

# Children's Summer Holiday Activities

Thurs 24th July – Mon 1st September



## Family Splash

2.00 - 3.30pm  
every Tuesday & Thursday  
2.30 - 4.00pm  
every Saturday

### FAMILY TICKETS AVAILABLE

children under 8 years must be accompanied by  
an adult (maximum 2 under 8's per adult)

Malden Centre  
Blagdon Road, New Malden  
020 8336 7770  
[enquiries@themaldencentre.co.uk](mailto:enquiries@themaldencentre.co.uk)  
[www.themaldencentre.co.uk](http://www.themaldencentre.co.uk)



# Tots Funtime      Activity Sessions (4 – 12 years)

## Tots Funtime

For toddlers with parents\*. A chance to let off steam in the safety of our Studio with a selection of soft play equipment, apparatus and mini inflatable.

**1 hour Drop in sessions, not bookable in advance.**

Tickets are limited and are sold 15 minutes before each session. For safety reasons a maximum of 14 children may use the equipment at any one time. These sessions are not suitable for children over 104cm tall.

Mondays\* 1.30pm, 2.30pm  
Wednesday 2.30pm, 3.30pm  
Friday 1.30pm, 2.30pm  
Saturday 2.00pm

\*Tots Funtime will not be running on Monday 25th August

Cost £3.00 per session

\*This is not a drop off session, parents must remain with their children at all times.



## HOW TO BOOK

Enrolments for all activities can be made in person at the Malden Centre. Courses and workshops can be booked by telephone with credit or debit card on 020 8336 7770, between 9am - 9pm Monday - Wednesday, 9am - 7.30pm Thursday, 9am - 4pm Friday, 9.30am - 5.30pm Saturday & 9.30 - 4.30pm Sunday. Fun Sessions and Supersessions must be booked in person as a parental consent form needs to be signed. Booking available from Wednesday 18th June 2014

## REFUND POLICY

Please note: we may have to cancel courses if there are insufficient numbers (refunds will be given). These are the only circumstances when refunds are available. If a child is unable to attend due to illness a credit note will be issued provided the place is resold. A doctors note may be required. Credit notes will not be issued for any other reason.

## Activity Sessions

Thursday 24th July – Monday 1st September (Excludes Monday 25th August)

### Fun Sessions (4 – 7 years)

For 4-7 year olds, bookable in advance. A flexible programme bookable by the session. Activities include a selection from sports, games, quizzes, arts and crafts, bouncy castle and a fun swim in the teaching pool. Cost is per session.

<b>Morning Only</b>	
8.00am – 12.30pm	£10.75
<b>Afternoon Only</b>	
1.30pm – 5.45pm	£10.75
<b>All Day Session</b>	
8.00am – 5.45pm	£21.95

### Supersessions (8 – 12 years)

8 – 12 year olds, bookable in advance. Especially designed for older children with swimming, sports, games, arts and crafts – no 2 days are the same!

<b>Morning Only</b>	
8.00am – 12.30pm	£10.75
<b>Afternoon Only</b>	
1.30pm – 5.45pm	£10.75
<b>All day sessions</b>	
8.00am – 5.45pm	£21.95



## Fun and Super Sessions – Notes for Parents

- Children staying all day need to bring a packed lunch or parents should order lunch at the Centre Café.
- Swimming gear is needed for ALL ACTIVITY sessions. Children staying all day may swim twice.
- Children attending Super Sessions may join the Fun Sessions for part of the afternoon activities.
- Please sign the Parental Consent (on booking form)  
If you would like copies of any of our childcare policies, please ask at reception.



# Junior Workshops

## Mini Workshops

### Mini Creators (3 – 5 years without parents)

9.30am-11.30am

#### Mini Arts & Crafts

Tues 29 July	£9.50
Tues 5 August	£9.50
Tues 12 August	£9.50
Tues 19 August	£9.50

#### Mini Messy Play

Wed 30 July	£9.50
Wed 6 August	£9.50
Wed 13 August	£9.50
Wed 20 August	£9.50

#### Mini Chefs

Thurs 30 July	£9.50
Thurs 7 August	£9.50
Thurs 14 August	£9.50
Thurs 21 August	£9.50

### Mini Sports (3 – 5 years without parents)

1.00pm - 2.00pm

#### Mini Dance

Thurs 31 July	£5
Tues 5 August	£5

10.00am -11.00am

#### Mini Tennis

Tues 12 August	£5
Tues 19 August	£5

### Mini Creators.

For 3-5 year olds without parents attending. Mini Chefs will learn different cooking skills such as cutting, rolling, grating and decorating. Please bring an apron and a container to take your goodies home in. Mini Arts & Crafts will have lots of fun creating, cutting and sticking. Mini Messy Play enjoys getting messy with paints, sand, water and foam. Please wear appropriate clothes for all of the above activities.

### Mini Sports

For 3-5 year olds without parents attending. During these 1 hour sessions children will use fun games and exercises to get moving, keep fit and learn about a new sport. Please wear clothes that are easy to move in. Trainers should be worn.



### Junior Workshops (6 – 12yrs) (2.00pm – 4.00pm Daily)

<b>Busy Lizzy Ceramic Plates</b>	£12.50
Tuesday 29 <sup>th</sup> July	
<b>Streetdance</b>	£12.50
Thursday 31st July	
<b>Street Dance</b>	£12.50
Tuesday 5th August	
<b>Busy Lizzy Textile Design T-Shirts</b>	£12.50
Tuesday 5 <sup>th</sup> August	
<b>Busy Lizzy Textured Canvas Painting</b>	£12.50
Tuesday 12th August.	
<b>Busy Lizzy Sculpture Frames</b>	£12.50
Tuesday 19th August.	
<b>Busy Lizzy Heart Button Canvas</b>	£12.50
Thursday 28th August	

### Junior Workshops Descriptions

**Busy Lizzy Ceramic Plates** – Design and paint your favourite character on your unique plate. Learn how to use a banding wheel. Use a selection of colours and 3 D liners to add texture with great results. All plates will be glazed and fired and returned the following Tuesday to collect from reception. [www.busylizzycrafts.co.uk](http://www.busylizzycrafts.co.uk)

**Busy Lizzy Textile Design T-Shirts** – Learn how to create an exciting image on a T-shirt with the use of stencils as a starting point. Paint with a selection of vibrant colours and metallic fabric paints. Texture is added with the use of 3d puffs paints. T- shirts will be professionally finished and returned the following Tuesday to collect from reception. [www.busylizzycrafts.co.uk](http://www.busylizzycrafts.co.uk)

**Busy Lizzy Textured Canvas Painting** – Design and create a textured picture on a canvas exploring and using a variety of successful painting techniques with paints, textured paste, sand, 3D liners and sequence. [www.busylizzycrafts.co.uk](http://www.busylizzycrafts.co.uk)

**Street Dance** – Experience a new way to combine fitness and fun with our Dance Instructor Kim. Learn new moves to take to the dance floor. Suitable for boys and girls.

**Busy Lizzy Sculpture Frames** - Create a colourful detailed frame with 3D sculptures from your imagination with a great colour range to chose from. Learn how to model make using a variety of tools to create wonderful texture within the detailed piece. [www.busylizzycrafts.co.uk](http://www.busylizzycrafts.co.uk)

**Busy Lizzy Heart Button Canvas** - Design and shape your heart and learn how to sew a wonderful selection of colourful buttons on successfully to the canvas to create an amazing effect. Featuring seed beads and vibrant metallic paint. [www.busylizzycrafts.co.uk](http://www.busylizzycrafts.co.uk)



# Summer Courses



# Sports Courses

## Summer Papercraft

6 – 10yrs **£42**  
10.00am – 12.00noon  
Mon 28th July – Fri 1st August

Discover the world of paper crafting and rubber stamping. Learn various crafting techniques and skills and make your own greeting cards and 3d projects. Different projects made every day. Come along, join in the fun and be creative!

## Badminton

7yrs + **£22.50**  
10am - 11am  
Mon 4th August - Fri 8th August

Come and try our new Badminton sessions. Learn the basic strokes from serving, overheads and net shots, to drops, smashes and backhands. Learn the rules of the game and how to score. Please wear trainers, rackets can be provided.

## Gymnastics

2 – 4yrs 10:00am – 11:00am **£25**  
4 – 7yrs 11:00am – 12:00noon **£25**  
on 28th July – Fri 1st August

An introduction to gymnastics. Concentrating on groundwork in balance and floor exercises, simple rolls, flexibility and co-ordination with a variety of equipment.

## Trampolining

4 – 6yrs 2.00pm – 3.00pm **£20**  
7 – 11yrs 3.00pm – 4.00pm **£20**  
Mon 4th August – Wed 6th August or  
Wed 27th August – Fri 29th August

A three day taster session with our Trampolining Instructor designed to help your child gain confidence on the trampoline. Please wear socks to the session, all jewellery must be removed.

## Drama Week

5 – 7yrs 10.30am – 12.30pm **£35**  
8 – 12yrs 1.00pm – 3.00pm **£35**  
Mon 18th August – Fri 22nd August

For 5-7 year olds an energetic five day drama workshop where we will play games, become different characters, sing and dance. Children will have the opportunity to be creative, build in confidence and have lots of fun! For 8-12 year olds we will have fun working on a mini musical, using material from a west end show. We will learn dance routines and songs and use our imaginations to develop characters and create drama. Both courses are taught by our Drama Tutor Anna Bonnet who has both stage and film acting experience.

## Pottery

7yrs + 10.00am – 12.00noon **£42**  
7yrs + 1.00pm – 3.00pm **£42**  
Mon 18th August – Fri 22nd August

Learn and enjoy working with clay. Children will learn hand building methods from pinch pots to coiling and clay modelling techniques. Items will be dried and fired and ready for collection at the end of the holidays. Please bring a PVC apron and wear old clothes. All materials will be provided.

## Football Skills

5 – 7yrs **£22.50**  
2.00pm – 3.00pm  
Mon 11th August – Friday 15th August

Held indoors, come and learn the essential skills with plenty of chances to put it all into action in some fun mini matches.



## Disco Dots

3 – 5yrs 3.00pm – 4.00pm **£22.50**  
Mon 11th August – Fri 15th August

A chance for younger children to learn fun routines and play interactive dance games, while learning to be creative.

## Street Dance

5 – 7 yrs 1.00pm – 2.00pm **£22.50**  
8yrs+ 2.00pm – 3.00pm **£22.50**  
Mon 11th August – Fri 15th August

A great session where children can have fun and keep fit. Children will learn routines set to the latest hip hop tunes. Suitable for boys and girls.

## Swimming Ability Guide

**Beginners** - 3-4yr, Child, Junior. Suitable for children who are non swimmers and who can not yet swim unaided. Choose class according to age group.

**Child Beginner Plus** - for children who can swim 5m front crawl and backstroke, unaided. To develop stroke technique.

**Junior Improver** - for children who can swim 10m front crawl and backstroke. To develop stroke technique.

**Introduction to Main Pool** - for children who can swim 10m front crawl and backstroke. To develop stamina and stroke technique.

**Intermediates (Main Pool)** - for children who can swim 25m front crawl and backstroke. To develop stamina and stroke technique.

# Swimming Courses



## Swimming Courses

We have a wonderful choice of intensive courses, suitable for all age groups and abilities. Please check the ability guide before enrolling (see pages 7 & 8.) All Swimming Academy members receive 25% discount on the non member rate.

### Week One

Monday 28th July – Friday 1st August  
(Non-member £37.75 / member £33.30)

#### Teaching Pool

Beginners 3 – 4yr	8.30am – 9.00am
Beginners 3 – 4yr	9.00am – 9.30am
Child Beginners 5yrs+	9.30am – 10.00am

#### Main Pool

Intro to Main Pool	9.00am – 9.30am
Intermediates (Main Pool)	9.30am – 10.00am

### Week Two

Monday 4th – Friday 8th August  
(Non-member £37.75 / member £33.30)

#### Teaching Pool

Beginners 3 – 4yr	8.30am – 9.00am
Child Beginners 5yr+	9.00am – 9.30am
Child Beginner Plus	9.30am – 10.00am

#### Main Pool

Junior Improvers	9.00am – 9.30am
Rookie Lifeguard	9.30am – 10.00am

### Week Three

Monday 11th – Friday 15th August  
(Non-member £37.75 / member £33.30)

#### Teaching Pool

Beginners 3 – 4yr	8.30am – 9.00am
Beginners 3 – 4yr	9.00am – 9.30am
Child Beginners 5yr+	9.30am – 10.00am

#### Main Pool

Intro To Main Pool	9.00am – 9.30am
Intermediates (Main Pool)	9.30am – 10.00am

### Week Four

Monday 18th – Friday 22nd August  
(Non-member £37.75 / member £33.30)

#### Teaching Pool

Beginners 3 – 4yr	8.30am – 9.00am
Child Beginners 5yr+	9.00am – 9.30am
Child Beginners Plus	9.30am – 10.00am

#### Main Pool

Junior Improvers	9.00am – 9.30am
Butterfly/Breaststroke Clinic	9.30am – 10.00am

### Week Five

Tuesday 26th – Friday 29th August  
(Non-member £30.20 / member £27.18)

#### Teaching Pool

Beginners 3 – 4yr	8.30am – 9.00am
Beginners 3 – 4yr	9.00am – 9.30am
Child Beginners 5yr+	9.30am – 10.00am

#### Main Pool

Intro to Diving	9.00am – 9.30am
Rookie Lifeguard	9.30am – 10.00am



## Swimming Ability Guide

**Intro to Diving** - for children who can swim a minimum 25m front crawl and backstroke and who are deep water confident. To learn basic diving techniques and to dive off blocks.

**Junior Stroke Clinic - Butterfly/Breaststroke Clinic** For children who can swim 10m butterfly and understand the components of breaststroke. Focuses on developing stroke technique and introducing timing and breathing. Children **MUST** be deep water confident.

**Rookie Lifeguard** - this course is designed to give confidence in saving lives using lifesaving techniques. Swimmers **MUST** be able to swim 100m in clothing in 3.5 minutes.

