

Sports Development's February Half Term Timetable

Activities for young people aged 4-16 yrs

All activities run everyday throughout half term

Monday 15th to Friday 19th February






Time	Sport	Who	Where	What to expect	What you need	Cost
9- 10.30am (Mon- Fri)	Sports Hall Athletics and Fundamentals Marshall MK Athletics Club	4- 7 years	Sports Hall, Oakgrove Leisure Centre	Fundamentals will teach participants how to run, jump, catch, and throw and introduce young participants to the skills of athletics in a FUN way! Participants will also be invited to join the club.	Wear a T shirt and shorts as you will be doing a lot of running around! Make sure you bring a drink too!	£15
10.30- 12.30pm (Mon- Fri)	Sports Hall Athletics MK Marshall Athletics Club	8- 13 years	Sports Hall, Oakgrove Leisure Centre	Participants will compete in all events possible indoor, including jumps, throws and sprints. All abilities welcome!! All participants will be invited to join the club.	Wear trainers, a T shirt and shorts as you will be doing a lot of running around! Make sure you bring a drink too!	£20
11- 12.00pm (Mon- Fri)	FAME! Dance Academy	4- 8 years	Sports Hall, Tattenhoe Pavilion	Introducing dance in a fun way! Participants will learn moves from the film and learn a full routine to perform to parents on the last day!	Wear whatever you feel comfortable to dance in! On the last day you need to wear lots of bright colours for your performance! Remember a drink!	£10
12- 1.00pm (Mon- Fri)	FAME! Dance Academy	9- 13 years	Sports Hall, Tattenhoe Pavilion	Open to all abilities! Participants will learn moves from the film and learn a full routine to perform to parents on the last day!	Wear whatever you feel comfortable to dance in! On the last day you need to wear lots of bright colours for your performance! Remember a drink!	£10

Time	Sport	Who	Where	What to expect	What you need	Cost
12.30pm - 1.30pm (Mon - Fri)	Badminton	13- 17 years	Sports Hall, Oakgrove Leisure Centre	Come and play badminton with your friends and learn new skills! Professional coach to offer hints and tips!	Shorts, T shirt and trainers. And don't forget to bring a drink!	£10
1.30pm - 2.30pm (Mon - Fri)	Badminton	8- 12 years	Sports Hall, Oakgrove Leisure Centre	Come and play badminton with your friends and learn new skills! Professional coach to offer hints and tips!	Shorts, T shirt and trainers. And don't forget to bring a drink!	£10
2pm - 3pm (Mon - Fri)	Street Dance	11- 16 years	Community Hall, Oakgrove Leisure Centre	Hip hop and street dance moves followed by a full street dance routine, to perform to parents on the last day!	Wear whatever you feel comfortable to dance in! On the last day find an outfit you want to do your dance performance in! And remember a drink!	£10
2.30pm- 3.30pm (Mon- Fri)	Basketball Skills Session Shenley Scorpions	6- 9 years	Broughton Fields School	Participants will learn to play Basketball! Learn Basketball skills and tricks, compete in small sided games and have FUN! All abilities welcome! And all participants will get a free session at the Shenley Scorpions Club.	Shorts, T shirt and trainers. And don't forget to bring a drink!	£10
3.30- 5pm (Mon- Fri)	Basketball Shenley Scorpions	10- 14 years	Sports Hall, Oakgrove Leisure Centre	This will be an opportunity for participants to play basketball over the holidays and get hints and tips from the Shenley Scorpions! All participants will get a free session at the Club	Shorts, T shirt and trainers. And don't forget to bring a drink!	£15
3pm - 4pm (Mon - Fri)	Street Dance	6- 10 years	Community Hall, Oakgrove Leisure Centre	Hip hop and street dance moves followed by a full street dance routine, to perform to parents on the last day!	Wear whatever you feel comfortable to dance in! On the last day find an outfit you want to do your dance performance in!	£10



Other Sports Development Holiday Programmes

Time	Sport	Who	Where	What to expect	What you need	Cost
1.30- 3.30pm (Wednesday, Thursday & Friday) 	Cheerleading MK Cheerleading Academy	7- 12 years	Coronation Hall, Bletchley	Participants will learn basic cheers, stunts and pom dances, with a full routine to perform to parents on the last day! All participants get a free session at the MKCA gym!	Wear what you feel comfortable in, try to wear trainers or pumps as you will be doing a lot of jumping around! And remember to bring a drink.	£10
10.15- 11.45am (Monday, Wednesday & Friday) 	Disability Multi Sports MK Dons	10- 14 years	Bletchley Leisure Centre	Participants will get to experience all forms of sport. Disability boccia to football, it will be an open session where participants can choose what they want to do and which game they would like to play!	Wear some comfortable clothes and trainers, shorts and t shirt or a tracksuit. Remember a drink!	£15 (£5 per session)
9- 10.30am (Tuesday & Thursday) 	Disability Cheer and Dance	All years	Bletchley Leisure Centre	Participants will learn fun dance moves, dance with pom poms and learn some basic cheers. This will be a fun introduction to cheerleading and young people will be able to show off their moves in a performance to parents!	Wear something comfortable and something you want to dance in. Try to wear trainers but pumps would be ok. Remember a drink!	£10 (£5 per session)

To book a place on any of these courses

- Log onto the sports development website and download a booking form at; www.milton-keynes.gov.uk/sportsdev
- Call Chloe Bond on 01908 252278 to join the Sports Development mailing list

Where did you find out about the programme?

School Leisure Centre Web Word of mouth Post Sports Club Youth Club Library

Are you currently a member of a sports club?

Yes

No

If yes, please state which one: _____

Photography - Your child may have photographs taken during sports activities which may be used in promotional material and publicity in conjunction with the programme of Milton Keynes Council Sports Development/Extended Services including its' website/newsletter. These images will be produced within the guidelines set out by our Child Protection Policy. I DO NOT AGREE for my child to have photographs taken:

Data Protection - Information you give about yourself will be held on computer or manual record, which you have a right to see and check. Information may be shared with organisations we work with to provide services to you. Information may also be used in connection with the prevention and detection of crime and fraud. Our obligations under the Data Protection Act 1998 are explained in our leaflet "How to see your records - Your rights Under the Data Protection Act 1998" available from Council offices and libraries.

Sports Development February Half Term Booking Form

Please complete in Block Capitals

Please indicate which session(s) you will be attending:

Session(s) attending	Age Group	Time	Venue

Name:

D.O.B.

Age:

Address:

Postcode:

School:

Male: Female:

Tel No:

Email:

Emergency Contact

Name:

Relationship:

Contact No:

Medical Information

Any medical conditions that we should be made aware of: Yes No

If yes, please explain:

Do you consider yourself to have a disability* Yes No

If yes, what is the nature of your impairment?

*Milton Keynes Sports Development have trained coaches on hand to deal with any disability and will make arrangements to cater for all.

Signed (parent/guardian):

Date:

Returning this form constitutes a firm booking, you will only be contacted prior to sessions for cancellations / change of venue etc.