 years)

Learn how to play short tennis which is played on indoor courts and uses soft sponge balls. All equipment is provided.

Venue: One Leisure Ramsey

Thursday 16th August
12.00pm to 1.00pm £4.40 per person

Squash & Racketball (7 to 12 years)

A great introduction to these fast paced sports. Learn and practice racquet skills with a qualified coach. Great for hand and eye co-ordination, fitness, but most of all lots of fun!

Venue: One Leisure St Ives Outdoor

Tuesday 14th August and Wednesday 15th August
11.00am to 12.30pm £13.20 for 2 days

Street Dance (5 to 12 years)

Learn the coolest hip hop and dance moves, dance techniques and get the chance to create your own moves and routines.

Venue: One Leisure Huntingdon

Monday 13th August
2.00pm to 3.30pm (7 to 12 years) £7.20 per session

Venue: One Leisure St Neots

Wednesday 1st August and Wednesday 15th August
11.00am to 12.00pm (5 to 12 years) £4.80 per session

Soccer Skills Academy (5+ years)

An FA qualified football coach will help you practice your shooting, dribbling, heading, passing and improve your all-round team play. Please bring a drink (water or squash) plus suitable outdoor footwear and clothing. Suitable for both boys and girls.

Venue: One Leisure Huntingdon

These sessions are run by CSJ Soccer Skills. For bookings and information please contact Chris Jones on 07540 267944 or email CSJsoccerskills@hotmail.co.uk

Monday 30th July and Thursday 16th August
11.30am to 1.00pm (5 to 7 years) £12.00 per session

Thursday 16th August
1.30pm to 3.00pm (8 to 12 years) £15.00 per person

Venue: One Leisure Ramsey

These sessions are run by CSJ Soccer Skills. For bookings and information please contact Chris Jones on 07540 267944 or email CSJsoccerskills@hotmail.co.uk

Wednesday 8th August
11.30am to 1.00pm (5 to 7 years) £12.00 per person

Venue: One Leisure Sawtry

Wednesday 8th August
1.00pm to 2.45pm (5 to 11 years) £7.70 per person

Venue: One Leisure St Neots

Wednesday 25th July to Friday 27th July and Monday 30th July to Friday 3rd August
11.00am to 12.00pm (5 to 8 years) £35.20 for 8 days

Monday 13th August to Friday 17th August
11.00am to 12.00pm (5 to 8 years) £22.00 for 5 days

Tuesday 28th August to Friday 31st August
11.00am to 12.00pm (5 to 8 years) £17.60 for 4 days



Table Tennis (8 to 14 years)

Fun taster sessions where you will learn and practice skills which are delivered by a qualified coach from St Neots Table Tennis Club. A variety of drills and games will make the sessions enjoyable for all in this popular Olympic sport.

Venue: St Neots Table Tennis Club

Wednesday 1st August and Tuesday 14th August
10.00am to 12.00pm £8.00 per session
1.00pm to 3.00pm £8.00 per session

Tag Rugby (7 to 12 years)

Learn how to play tag rugby under the safe supervision of our instructors. You will learn the basic rules of the sport and how to pass and kick, all within a team play environment. Please wear suitable outdoor clothing as the activity will take place on the synthetic pitch.

Venue: One Leisure St Neots

Monday 30th July to Friday 3rd August
2.00pm to 3.00pm (7 to 9 years) £22.00 for 5 days
3.00pm to 4.00pm (10 to 12 years) £22.00 for 5 days

Monday 13th August to Friday 17th August
2.00pm to 3.00pm (7 to 9 years) £22.00 for 5 days
3.00pm to 4.00pm (10 to 12 years) £22.00 for 5 days

Teen Ex-Bike (12 to 15 years)

Teen Ex-Bike is a fun cardio workout to motivational music on specialist group exercise bikes. Classes are full of energy and you can adjust the bike to suit your own ability.

Venue: One Leisure Ramsey

Friday 27th July and Friday 31st August
10.30am to 11.15am £2.50 per session

Tennis Camps (5 to 14 years)

These summer tennis camps are led by a professional coach with all racquets and balls supplied. Learn the skills needed to become a tennis player whilst having lots of fun in the process.

Venue: One Leisure St Ives Outdoor

Tuesday 24th July to Friday 27th July
2.00pm to 2.55pm (5 to 7 years) £19.20 for 4 days
3.00pm to 3.55pm (8 to 12 years) £19.20 for 4 days

Venue: One Leisure St Neots

Monday 30th July to Friday 3rd August
1.00pm to 2.00pm (8 to 10 years) £24.00 for 5 days
2.00pm to 3.00pm (11 to 14 years) £24.00 for 5 days

Monday 13th August to Friday 17th August
1.00pm to 2.00pm (8 to 10 years) £24.00 for 5 days
2.00pm to 3.00pm (11 to 14 years) £24.00 for 5 days

Trampolining (4 to 14 years)

Learning seat drops, front drops whilst improving balance and co-ordination with a qualified instructor. Please wear socks, loose clothing and ensure long hair is tied back.

Venue: One Leisure Huntingdon

Tuesday 7th August, Tuesday 21st August
and Tuesday 28th August
10.15am to 11.00am (4 to 7 years) £3.60 per session
11.00am to 11.45am (8 to 14 years) £3.60 per session

Venue: One Leisure Ramsey

Wednesday 1st August, Wednesday 15th August
and Wednesday 29th August
1.00pm to 2.00pm (5 to 11 years) £4.80 per session
2.00pm to 3.00pm (5 to 11 years) £4.80 per session

Venue: One Leisure Sawtry

Wednesday 25th July and Wednesday 29th August
10.15am to 11.00am (4 to 7 years) £3.60 per session
11.00am to 11.45am (8 to 14 years) £3.60 per session

Venue: One Leisure St Neots

Monday 30th July to Friday 3rd August
4.05pm to 4.55pm (5 to 7 years) £18.00 for 5 days
5.05pm to 5.55pm (8 to 12 years) £18.00 for 5 days

Monday 13th August to Friday 17th August
4.05pm to 4.55pm (5 to 7 years) £18.00 for 5 days
5.05pm to 5.55pm (8 to 12 years) £18.00 for 5 days

Tuesday 28th August to Friday 31st August
4.05pm to 4.55pm (5 to 7 years) £14.40 for 4 days
5.05pm to 5.55pm (8 to 12 years) £14.40 for 4 days

Tri Golf (7 to 14 years)

A fun indoor golfing session to see if you are the next Tiger Woods. Using tri golf equipment you will learn new skills whilst completing challenges and games.

Venue: One Leisure St Ives Indoor

Wednesday 1st August
2.00pm to 2.55pm £4.80 per person

Zumbatomic (5 to 12 years)

Zumbatomic is a rockin', high-energy fitness party packed with specially choreographed routines and music that kids will love. Increases confidence and enhances co-ordination.

Venue: One Leisure Ramsey

Tuesday 31st July
10.00am to 10.45am (5 to 8 years) £3.60 per person
11.00am to 11.45am (9 to 12 years) £3.60 per person

Wednesday 22nd August
3.15pm to 4.00pm (5 to 8 years) £3.60 per person
4.15pm to 5.00pm (9 to 12 years) £3.60 per person

Disability Sports

All of the disability activities require booking in advance. Please contact any of the One Leisure sites to make a booking (see page 2 for details).

Active & Able Sports Club (8+ years and adults)

Active & Able is a pan-disability sports club based at One Leisure Huntingdon. They offer a wide range of sports such as cricket, football, golf, hockey and tennis.

Venue: One Leisure Huntingdon

Every Thursday from Thursday 26th July to Thursday 30th August
11.00am to 12.00pm £2.00 per session

Disability Archery (8+ years and adults)

Come and learn how to shoot a bow and arrow in this fun orientated session for disabled people. Activity is led by an experienced archery coach.

Venue: One Leisure St Ives Outdoor

Wednesday 8th August
2.00pm to 4.00pm £6.00 per person

Disability Athletics (8+ years and adults)

Come and experience a taster session in a variety of different events. Run, throw and jump within the athletics session for people with disabilities.

Venue: One Leisure St Ives Outdoor

Wednesday 25th July
1.00pm to 3.00pm £6.00 per person

Disability Cricket (8+ years and adults)

This session will offer fun cricket activities for people with disabilities. Activities include batting, bowling and fielding.

Venue: One Leisure St Ives Outdoor

Friday 31st August
10.00am to 12.00pm £6.00 per person

Disability Indoor Climbing (8+ years and adults)

An introductory climbing session at Grafham's Indoor Activity Hall for disabled people. Fun games and challenges are added to increase the enjoyment. Participants in wheelchairs can also use the new climbing wall extension.

Venue: Grafham Water Centre

Wednesday 22nd August
2.00pm to 4.00pm £8.00 per session

Disability Squash (8+ years and adults)

Learn the basics of squash in state of the art facilities at this disability specific session. Coaching is provided by experienced coaches from Hemingford Sports Academy.

Venue: Hemingford Sports Academy

Friday 3rd August
10.00am to 12.00pm £6.00 per person

Disability Tennis (8+ years and adults)

Learn forehands, backhands and volleys in this exciting tennis session led by experienced coaches for people with disabilities. Coaching is provided by coaches from Huntingdon Tennis Club.

Venue: Huntingdon Tennis Club

Friday 17th August
2.00pm to 4.00pm £6.00 per session

Leisure Activities

All of the leisure activities require booking in advance. Please contact any of the One Leisure sites to make a booking (see page 2 for details).

Arts & Crafts (5 to 12 years)

Let your creativity run away with you in our fun arts & crafts sessions. Children will make something completely different to take home at each session. All materials and equipment will be supplied.

■ Venue: One Leisure Huntingdon

OLYMPICS Thursday 2nd August
PIRATE FUN Thursday 16th August
1.00pm to 2.30pm £6.30 per session

■ Venue: One Leisure Ramsey

OLYMPICS Tuesday 31st July
PUPPET MAKING Tuesday 7th August
PIRATE FUN Tuesday 14th August
JUNGLE MADNESS Tuesday 21st August
JEWELLERY CRAFTS Tuesday 28th August
2.00pm to 3.45pm £6.30 per session

■ Venue: One Leisure Sawtry

PIRATE FUN Friday 31st August
10.00am to 11.45am £6.30 per session

■ Venue: One Leisure St Ives Outdoor

OLYMPICS Friday 3rd August
ACTION SPORTS Friday 17th August
FUN AT THE BEACH Friday 31st August
11.00am to 12.30pm £6.30 per session

■ Venue: One Leisure St Neots

MESSY ARTS Tuesday 24th July
FUNKY CRAFTS Tuesday 31st July
SLIME & GUNK Tuesday 7th August
MESSY ARTS Tuesday 14th August
FUNKY CRAFTS Tuesday 21st August
SLIME & GUNK Tuesday 28th August
2.15pm to 3.45pm £6.30 per person

Baby Squirrels Bouncy Fun (3 to 5 years)

Bring your child for a fun time on the bouncy castle. There will also be trikes, hoops, balls, bean bags and other fun play things plus a member of staff to supervise. Parental supervision is essential - maximum of two children per adult.

■ Venue: One Leisure St Ives Indoor

Every Thursday from Thursday 26th July to Thursday 30th August
9.30am to 11.00am £2.00 per session

Burgess Cinema Club (all ages)

Come to the Burgess Hall for blockbuster films on the big screen. The hall has seating guaranteed for 300 people and is fully air conditioned for your comfort. Popcorn, ice cream, sweets and drinks will be on sale. Under 8's must be accompanied by an adult. No advance booking required, just turn up early to get the best seats!

■ Venue: Burgess Hall (One Leisure St Ives)

TOY STORY 3 Tuesday 7th August
THE MUPPETS Tuesday 14th August
Doors 1.30pm / film starts 2.00pm £2.00 per person



Cookery School (5 to 12 years)

Have fun learning to cook and make a variety of delicious treats you can take home with you. All ingredients and equipment will be supplied.

■ Venue: One Leisure Ramsey

CUP CAKES Friday 3rd August
PIZZA PARLOUR Friday 10th August
CEREAL CREATIONS Friday 17th August
CUP CAKES Friday 24th August
2.00pm to 3.45pm £6.30 per session

■ Venue: One Leisure Sawtry

COOKIES & CAKES Monday 30th July
CUP CAKES Friday 10th August
10.00am to 11.45am £6.30 per session

■ Venue: One Leisure St Ives Outdoor

OLYMPIC TREATS Monday 30th July
PIZZA PARLOUR Monday 13th August
SUMMER TREATS Monday 20th August
11.00am to 12.30pm £6.30 per session

Death by Chocolate (5 to 12 yrs)

Learn how to do things with chocolate you never thought was possible! A fun session involving melting, cooking, modelling and decorating plus chocolate treats to take home.

■ Venue: One Leisure Huntingdon

Wednesday 1st August, Wednesday 22nd August and Wednesday 29th August
2.30pm to 4.00pm £6.30 per session

■ Venue: One Leisure Ramsey

Friday 27th July and Friday 31st August
2.00pm to 3.45pm £6.30 per session

■ Venue: One Leisure Sawtry

Friday 27th July and Friday 17th August
10.00am to 11.45am £6.30 per session

■ Venue: One Leisure St Ives Outdoor

Monday 6th August
11.00am to 12.30pm £6.30 per person

Dance Mats (5 to 12 years)

Compete against your friends on dance mats with amazing dance routines and a pumping soundtrack. Get fit whilst having lots of fun. This session will be supervised.

■ Venue: One Leisure Sawtry

Friday 24th August
1.00pm to 2.30pm £2.50 per person

Disney Workshop (5 to 8 years)

This session is great fun and incorporates all your favourite Disney characters with dancing and singing. Led by tutors from Stageworks Performing Arts.

■ Venue: One Leisure St Neots

Wednesday 8th August and Wednesday 29th August
11.00am to 12.00pm £4.80 per session

First Aid Training (6 to 12 years)

You never know when someone might need your help. Learn some of the basic skills in first aid such as slings, recovery positions and how to treat various conditions.

■ Venue: One Leisure Huntingdon

Thursday 26th July and Thursday 23rd August
10.00am to 11.30am £5.00 per session

■ Venue: One Leisure Sawtry

Monday 13th August
11.30am to 1.15pm £5.00 per person

Green Fingers (5 to 12 years)

We are bringing the outdoors inside! Make creative items from materials sourced direct from nature as well as planting your very own plants that you can take home.

■ Venue: One Leisure Sawtry

Wednesday 22nd August
1.00pm to 2.45pm £6.30 per person

Junior Masterchef (5 to 8 years)

Come along for these classic cookery workshops and make real meals. These sessions will inspire you to learn about ingredients and basic cooking skills. There are many different types of cooking to choose from. Children get to take home what they cook, so that's got to be good for everyone!

■ Venue: One Leisure Huntingdon

BRITISH Wednesday 25th July
ITALIAN Wednesday 8th August
CHINESE Wednesday 15th August
2.30pm to 4.00pm £6.30 per session

■ Venue: One Leisure St Neots

ITALIAN Thursday 26th July
AMERICAN Thursday 2nd August
CHINESE Thursday 9th August
BRITISH Thursday 16th August
FRENCH Thursday 23rd August
SPANISH Thursday 30th August
2.15pm to 3.45pm £6.30 per session

Krazy Katz Funtime (under 5's)

Fun games and activities guaranteed to keep children active and entertained. Includes a bouncy castle, soft play toys and parachute games. Parental supervision essential.

■ **Venue: One Leisure Sawtry**

Friday 24th August
10.00am to 11.30am
£3.00 per person (FREE for under 1's)

Laser Tag Games (7 to 12 years)

Using our laser tag equipment you will play a variety of fast interactive games so bring your friends along for some fun.

■ **Venue: One Leisure Huntingdon**

Friday 27th July and Friday 31st August
10.00am to 11.15am £5.00 per session

Leo's Funtime (under 5's)

A fun session for under 5's to explore the ball pond and play with small toys. Children can interact with each other and enjoy the colourful toys in a safe environment. Parental supervision essential. This is based in the aerobics studio.

■ **Venue: One Leisure St Neots**

Every Friday from Friday 27th July to Friday 31st August
11.30am to 1.00pm
£2.40 per session

Little Monkeys House of Fun (under 5's)

A fun soft play session for under 5's with a bouncy castle, ball pool and soft play equipment for children to play safely. Parental supervision essential.

■ **Venue: One Leisure Ramsey**

Every Wednesday from Wednesday 25th July to Wednesday 29th August
9.30am to 11.30am
£3.00 per session (FREE for under 1's)

Magic Man Show (all ages)

Be amazed with fantastic tricks, magic and balloon modelling at our fun packed and entertaining Magic Man Shows.

■ **Venue: One Leisure Ramsey**

Thursday 16th August
2.00pm to 3.00pm £3.60 per person

■ **Venue: One Leisure St Neots**

Wednesday 8th August and Wednesday 22nd August
3.00pm to 4.00pm £3.60 per session

Messy Play (under 5's)

A fun hour of games and activities based around messy play. Paint with different parts of your body to make messy arts and crafts. Parental supervision essential.

■ **Venue: One Leisure St Neots**

Friday 3rd August and Friday 17th August
10.00am to 11.00am £2.40 per session

Olympic Arts & Cooking (5 to 12 years)

Two fun activities in one session! With the Olympics well under way, we're going to create a variety of Olympic themed pieces from medals and torches to Olympic ring doughnuts. All materials and ingredients will be supplied.

■ **Venue: One Leisure Sawtry**

Wednesday 1st August
1.00pm to 2.45pm £6.30 per session

Opposites Attract (5 to 12 years)

Do opposites really attract? The healthy and the not so healthy. Join us to make a range of foods including fruit smoothies, fruit skewers alongside some not so healthy recipes. Who knows we may even mix the two together!

■ **Venue: One Leisure Sawtry**

Monday 20th August
10.00am to 11.45am £6.30 per session

Origami (5 to 12 years)

Origami is the ancient Chinese art of paper folding. Learn how to making amazing animals, birds, boats and flowers.

■ **Venue: One Leisure Ramsey**

Tuesday 24th July
2.00pm to 3.45pm
£5.00 per person

■ **Venue: One Leisure Sawtry**

Tuesday 28th August
10.00am to 11.45am
£5.00 per person



Pure Pamper Parties (6 to 13 years)

Let our Pure Day Spa therapists pamper you in style! Choose any two from a mini-facial (cleanse, tone and moisturise), a mini-manicure, a mini-pedicure (shape and polish including nail art) or make-up. Party buffet with drinks included.

■ **Venue: One Leisure St Neots**

Every Wednesday from Wednesday 25th July to Wednesday 29th August
1.15pm to 2.45pm £9.95 per session
3.15pm to 4.45pm £9.95 per session

Raptor Foundation (5 to 12 years)

A special visit from our feathered friends. Come and see these wonderful birds of prey up close. Learn about how they live, hunt and fly from the experts at the Raptor Foundation.

■ **Venue: One Leisure St Neots**

Friday 3rd August
1.30pm to 2.30pm £4.80 per person

Roller Skating (all ages)

Get your skates on to One Leisure! Fun sessions the whole family can enjoy together (under 8's must be accompanied by an adult). Bring your own skates or hire them for **FREE**. No booking required, just turn up on the day!

■ **Venue: One Leisure St Ives Indoor**

Every Tuesday and Thursday from Tuesday 24th July to Thursday 30th August
2.15pm to 3.45pm
£3.20 per session with a One Card (includes **FREE** skate hire)

Every Sunday from Sunday 22nd July to Sunday 2nd September
6.15pm to 7.45pm
£3.20 per session with a One Card (includes **FREE** skate hire)

■ **Venue: One Leisure St Neots**

Every Tuesday and Thursday from Tuesday 24th July to Thursday 30th August
11.30am to 1.00pm
£3.20 per session with a One Card (includes **FREE** skate hire)

Roller Skating Coaching (all ages)

Improve your roller skating with professional coaching under the guidance of St Neots Crazy Skaters coaches. Bring your own skates or hire them for **FREE**. Advance booking required.

■ **Venue: One Leisure St Neots**

Tuesday 24th July, Thursday 26th July,
Tuesday 21st August and Thursday 23rd August
11.30am to 1.00pm £4.80 per session



Science Show: The Even Bigger Bang (all ages)

An explosive, fun and colourful science show demonstrating the power of chemistry. Fronted by Dr Hal you will be amazed by dramatic live experiments. Witness decibel bursting stunts featuring exploding ostrich eggs, an 8 foot methane mamba and the world's biggest ever nitrous oxide Barking Dog!

■ **Venue: Burgess Hall (One Leisure St Ives)**

Thursday 9th August
Doors open 1.00pm / show starts 1.30pm
Tickets £5.50 per person / £20.00 family ticket of 4
Doors open 6.30pm / show starts 7.00pm
Tickets £7.50 per person / £27.00 family ticket of 4

Summer Beach Disco (2 to 11 years)

The thrill of the seaside is coming to St Ives! Dress up in bright beachwear as Surfer Dudes or Hula Girls for a summer disco. There will be a bouncy castle, fun games such as beach volleyball, limbo dancing and hula hoops plus music from the Starlite Roadshow. Prize given to the best dressed. Ice creams, hot dogs and sweets will be on sale, plus the bar will be open serving drinks and snacks for adults. Parental supervision required - **FREE** entry for accompanying parents.

■ **Venue: Burgess Hall (One Leisure St Ives)**

Saturday 4th August
3.00pm to 6.00pm £5.00 in advance

Teddy Bears Picnic (4 to 7 years)

Bring along your favourite cuddly toy for lunch, partying and lots of fun games. Lunch is included in the price and there will also be a colouring-in competition with prizes.

■ **Venue: One Leisure Huntingdon**

Thursday 30th August
1.00pm to 2.30pm £6.50 per person

■ **Venue: One Leisure Sawtry**

Thursday 26th July
11.00am to 12.45pm £6.50 per person

Free Summer Activities

The Activity Roadshows and Playtimes sessions require booking in advance. Please contact any of the One Leisure sites to make a booking (see page 2 for details). Booking is only valid for the first 20 minutes so please arrive early. Activities take place outdoors so are subject to weather.

Playtimes (4 to 9 years)

Playtimes are **FREE** sessions providing young people with the opportunity to take part in fun activities and games based on the emphasis of play. As well as the more structured activities children will be given time to enjoy the equipment available. Children aged 4 years require parent / carer supervision.

■ Venues: See page 17 opposite for all dates and venues
10.00am to 12.00pm FREE OF CHARGE

Activity Roadshows (5 to 11 years)

These fun activity roadshows are **FREE** and aim to give boys and girls the opportunity to try a variety of sports and play activities in a safe and supervised environment.

■ Venues: See page 17 opposite for all dates and venues
1.30pm to 4.00pm FREE OF CHARGE

Multi Sports (11 to 16 years)

Multi Sports are **FREE** sessions offering structured coaching in a variety of different sports. Led by a qualified sports coach, the sports will change on a regular basis and sessions may form links with local clubs and organisations. No need to book in advance - just turn up on the day!



■ Venue: Alconbury Multi Use Games Area

Every Monday from Monday 11th June to Monday 20th August
4.30pm to 5.30pm FREE OF CHARGE

■ Venue: Godmanchester Multi Use Games Area

Every Tuesday from Tuesday 12th June to Tuesday 28th August
4.30pm to 5.30pm FREE OF CHARGE

■ Venue: Earith Multi Use Games Area

Every Wednesday from Wednesday 13th June to Wednesday 29th August
4.30pm to 5.30pm FREE OF CHARGE



Playtimes (4 to 9 years)

All sessions are 10.00am to 12.00pm

Tuesday 24th July
• Riverside Park, Huntingdon

Thursday 26th July
• One Leisure Ramsey

Tuesday 31st July
• Warners Park, St Ives

Thursday 2nd August
• Priory Park, St Neots

Tuesday 7th August
• One Leisure Ramsey

Thursday 9th August
• Riverside Park, Huntingdon

Tuesday 14th August
• Priory Park, St Neots

Thursday 16th August
• Warners Park, St Ives

Tuesday 21st August
• Riverside Park, Huntingdon

Thursday 23rd August
• One Leisure Ramsey

Tuesday 28th August
• Warners Park, St Ives

Thursday 30th August
• Priory Park, St Neots

Activity Roadshows (5 to 11 years)

All sessions are 1.30pm to 4.00pm

Monday 23rd July
• Memorial Playing Field, Brampton

Tuesday 24th July
• Warboys Primary School

Wednesday 25th July
• Overhills Primary School, Kimbolton

Thursday 26th July
• Alconbury Primary School

Friday 27th July
• St Ives Road Playing Field, Houghton

Monday 30th July
• Sawtry College/One Leisure Sawtry

Tuesday 31st July
• Little Paxton Playing Field

Wednesday 1st August
• Millfields, Needingworth

Thursday 2nd August
• Judith's Field, Godmanchester

Friday 3rd August
• Upwood Cricket Club

Monday 6th August
• Buckden Village Hall/Trust Playing Fields

Tuesday 7th August
• Norwood Road Playing Field, Somersham

Wednesday 8th August
• Great Paxton Primary School

Thursday 9th August
• Memorial Playing Field, Brampton

Friday 10th August
• Queens Park, Ferndale, Yaxley

Monday 13th August
• Alconbury Primary School

Tuesday 14th August
• St Ives Road Playing Field, Houghton

Wednesday 15th August
• Sawtry College /One Leisure Sawtry

Thursday 16th August
• Hemingford Sports Pavillion Playing Field

Friday 17th August
• Warboys Primary School

Monday 20th August
• Little Paxton Playing Field

Tuesday 21st August
• Upwood Cricket Club

Wednesday 22nd August
• Buckden Village Hall/Trust Playing Fields

Thursday 23rd August
• Millfields, Needingworth

Friday 24th August
• Judith's Field, Godmanchester

Monday 27th August
• Bank Holiday - No Roadshow

Tuesday 28th August
• Queens Park, Ferndale, Yaxley

Wednesday 29th August
• Hemingford Sports Pavillion Playing Field

Thursday 30th August
• Norwood Road Playing Field, Somersham

Friday 31st August
• Great Paxton Primary School

SPORTS FESTIVAL in the Park

Sunday 22nd July, 11am to 2pm
at **Hinchingsbrooke Country Park, Huntingdon**

FREE OF CHARGE
(Just turn up on the day!)

The Sports Festival in the Park is a celebration of the diverse sport activities on offer throughout Huntingdonshire. It is an excellent opportunity for young and old to come and experience a variety of fun and interactive sports sessions. Sessions will incorporate challenges for members of the public to get involved.

For further information contact Sport & Active Lifestyles on **01480 388842** or visit www.huntingdonshire.gov.uk/activelifestyles

Swimming Lessons

All of the swimming lessons require booking in advance. Please contact any of the One Leisure sites to make a booking (see page 2 for details).

Aqua Skills (8+ years)

This is a fantastic way to try out new skills include diving, rookie lifeguarding and snorkelling plus learning how to play water polo. Participants must be able to swim 50 metres and be confident in deep water.

■ **Venue: One Leisure St Ives Indoor**

Tuesday 24th July to Friday 27th July
10.30am to 11.30am £19.20 for 4 days

Baby & Toddler Lessons (4+ months)

These lessons are designed to introduce babies and toddlers to aquatic activities. Classes involve a selection of skills such as movement of arms and legs, rolling from front to back, blowing bubbles, floating and submerging.

■ **Venue: One Leisure St Ives Indoor**

Tuesday 28th August to Friday 31st August
10.30am to 11.00am (4+ months) £18.40 for 4 days
11.00am to 11.30am (18+ months) £18.40 for 4 days

Learn 2 Snorkel (8+ years)

Learn how to snorkel in a safe environment with qualified instructors. All equipment will be supplied. Participants must be able to swim 50 metres and be confident in deep water.

■ **Venue: One Leisure Huntingdon**

Tuesday 24th July to Friday 27th July
9.00am to 10.00am £19.20 for 4 days

■ **Venue: One Leisure Ramsey**

Tuesday 24th July, Thursday 2nd August, Monday 6th August, Friday 17th August and Tuesday 28th August
10.00am to 11.00am £4.80 per session

National Pool Lifeguard Qualification (NPLQ) (16+ years)

The National Pool Lifeguard Qualification (NPLQ) is the most widely recognised Lifeguard Qualification in the UK with over 33,000 Lifeguards gaining the NPLQ every year. This course is an excellent way to start working in the leisure industry and provides valuable skills which can be used throughout life.

The courses is £225 per person or £75 if you are in full time education and aged under 18 when course is completed.

■ **Venue: One Leisure Ramsey**

Monday 20th August to Friday 24th August
8.30am to 5.30pm See above for price

■ **Venue: One Leisure St Neots**

Every Tuesday and Wednesday from Tuesday 31st July to Wednesday 29th August
6.00pm to 10.00pm See above for price

Play Water Polo (6+ years)

Water polo is a fast-paced sport that combines swimming, basketball and football. It is great way to get in shape and improve your fitness. Led by a qualified coach who plays at BUSA level. Players must be confident swimmers, able to swim 50 metres and tread water.

■ **Venue: One Leisure St Neots**

Tuesday 24th July to Friday 27th July
9.00am to 10.00am £19.20 for 4 days

Monday 20th August to Friday 24th August
9.00am to 10.00am £24.00 for 5 days

Private Swimming Lessons

If you are unable to attend the swimming courses available or would prefer private tuition, all of the One Leisure sites can provide 1:1 and 2:1 swimming lessons on request.

1:1 private swimming lessons £16.00 per ½ hour
2:1 private swimming lessons £24.80 per ½ hour

Rookie Lifeguard (8+ years)

Rookie Lifeguard teaches valuable lifesaving skills, increases swimming confidence and develops survival skills, initiative, judgement, teamwork and leadership. Participants must be able to swim 50 metres and be confident in deep water.

■ **Venue: One Leisure Ramsey**

Wednesday 25th July and Wednesday 8th August
9.00am to 11.00am £9.60 per session

Monday 30th July to Wednesday 1st August
9.00am to 11.00am £28.80 for 3 days

■ **Venue: One Leisure Sawtry**

Monday 30th July to Friday 3rd August
9.00am to 10.00am £24.00 for 5 days

Swimming Crash Courses (3+ years)

During the summer holidays we will be running swimming crash courses suitable for beginners. Our qualified teaching staff follow the Swim4Life scheme to ensure that everyone gains confidence, develops technique and enjoys swimming. Please contact reception to ensure your child is booked into the correct class.

■ **Venue: One Leisure Huntingdon**

Monday 30th July to Friday 3rd August
4.00pm to 4.30pm (Steps 3 & 4) £23.00 for 5 days
4.30pm to 5.00pm (Steps 3 & 4) £23.00 for 5 days

Monday 6th August to Friday 10th August
4.00pm to 4.30pm (Steps 3 & 4) £23.00 for 5 days
4.30pm to 5.00pm (Steps 3 & 4) £23.00 for 5 days

■ **Venue: One Leisure Ramsey**

Tuesday 24th July to Friday 27th July
4.00pm to 4.30pm (Step 3) £18.40 for 4 days
4.30pm to 5.00pm (Step 4) £18.40 for 4 days

Monday 30th July to Friday 3rd August
4.00pm to 4.30pm (Step 3) £23.00 for 5 days
4.30pm to 5.00pm (Step 4) £23.00 for 5 days

Monday 6th August to Friday 10th August
4.00pm to 4.30pm (Step 3) £23.00 for 5 days
4.30pm to 5.00pm (Step 4) £23.00 for 5 days

Monday 13th August to Friday 17th August
4.00pm to 4.30pm (Step 3) £23.00 for 5 days
4.30pm to 5.00pm (Step 4) £23.00 for 5 days

Tuesday 28th August to Friday 31st August
4.00pm to 4.30pm (Step 3) £18.40 for 4 days
4.30pm to 5.00pm (Step 4) £18.40 for 4 days

■ **Venue: One Leisure Sawtry**

Monday 30th July to Friday 3rd August
9.00am to 9.30am (Step 3) £23.00 for 5 days
9.30am to 10.00am (Step 4) £23.00 for 5 days

Monday 6th August to Friday 10th August
9.00am to 9.30am (Step 3) £23.00 for 5 days
9.30am to 10.00am (Step 4) £23.00 for 5 days

Monday 13th August to Friday 17th August
9.00am to 9.30am (Step 3) £23.00 for 5 days
9.30am to 10.00am (Step 4) £23.00 for 5 days

Monday 20th August to Friday 24th August
9.00am to 9.30am (Step 3) £23.00 for 5 days
9.30am to 10.00am (Step 4) £23.00 for 5 days

■ **Venue: One Leisure St Ives Indoor**

Monday to Friday from Monday 30th July to Friday 10th August
10.30am to 11.00am (Step 3) £46.00 for 10 days
11.00am to 11.30am (Step 4) £46.00 for 10 days

Monday to Friday from Monday 13th August to Friday 24th August
10.30am to 11.00am (Step 3) £46.00 for 10 days
11.00am to 11.30am (Step 4) £46.00 for 10 days

■ **Venue: One Leisure St Neots**

Tuesday 24th July to Friday 27th July
9.00am to 9.30am (Steps 3 & 4) £18.40 for 4 days
9.30am to 10.00am (Steps 3 & 4) £18.40 for 4 days

Monday 6th August to Friday 10th August
9.00am to 9.30am (Steps 3 & 4) £23.00 for 5 days
9.30am to 10.00am (Steps 3 & 4) £23.00 for 5 days

Monday 20th August to Friday 24th August
9.00am to 9.30am (Steps 3 & 4) £23.00 for 5 days
9.30am to 10.00am (Steps 3 & 4) £23.00 for 5 days

Swimming Stroke Clinic (5+ years)

Coached lessons which focus on improving specific swimming strokes (front crawl, back crawl, breaststroke and butterfly) to improve your technique and develop additional skills. Participants must be able to swim a minimum of one length of their chosen stroke or achieved Swim4Life Step 6 or above.

■ **Venue: One Leisure Ramsey**

FRONT CRAWL Monday 13th August
BACK CRAWL Tuesday 14th August
BREASTSTROKE Wednesday 15th August
BUTTERFLY Thursday 16th August
10.00am to 11.00am £4.80 per session

■ **Venue: One Leisure Sawtry**

Monday 20th August to Friday 24th August
9.00am to 10.00am £24.00 for 5 days

Pool Timetables

Swimming Price List

Swimming at One Leisure is great value for money to enjoy individually or as a group with friends and family.

	ONE CARD	FULL PRICE
Swim Session (under 5's)	FREE	£1.00
Swim Session (5 to 15 years)	£2.40	£3.20
Floats Fun (5 to 15 years)	£2.70	£3.20
Inflatable Fun / Wipe Out (5 to 15 years)	£2.70	£3.20
Swim Session (16 to 59 years)	£3.50	£4.80
Swim Session (60+ years)	£3.20	£4.30
Family Swim Pass (2 adults and 2 children)	£10.00	£12.00
Aquafit / Aqua Zumba / Aquanatal	£4.50	£5.50

FREE swimming for under 5's

Children under 5 can swim for **FREE** at all of the One Leisure swimming pools. Parents must accompany their child in the water. You must produce your One Card every time you visit otherwise you will be required to pay the full price. Proof of age must be provided on request.

Advantage and Classic Members

Swimming is **FREE** at all of the One Leisure swimming pools for Advantage and Classic members. Children of Advantage members aged under 18 swim **FREE** as well.

Swim Passes

If you are a regular swimmer, you can save money with our great value Summer, 30 Day and Annual Swim Passes.

	ONE CARD	FULL PRICE
Summer Swim Pass (5 to 15 years)	£25.00	n/a
30 Day Swim Pass (5 to 15 years)	£18.50	n/a
30 Day Swim Pass (16+ years)	£27.50	n/a
Annual Swim Pass (5 to 15 years)	£155.00	n/a
Annual Swim Pass (16+ years)	£240.00	n/a

Summer Swim Pass

Entitles under 16's to 'unlimited swimming' at all of the One Leisure pools from Tuesday 24th July to Monday 3rd September. This pass can be purchased in advance. Excludes Swimming Courses, Water Polo, Aquafit and Aqua Zumba.

30 Day Swim Pass

Entitles you to 'unlimited swimming' at all of the One Leisure pools. This pass starts from the date of purchase. Excludes Aquafit, Aqua Zumba and Aquanatal classes.

Annual Swim Pass

Entitles you to 'unlimited swimming' at all of the One Leisure swimming pools. Excludes Aquafit, Aqua Zumba and Aquanatal classes.

2012 prizes to be won!

Swim at One Leisure from Monday 23rd July to Sunday 2nd September and you could be a winner! Each time you pay for a single swim session at One Leisure you will receive a Swim & Win scratchcard. Simply scratch and see if you have won!

There are 2012 prizes to be won which include 1001 FREE Swims, Annual Swim Passes, 30 Day Swim Passes, Family Swim Passes, Towels, Sports Bottles, 50% off Goggles plus the top prize of an Advantage Membership.

For terms and conditions please visit: www.oneleisure.net/swimandwin



One Leisure Huntingdon

Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

M	Adult Lanes 7.00 - 8.30	Adult Leisurely Swim 9.00 - 11.05 <small>(10.05am to 11.05am on 30th July & 6th August)</small>	Leo's Holiday Club 11.15 - 12.15	Adult Lanes 12.30 - 1.30	Floats Fun 1.40 - 2.55	Aquanatal 3.05 - 3.55	Public Swim 4.15 - 5.45	Public Swim + 1 Lane 6.00 - 6.55	Adult Lanes 7.00 - 8.55	
T	Lane Swim 7.00 - 8.30	Public Swim 8.45 - 10.00 <small>(except on 24th July, 31st July & 7th August)</small>	Leo's Holiday Club 10.15 - 11.15	Aquafit 11.30 - 12.20	Adult Lanes 12.30 - 1.30	Wipe Out Inflatable 1.45 - 3.15	Public Swim 3.30 - 5.55	Adult Lanes 6.00 - 7.25	Swimming Club 7.30 - 9.00	
W	Adult Lanes 7.00 - 8.30	Parents & U8's Inflatable 9.00 - 11.05 <small>(10.10am to 11.05am on 25th July, 1st August & 8th August)</small>	Leo's Holiday Club 11.15 - 12.15	Adult Lanes 12.30 - 1.30	Floats Fun 1.40 - 4.15	Public Swim + 1 Lane 4.30 - 6.55	Adult Lanes 7.00 - 8.55			
T	Lane Swim 7.00 - 8.30	Adult Leisurely Swim 8.45 - 10.30 <small>(except on 26th July, 2nd August & 9th August)</small>	Leo's Holiday Club 10.30 - 11.30	Adult Lanes 11.45 - 1.30	Wipe Out Inflatable 1.45 - 3.30	Public Swim 3.45 - 4.55	Adult Lanes 5.00 - 5.55	Aquafit 6.00 - 6.50	Ladies Lanes 7.00 - 7.55	Swimming Club 8.00 - 9.30
F	Adult Lanes 7.00 - 8.30	Public Swim 8.45 - 10.30 <small>(except on 27th July, 3rd August & 10th August)</small>	Leo's Holiday Club 10.45 - 11.45	Adult Lanes 12.00 - 1.30	Floats Fun 1.40 - 3.00	Adult Leisurely Swim 3.10 - 4.45	Public Swim 5.00 - 6.25	Adult Lanes 6.30 - 7.30	Public Swim + 2 Lanes 7.30 - 8.30	
S	Adult Lanes 8.30 - 9.55	Parents & Under 8's Inflatable 10.05 - 11.05	Public Swim 11.15 - 12.45	Wipe Out Inflatable 1.00 - 2.30	Floats Fun 2.45 - 3.45	Party Hire 4.05 - 4.55	Party Hire 5.05 - 5.55	Adult Lanes 6.00 - 7.00		
S	Adult Lanes 8.30 - 10.30	Parents & Under 5's 10.35 - 12.10	Floats Fun 12.15 - 1.45	Public Swim 1.50 - 3.55	Adult Lanes 4.00 - 4.55	Public Swim 5.00 - 5.55	Adult Lanes 6.00 - 7.00			

Children under 8 must be accompanied by an adult (18+) in the water. No more than two under 8's allowed with each adult. Children over 8 must use the correct changing room according to their gender. Swims may be limited to 45 minutes. During busy periods a call-out system operates. A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability. Under 8's, non-swimmers or children who cannot swim 50 metres are not allowed to attend the Wipe Out Inflatable sessions.

One Leisure Ramsey

Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

M	Early Birds 6.30 - 8.55	Swimming Courses 9.00 - 11.00	Parents & Under 8's 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.45	Swimming Courses 4.00 - 5.00	Public Swim 5.00 - 7.15	Aquafit (Ladies Only) 7.20 - 8.10	Lane Swim 8.15 - 9.30
T	Early Birds 6.30 - 8.55	Swimming Courses 9.00 - 11.00	Aquafit 11.05 - 11.55	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.45	Swimming Courses 4.00 - 5.00	Public Swim 5.00 - 7.00	Disabled & Adult Swim 7.00 - 8.00	Adult Lessons 8.00 - 9.30
W	Early Birds 6.30 - 8.55	Swimming Courses 9.00 - 11.00	Parents & Under 8's 11.00 - 12.00	Aquafit (Ladies Only) 12.05 - 12.55	Public Swim 1.15 - 3.45	Swimming Courses 4.00 - 5.00	Floats Fun 5.00 - 7.15	Aquafit (Ladies Only) 7.20 - 8.10	Lane Swim 8.15 - 9.30
T	Early Birds 6.30 - 8.55	Swimming Courses 9.00 - 11.00	Public Swim 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.45	Swimming Courses 4.00 - 5.00	Public Swim 5.00 - 7.00	Aqua Zumba 7.05 - 7.55	Lane Swim 8.00 - 9.00
F	Early Birds 6.30 - 8.55	Swimming Courses 9.00 - 11.00	Public Swim 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.45	Swimming Courses 4.00 - 5.00	Public Swim + 1 Lane 5.00 - 8.00		
S	Lane Swim 7.30 - 8.30	Parents & Under 8's 9.30 - 10.30	Private Use 10.30 - 12.00	Party Hire 12.00 - 1.00	Party Hire 1.00 - 2.00	Floats Fun 2.00 - 3.30	Party Hire 3.30 - 4.30	Swimming pool closes at 4.30pm	
S	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00	Parents & Under 5's 11.00 - 11.45	Party Hire 12.00 - 1.00	Floats Fun 1.15 - 2.45	Public Swim + 1 Lane 3.00 - 4.30	Swimming pool closes at 4.30pm		

Children under 8 must be accompanied by an adult (18+) in the water. No more than two under 8's allowed with each adult. During busy periods a call-out system operates. Swims may be limited to 45 minutes. A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool is at the lifeguards discretion and will be judged on swimming ability.

One Leisure Sawtry

Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

M	Early Birds 6.30 - 8.45	Swimming Courses 9.00 - 10.00	Adult Swim 10.00 - 11.00	Public Swim 11.00 - 1.00	Floats Fun 1.15 - 3.45		Public Swim + 1 Lane 4.00 - 6.30	Aquafit 6.30 - 7.20	Lane Swim 7.30 - 8.30
T	Early Birds 6.30 - 8.45	Swimming Courses 9.00 - 10.00	Leapz & Boundz Holiday Club 10.30 - 11.15	Public Swim 11.30 - 1.15	Leapz & Boundz Holiday Club 1.30 - 2.15	Floats Fun 2.30 - 4.00	Public Swim + 1 Lane 4.00 - 7.45 (4pm to 6pm on 24th July, 31st July and 28th August)		Lane Swim 7.45 - 8.45
W	Early Birds 6.30 - 8.45	Swimming Courses 9.00 - 10.00	Adult Swim 10.00 - 11.15	Public Swim 11.30 - 1.15	Inflatable Fun 1.30 - 3.45		Public Swim 4.00 - 6.00	Aqua Zumba 6.30 - 7.20	Public Swim 7.00 - 8.30
T	Early Birds 6.30 - 8.45	Swimming Courses 9.00 - 10.00	Leapz & Boundz Holiday Club 10.30 - 11.15	Adult Swim 11.30 - 1.15	Leapz & Boundz Holiday Club 1.30 - 2.15	Floats Fun 2.30 - 5.00	Public Swim 5.15 - 8.00	Lane Swim 8.00 - 9.30	
F	Early Birds 6.30 - 8.45	Swimming Courses 9.00 - 10.00	Floats Fun 10.15 - 11.45	Private Use 12.00 - 1.00	Adult Swim 1.00 - 2.00	Inflatable Fun 2.15 - 3.45	Public Swim 4.00 - 7.30 (4pm to 6pm on 27th July, 3rd August and 31st August)		Lane Swim 7.30 - 8.30
S	Adult Lanes 8.30 - 9.30	Private/ Party Hire 9.45 - 10.45	Parents & Under 8's 11.00 - 12.00	Private/ Party Hire 12.15 - 1.15	Floats Fun 1.30 - 3.00	Public Swim + 1 Lane 3.15 - 4.15	Swimming pool closes at 4.15pm		
S	Classic Swim 8.00 - 9.00	Family Fun 9.00 - 12.00		Public Swim + 1 Lane 12.00 - 1.00	Private/ Party Hire 1.15 - 2.15	Floats Fun 2.30 - 4.00	Swimming pool closes at 4.00pm		

Children under 8 must be accompanied by an adult (18+) in the water. No more than two under 8's allowed with each adult. During busy periods a call-out system operates. Swims may be limited to 45 minutes. The inflatable is not suitable for non swimmers or children wearing swimming aids. Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability.

One Leisure St Ives Indoor

Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

M	Early Birds + 2 Lanes 7.00 - 9.25	Swimming Courses 9.30 - 10.30	Public Swim 10.35 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Floats Fun 1.30 - 3.25	Public Swim 3.30 - 7.25	Adult Lanes 7.30 - 8.55	Adult Lessons & Lifeguard Training 9.00 - 10.00	
T	Early Birds + 2 Lanes 7.00 - 9.25	Swimming Courses 9.30 - 10.30	Floats Fun 10.35 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Public Swim 1.30 - 3.15	Wipe Out Inflatable 3.30 - 4.20	Public Swim 4.30 - 7.10	Aquafit 7.15 - 8.10	Adult Lanes 8.20 - 10.00
W	Early Birds + 2 Lanes 7.00 - 9.25	Swimming Courses 9.30 - 10.30	Public Swim 10.35 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Floats Fun 1.30 - 3.25	Public Swim 3.30 - 7.55	Adult Lanes 8.00 - 10.00		
T	Early Birds + 2 Lanes 7.00 - 9.25	Swimming Courses 9.30 - 10.30	Floats Fun 10.35 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Public Swim 1.30 - 3.15	Wipe Out Inflatable 3.30 - 4.20	Public Swim 4.30 - 7.10	Aquafit 7.15 - 8.10	Adult Lanes 8.20 - 10.00
F	Early Birds + 2 Lanes 7.00 - 9.25	Swimming Courses 9.30 - 10.30	Public Swim 10.35 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Floats Fun 1.30 - 3.25	Public Swim 3.30 - 7.55	Adult Swim + 1 Lane 8.00 - 9.30		
S	Adult Early Birds 7.30 - 8.55	Public Swim 9.00 - 12.25		Adult Leisurely Swim 12.30 - 1.25	Floats Fun 1.30 - 3.55	Wipe Out Inflatable 4.05 - 4.50	Party Hire 5.00 - 5.55	Party Hire 6.00 - 6.55	Party Hire 7.00 - 7.55
S	Adult Early Birds 7.15 - 9.10	Family Fun 9.15 - 12.25		Adult Lanes 12.30 - 1.25	Floats Fun 1.30 - 3.55	Swimming Club 4.00 - 6.00	Adult Lanes 6.05 - 8.00		

Children under 8 must be accompanied by an adult (16+) in the water. No more than two under 8's allowed with each adult. Children over 8 must use the correct changing room according to their gender. Swims may be limited to 45 minutes. During busy periods a call-out system operates. A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability. Under 8's, non-swimmers or children who cannot swim 50 metres are not allowed to attend the Wipe Out Inflatable sessions.

One Leisure St Neots

Tuesday 24th July to Monday 3rd September (closed on Monday 27th August)

M	Early Birds 7.00 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.00 - 11.20	Dr Croc's Holiday Club 11.30 - 12.30	Adult Lanes and Parents & Under 8's 12.45 - 1.55	Floats Fun 2.00 - 5.55	Public Swim + 2 Lanes 6.00 - 8.15	Aquafit 8.15 - 9.05	Adult Lanes 9.05 - 10.05	
T	Early Birds 7.00 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.00 - 11.20	Dr Croc's Holiday Club 11.30 - 12.30	Adult Lanes and Parents & Under 8's 12.45 - 1.55	Floats Fun 2.00 - 5.55	Public Swim + 2 Lanes 6.00 - 7.55 (6pm to 6.55pm on 24th July)	National Pool Lifeguarding Qualification (NPLQ) Please contact reception for further information		
W	Early Birds 7.00 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.00 - 11.20	Dr Croc's Holiday Club 11.30 - 12.30	Adult Lanes and Parents & Under 8's 12.45 - 1.55	Floats Fun 2.00 - 5.55	Public Swim + 2 Lanes 6.00 - 7.55 (except 25th July)	Aquafit 8.05 - 8.55	Staff Training 9.00 - 10.00	
T	Early Birds 7.00 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.00 - 11.20	Dr Croc's Holiday Club 11.30 - 12.30	Adult Lanes and Parents & Under 8's 12.45 - 1.55	Floats Fun 2.00 - 7.55		Adult Lanes 8.00 - 8.55		
F	Early Birds 7.00 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.00 - 11.20	Dr Croc's Holiday Club 11.30 - 12.30	Adult Lanes and Parents & Under 8's 12.45 - 1.55	Floats Fun (+ 1 lane added at 6.30pm) 2.00 - 7.55		Adult Lanes 8.00 - 8.55		
S	Early Birds 8.00 - 8.55	Public Swim + 1 Lane 9.00 - 1.00 (11am to 1pm on 18th August)		Swims for FREE on 18th August*		Floats Fun 1.00 - 4.55	Party Hire 5.00 - 5.50	Party Hire 6.00 - 6.50	Party Hire 7.00 - 7.50	Party Hire 8.00 - 8.50
S	Sunday Swim (includes a small inflatable in the pool) 8.00 - 12.55 (8am to 11.55am on 29th July and 2nd September)				Inflatable Fun 1.15 - 4.45 (2.10pm to 4.45pm on 29th July and 2nd September)		Party Hire 5.00 - 5.50	Party Hire 6.00 - 6.50	Disabled & 40+ Swim 7.00 - 8.55	

Children under 8 must be accompanied by an adult (16+) in the water. No more than two under 8's allowed with each adult. During busy periods a call-out system operates. Swims may be limited to 45 minutes. Inflatable Fun is not suitable for non swimmers or children wearing swimming aids. Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability. * Free swimming is available on Saturday 18th August, 11.00am to 4.55pm as part of an open day event at One Leisure St Neots.

Adult Early Birds / Adult Lanes / Ladies Lanes

Adult only sessions where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Adult Swim / Adult Leisurely Swim

Informal swimming sessions for 16+ years.

Aquafit

A fun and energetic workout in the pool using the resistance of the water for all over toning.

Aquanatal

A gentle class in the pool for expectant and new mothers.

Aqua Zumba

Aqua Zumba incorporates all the fun of Zumba high-intensity dance movements with the gentle support of the water.

Classic Swim

An adult swim to the relaxing sounds of classical music.

Disabled & Adult Swim

A relaxed session for adults and disabled swimmers.

Early Birds

Public swimming sessions for all ages.

Family Fun

A family only session for parents and younger children to enjoy their time in the water together.

Floats Fun

A fun time for all with floats and rafts in the water.

Inflatable Fun

Slippery fun for all with an inflatable in the water.

Lane Swim

Public sessions for all ages where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Parents & Under 8's Inflatable

Slippery fun in the pool on the small inflatable for parents and under 8's.

Parents & Under 5's / Parents & Under 8's

A fun playtime session for parents and children where armbands and water toys are included.

Public Swim

Public swimming sessions for all ages.

Wipe Out Inflatable

Slippery fun in the pool on the Wipe Out inflatable. Not suitable for under 8's, non swimmers or children who cannot swim 50 metres.

Sunday Swim

Sunday swim open to all which includes a small inflatable in the pool for children.