

# Angel Centre Holiday Club

Wednesday 25 July to Friday 31 August

tmactive

## SPORTS COACHING SESSIONS FOR 8-12 YEAR OLDS

£6.70 MEMBER | £7.90 NON MEMBERS

These Sports Coaching sessions introduce basic skills and development in a range of sporting activities through fun drills and games. Work on the skills you have already or try a completely new sport with our qualified coaches. All great athletes start somewhere and a future Olympian or International Cap may be born here. Spaces are limited so book early to avoid disappointment.

### TENNIS

Friday 10 August @12.30pm & Wednesday 15 August @1pm

Do you enjoy Wimbledon? Join our qualified coach to learn the skills required to play this exciting sport. The first hour is to learn and develop skills and the second hour will put your new knowledge to the test as well as give you the chance to enjoy a match on our "Centre court".

### FOOTBALL

Thursday 16 & 30 August @12.30pm

Inspired by the Premier League and the World Cup? Then show off your ball control and blast past defenders at our fun and enjoyable session. In the first half, our qualified coaches will help you cultivate your passing, dribbling, tackling and shooting skills to then demonstrate these in a match situation in the second half. On 30 August, join us for extra time for a medal ceremony!

### BADMINTON

Tuesday 14 & 28 August @1pm

Our qualified coach will teach this traditional sport through a series of high-energy, interactive court activities, which place the emphasis on fun as well as formal skills. With in-session music, this is a great way to learn and play this popular game. 2 hours.

## INTENSIVE SWIMMING LESSONS & JUNIOR GOLF CAMPS

Tonbridge Swimming Pool will be running new **Swim Like a Mermaid/Shark** and **Fun** sessions, as well as intensive swimming courses, one to one and one to two lessons. Details of these sessions can be found on [www.tonbridgepool.co.uk](http://www.tonbridgepool.co.uk).



If you would like to get into golf and are aged 7-14 years, Poulton Wood will be running Junior Summer Golf Camps from 30 July to 31 August. Join us for half a day, a full day or the whole week! Our experienced PGA professionals run these entertaining sessions on the driving range and 9 Hole Course, all equipment is provided. You can drop in for one session or join us for the week.

**Half Day £25 | £100 for the week. Full Day £40 | £160 for the week. If you would like to attend please book in advance on 01732 364039.**

get active, stay active.

## DROP IN FUN SESSIONS

Member £4.90 | Non Member £6.20

Our 2 hour Drop in Fun sessions offer active, high energy activities for 5 to 12 year olds. No booking required just turn up and join. These sessions are FREE to KickStart Members.

**ROLLER FUN** 25 July & 13 Aug @ 1.30pm, 30 July, 3, 6, 9 & 17 Aug @10.30am, 23 & 24 Aug @ 9.30am

Our popular Roller Fun sessions will be running weekly throughout the holiday. Put your skates on and take part in our organised games and activities. Come and show off your best dance moves during the roller disco session (safety helmets must be worn).

**ACTIVE SESSIONS** 27 July & 1, 8, 20, 22 & 29 Aug @1.30pm & 2 Aug @10am

Experience a range of activities during this high energy session. Spend a lively two-hours on our inflatables and trampolines and competing in multi-sport activities & action games.

**BALL GAMES** 26 July @12.30pm, 31 July @1.30pm, 7 Aug @1pm, 10 Aug @10am & 21 Aug @2pm

Enjoy 90 minutes of high-energy games, come and take part in both team and individual ball games.

**END OF SUMMER PARTY** Friday 31 Aug @12 noon

Our End of Summer Party offers you the chance to listen to some great music while you enjoy a host of themed party games and sports.

# Great outdoor fun all season long

Our heated Outdoor Pool is a great place to meet friends, enjoy a splashing time and grab something delicious to eat! Swimming lessons running throughout the summer holiday for Stage 1, 2 and learn 2 Swim 7 Years+.

**Jump in and join us!**

New Be a Mermaid sessions running this summer!

01732 367449  
[www.tonbridgepool.co.uk](http://www.tonbridgepool.co.uk)

**tmactive**  
TONBRIDGE SWIMMING POOL

# Angel Centre Booking Form & Medical Information

Please complete this form and take it to Reception along with your payment.

Personal Details			
Child's Name	_____	DOB	_____ Age _____
Address	_____		
	_____	Postcode	_____
Membership No	_____	Tel	_____ Email _____

## SELECT YOUR SESSIONS

Simply put a tick next to your selected session(s).

SPORTS COACHING SESSIONS		
TENNIS	Friday 10 August	Wednesday 15 August
FOOTBALL	Thursday 16 August	Thursday 30 August
BADMINTON	Tuesday 14 August	Tuesday 28 August

2 HOUR DROP IN FUN SESSIONS									
These 2 hour Drop In Fun sessions are free to all KickStart Members									
ROLLER FUN	25 July	30 July	3 Aug	6 Aug	9 Aug	13 Aug	17 Aug	23 Aug	24 Aug
ACTIVE SESSIONS	27 July	1 Aug	2 Aug	8 Aug	20 Aug	22 Aug	29 Aug		
BALL GAMES	26 July	31 July	7 Aug	10 Aug	21 Aug				
END OF SUMMER PARTY	31 Aug								

## EXCEL GYM SESSIONS

An extended programme of EXCEL Gym sessions for 11 to 16 year olds will take place during the summer period. Sessions will run from 11am to 6pm weekdays and 8am to 7pm at the weekend. Those taking part need to ensure that they have had a Gym Induction and a Competency Certificate. For full details please visit our website [www.angelcentre.co.uk](http://www.angelcentre.co.uk).

## IMPORTANT INFORMATION

- Children attending must have a completed and signed medical form.
- Children leaving an activity with an adult must have prior consent.
- Children must be appropriately dress for activities and must be collected promptly at the end of each session.
- It is advisable that children bring a drink with them.
- The Centre is not responsible for children's belongings.
- Please be aware that the parents/guardians of any children who consistently misbehave will be notified and asked to take action to prevent recurrence.
- Continuous disruptive or unacceptable behaviour by any child will result in them being asked to leave the activities.
- All activities are subject to availability and we reserve the right to cancel any activity due to adverse weather conditions, or if there is insufficient interest shown.

**Please give details of any known medical conditions/current medication/allergies our staff should be aware of**

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**Please indicate if the above medical conditions may require immediate emergency medical treatment.** Yes  No

Doctor's Name \_\_\_\_\_ Tel \_\_\_\_\_

Surgery Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I agree to my child participating in the Angel Centre Holiday Activities and understand the nature of the activities involved. In the event that I, as parent/guardian, cannot be reached in an emergency when my child is at the Centre, I agree to medical and dental treatment being given to my child. This may also include the administration of a general anesthetic or surgical operation in the case of a medical emergency. Any such action will be in accordance with the recommendation of a qualified medical practitioner.

**Parent/Guardian**

Signed \_\_\_\_\_ Print \_\_\_\_\_

Date \_\_\_\_\_ Emergency Tel \_\_\_\_\_

**Angel Centre**  
Angel Lane, Tonbridge, Kent, TN9 1SF  
Tel: 01732 359966 [www.angelcentre.co.uk](http://www.angelcentre.co.uk)  
Email: [angel.leisurecentre@tmactive.co.uk](mailto:angel.leisurecentre@tmactive.co.uk)

**Tonbridge  
& Malling  
Leisure Trust**  
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partnership with:*

