

# May holiday fun

at Sunderland's Leisure Centres



[www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)

Sunderland  
Aquatic  
Centre

Washington  
Leisure  
Centre

Crowtree  
Leisure  
Centre

Sunderland  
Tennis  
Centre

Houghton  
Sports  
Centre

Silksworth  
Sports  
Complex

change  
4 life  
Eat well Move more Live longer

Sunderland  
City Council

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## FREE SWIMMING For 16 and under and over 60s

From 1 April 2009, young people aged 16 and under and those over 60 can boost their activity levels by swimming free at Sunderland Aquatic Centre and Washington Leisure Centre.

The Government backed scheme means that if you're a young person 16 years and under you can swim free during general sessions in Sunderland. All you need is proof of your age and a valid Life card at Sunderland Aquatic Centre and Washington Leisure Centre. The great news is that a Life card is free to young people under 18 living in Sunderland and just £2 per year for Sunderland residents 60 years and over. For more Life card details turn to page 16.

### WHEN CAN I SWIM FREE?

If you're aged 16 and under, you can swim free during any general swim session. For further details log onto [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure) or visit your nearest leisure centre.

Children and young people aged 16 and under, when accompanied by an adult, can swim free during programmed 'adult and family swim' sessions.



# Sunderland Aquatic Centre

Stadium Park, Sunderland SR5 1SU Tel: 0191 561 61 61

## POOL PROGRAMME

Bring your friends for a half term swim in the biggest pool you've ever seen!

The following times are public sessions:

Monday 25th May	8am – 4pm
Tuesday 26th May	7am – 8pm
Wednesday 27th May	8am – 8pm (10am – 11.30am & 1.30pm – 3pm limited casual swim pool space)
Thursday 28th May	8am – 4pm & 6.30pm – 8pm
Friday 29th May	7am – 8pm
Saturday 30th May	10.30am – 7pm*
Sunday 31st May	8.30am – 7pm

\*50 metre lane swimming

## POOL FUN SESSIONS

Have fun in the region's newest pool with our floats and inflatable sessions.

Monday 25th May	11.30am – 1pm	Inflatable & Floats Session
Tuesday 26th May	2.30pm – 4pm	Inflatable & Floats Session
	6pm – 7pm	Floats & Fun Session
Wednesday 27th May	11.30am – 1pm	Floats & Fun Session
Thursday 28th May	11.30am – 1pm	Inflatable & Floats Session
Friday 29th May	11.30pm – 1pm	Floats & Fun Session
Saturday 30th May	1.30pm – 2.30pm	Inflatable & Floats Session
Sunday 31st May	1.30pm – 2.30pm	Inflatable & Floats Session

- Available to children aged 8 – 14 years

## These pool sessions are FREE to anyone 16 years and under with a life card.

For swimming pool safety policy please contact Sunderland Aquatic Centre.

## DANCE MATS

Have fun and get fit with our Dance Mat sessions. Compete against your friends in our newest activity.

Monday 25th May	1.30pm – 2.30pm
Tuesday 26th May	1.30pm – 2.30pm
Wednesday 27th May	1.30pm – 2.30pm
Thursday 28th May	1.30pm – 2.30pm
Friday 29th May	1.30pm – 2.30pm & 4.30pm – 5.30pm
Saturday 30th May	10.30am – 11.30am

Young Person		
Non member	Non concession	Concession
£2.20	£1.75	£1.10 per child per session

## LEARN TO DIVE COURSES

Flip and Fun badges are a great introduction to diving, where you can learn basic skills whilst enjoying the diving boards. See if you are brave enough to make a BIG splash off the 5 metre platform.

In order to book onto a diving course you must be confident in deep water and be able to swim 25 metres.

### Course 1 (Beginners – Flip & Fun 8, 9 & 10)

Tuesday 26th May	11.30am – 12noon
Thursday 28th May	9am – 9.30am
Friday 29th May	9am – 9.30am

### Course 2 (Beginners – Flip & Fun 8, 9 & 10)

Tuesday 26th May	12noon – 12.30pm
Thursday 28th May	9.30am – 10am
Friday 29th May	9.30am – 10am

### Course 3 (Improvers – ASA Badges 1 & 2)

Tuesday 26th May	12.30pm – 1pm
Thursday 28th May	10am – 10.30am
Friday 29th May	10am – 10.30am

Young Person		
Non member	Non concession	Concession
£12	£9.60	£6 per child per course



# Washington Leisure Centre

Town Centre, District 1, Washington NE38 7SS Tel: 0191 219 3400

## GYM TOTS

A taster session for the young gymnast.

Tuesday 26th May, 9.30am – 10.30am

- Available to children aged 3 – 5 years
- Parents must stay during the session

	Young Person	
Non member	Non concession	Concession
£3.60	£2.90	£1.80 per child per session

## GYMNASTIC SESSION

Beginners to advanced welcome, this session includes expert tuition and lots of fun!

Tuesday 26th May, 10.30am – 12.30pm

- Available to boys and girls aged 6 years and above

	Young Person	
Non member	Non concession	Concession
£5.50	£4.40	£2.75 per child per session

## BOUNCING BABIES

A taster trampoline session guaranteed to be packed with fun!

Thursday 28th May, 11am – 12noon

- Available to children aged 2 – 5 years
- Parents must stay during the session

	Young Person	
Non member	Non concession	Concession
£3.60	£2.90	£1.80 per child per session

## TRAMPOLINE COACHING

The course includes expert instruction and tuition.

Tuesday 26th May  
Thursday 28th May  
1pm – 4pm

- Available to children aged 8 – 16 years

	Young Person	
Non member	Non concession	Concession
£7.20	£5.76	£3.60 per child per session

## COURT HIRE SPECIAL OFFER

Available to young people 16 years and under, why not get a team together and play football, basketball or netball?

Monday 25th – Friday 29th May, 9am – 4pm  
Saturday 30th – Sunday 31st May, 9am – 6pm

£10 per 1 hour session

## SPORTS HALL SPECIAL

Why not try something different? Book a badminton court or play table tennis during this half term.

Monday 25th – Friday 29th May, 9am – 4pm  
Saturday 30th – Sunday 31st May, 9am – 6pm

£2 per 1 hour court

- Available to children aged 16 years and under
- Equipment hire included (a life card is required for the deposit)
- Normal booking procedures applies

## LEARN TO SWIM CRASH COURSES

### Junior Courses

Tuesday 26th – Friday 29th May

Stage 1 9am – 9.30am  
Stage 2 9.30am – 10am

	Young Person	
Non member	Non concession	Concession
£16	£12.80	£8 per child per course

## FANTASTIC FLUME FUN

Monday – Friday 2pm – 3.30pm  
Saturday & Sunday 10am – 12noon  
1pm – 3pm

## POOL AND FLOAT FUN

Monday – Friday 2pm – 3.30pm

## POOL PROGRAMME

The following times are public sessions

Monday 10am – 4pm  
Tuesday 10am – 7pm  
Wednesday 10am – 7pm  
Thursday 10am – 6.30pm  
Friday 10am – 8.30pm  
Saturday 8.30am – 3.30pm  
Sunday 8.30am – 3.30pm

**These pool, flume and floats sessions are FREE to anyone 16 years and under with a valid life card.**

For swimming pool safety policy please contact Washington Leisure Centre.



## Crowtree Leisure Centre

Crowtree Road, Sunderland SR1 3EL Tel: 0191 553 2600

### Centre closed Monday 25th May

#### SOFT PLAY AREA

Tuesday – Friday 10am – 7pm

Saturday & Sunday 10am – 4pm (Open till 5pm if not booked for a private function)

- Includes admission for one parent/guardian
- Available to children aged 7 years and under, children must be supervised at all times by an adult or responsible person, age and height restrictions apply

	Young Person	
Non member	Non concession	Concession
£2.50	£2	£1.25 per child per session

#### SPECIAL OFFER

Why not book your birthday party with us? You can now hire the soft play on a Saturday or Sunday between 4pm – 5pm for £40 exclusive use (maximum numbers 45) and receive 1 hour room hire free for your party food.

#### COURT HIRE SPECIAL OFFER

Available to young people 16 years and under. Why not get a team together and play football, basketball or netball?

Tuesday 26th May – Friday 29th May

£10 per one hour session
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- Available to all young people (subject to availability)
- Normal booking procedures apply

## Free taster sessions

### KARATE (Sendai Karate Club)

Wednesday 27th May

9am – 12noon

- Available to children aged 5 years and over
- Sports clothing is required

Contact reception for further information and to book a place on  
0191 553 2600

## Sunderland Tennis Centre

Silksworth Lane, Silksworth, Sunderland SR3 1PD Tel: 0191 553 5905

### MULTI SPORTS AFTERNOON

Three fun packed hours of indoor and outdoor games incorporating the new and exclusive \*snow tubes at our dry ski slope! (programme may be subject to change)

Wednesday 27th May & Friday 29th May, 1pm – 4pm

- Available to children aged 8 – 12 years
- \*Long sleeves and gloves essential

	Young Person	
Non member	Non concession	Concession
£7.50	£6	£3.75 per child per session

### SPRING BANK HOLIDAY JUNIOR TENNIS SPECIAL

All indoor courts

Monday 25th May, 10am – 4pm

- Equipment hire not included
- Subject to availability

£5 per court per hour (Life Card members only)
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### JUNIOR OUTDOOR TENNIS SPECIAL

All outdoor courts throughout the holiday period

£2.50 per court per hour (Life Card members only)
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### MINI TENNIS COURSE

Mini tennis coaching provides the ideal way to teach a game of tennis using small rackets and foam balls and is played on an area the size of a badminton court.

Tuesday 26th – Friday 29th May, 9.15am – 10am

- Available to children aged 4 – 8 years

	Young Person	
Non member	Non concession	Concession
£20.80	£12	£10.40 per child per course

### SOFT PLAY MEAL DEAL

One hour soft play session and a meal of either:

Fishfinger or Vegetable Nuggets

Served with potato smiles, salad and soft drink or

Jacket potato filled with tuna or beans, salad and soft drink

Grilled chicken with potato wedges, peas or beans and soft drink

- Available to children 7 years and under
- Please contact reception for opening times of soft play area

	Young Person	
Non member	Non concession	Concession
£4.20	£3.70	£2.95 per child per meal

# Houghton Sports Centre

Station Road, Houghton DH4 5AH Tel: 0191 553 6465

## Credit crunching free activities this May half term

### JUNIOR BOWLS COACHING

This session is available for young people aged 5 – 16 years who would like to learn the art of playing bowls. A qualified coach is available to show young people the basic skills and rules of the game.

Saturday's 23rd & 30th May, 12noon – 2pm

**FREE OF CHARGE**

### OUTDOOR SKATE PARK

Surface mounted steel design includes mini ramp, quarter pipes, Wembley gap, jump box, half driveway section with ledge, spine/volcano, sloped coping quarter pipe, plaza section, 5 stair set, grind ledges, grind bench, manual pad and flat top grind rail.

Open everyday

**FREE OF CHARGE**

### SOFT PLAY

Purpose built soft play area suitable for children aged 7 and under.

Tuesday 26th – Sunday 31st May

- Maximum numbers are 8 in a session therefore pre booking is advisable

Tuesday – Friday 9am – 7pm

Saturday & Sunday 10am – 3pm

- Includes admission for one parent or guardian

	Young Person	
Non member	Non concession	Concession
£2.50	£2	£1.25 per child per session

### FUN ZONE

Have fun on our bouncy castle & slides or play giant connect 4, badminton or table tennis.

Friday 29th May, 10am – 2pm

- Available to children aged 3 – 13 years
- Children under 8 must be supervised by an adult or responsible person

	Young Person	
Non member	Non concession	Concession
£2.50	£2	£1.25 per child per 1 hour session

### TEDDY BEARS PICNIC

Bring along your favourite teddy bear and have lots of fun at our special teddy bears picnic. With bear hunting, songs, teddy arts and crafts.

Friday 29th May, 10am – 11.30am

- Suitable for children under 7
- Ticket price includes drink and crisps
- Parent supervision required

£3 per young person

## 'NEW' JUNIOR FOOTBALL COACHING SESSIONS

Football coaching sessions for both boys and girls. Come along to learn football skills and the rules of the game, as well as having fun! This session will be co-ordinated by a qualified football coach.

Tuesday 26th May

10am – 12noon (4 – 6 years) & 1pm – 3pm (7 – 9 years)

	Young Person	
Non member	Non concession	Concession
£7.20	£5.80	£3.60 per child per 2 hour session

### GYMNASTICS

Beginners to advanced welcome, this session includes expert tuition and lots of fun! Customers must book prior to 24th May.

Wednesday 27th May, 10am – 11am Immediate/Advanced & 11am – 12pm Beginners

- Available to boys and girls aged 6 – 16 years

	Young Person	
Non member	Non concession	Concession
£3.60	£2.90	£1.80 per child per session

### GYM TOTS

A taster session for the young gymnast.

Wednesday 27th May, 12.15pm – 1.15pm

- Available to children aged 3 – 5 years
- Parents must stay during the session

	Young Person	
Non member	Non concession	Concession
£3.60	£2.90	£1.80 per child per session

### PLAY TIME (previously gym time)

This session is designed for pre-school children incorporating climbing and playing with various equipment including trampolines, soft toys, hoops and balls. The session is co-ordinated by a qualified gymnastic coach on hand for tips and hints. Development and fun for the under 5's.

Thursday 28th May, 10am – 11am & 11am 12noon

- Parents must stay during the session
- Available to children aged under 5

	Young Person	
Non member	Non concession	Concession
£2.50	£2	£1.25 per child per session

## Silksworth Sports Complex

Silksworth Lane, Silksworth, Sunderland SR3 1PD Tel: 0191 553 5785

### Centre closed Monday 25th May

#### LEARN TO SKI – Ski Foundation 1

This course is for beginners and aims to introduce you to the equipment and give you the basic techniques you will need for your first few runs on skis.

Suitable for people aged 7 years and above, places are limited, with a maximum of 10 places per course.

1 x 1 hour session

Tuesday 26th & Thursday 28th May, 1pm – 2pm

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£19.95	£17.95	£11.95	£15.95	£10 per session

#### LEARN TO SKI – Ski Foundation 2

This course is for those who have successfully completed Ski Foundation 1 course. You develop the skills and techniques you'll need to gain control and independence.

Suitable for people aged 7 years and above, places are limited, with a maximum of 10 places per course.

4 x 1 hour sessions

Tuesday 26th – Friday 29th May, 2pm – 3pm

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£55	£49.50	£33	£44	£27.50 per course

#### LEARN TO SNOWBOARD – Snowboard Foundation 1

This course is for beginners and aims to introduce you to the equipment and give you the basic techniques you will need for your first few runs on a snowboard.

Suitable for people aged 7 years and above, places are limited, with a maximum of 6 places per session.

1 x 1 hour session

Tuesday 26th & Thursday 28th May, 3pm – 4pm

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£19.95	£17.95	£11.95	£15.95	£10 per session

#### LEARN TO SNOWBOARD – Snowboard Foundation 2

This course is for those who have successfully completed Snowboard Foundation 1 course. You develop the skills and techniques you'll need to gain control and independence.

Suitable for people aged 7 years and above, places are limited, with a maximum of 6 places per session.

2 x 2 hour sessions

Tuesday 26th & Thursday 28th May, 4pm – 6pm

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£55	£49.50	£33	£44	£27.50 per session

#### ACTIVITY AFTERNOON

Why not enrol on one of our new taster activity sessions where you can have 3 hours of fun, under the guidance of our qualified instructors. The sessions consist of a 1 hour skiing lesson, 40 minutes of snow tubing and a 1 hour snowboard lesson, suitable for individuals and families.

Suitable for people aged 7 years and above, places are limited, with a maximum of 8 places per course.

Tuesday 26th & Thursday 28th May, 12noon – 3pm

Skiing	12noon – 1pm
Snow Tubing	1.10pm – 1.50pm
Snowboarding	2pm – 3pm

£25 per person per session

#### PRIVATE SKI LESSONS

If you want to learn how to ski or snowboard or even brush up on your technique and don't like the idea of joining one of our courses then we can also arrange for your own private tuition delivered to you by our experienced, qualified instructors.

Tuesday 26th – Friday 29th May, 1pm – 5pm

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£31.60	£30.75	£28.15	£25.50	£24.50 per hour

**2 for 1 May holiday offer - private ski lessons**  
2 can ski for the price of 1 (lowest price goes free)

## RECREATIONAL SKI AND SNOWBOARD

Half Day Pass (1-5pm - max 4 hours)

- To use our main slope you must be able to snow plough, stop and turn for skiing or use both edges of the board when snowboarding on our main slope
- Half day and full day pass must be used on day of issue

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£26.70	£24.00	£16.00	£17.95	£13.35

### Full Day Pass

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£32.70	£29.40	£19.60	£23.10	£16.35

Please note: You may be asked to leave the main slope if your skiing technique and ability is deemed unsuitable.

## SNOW TUBE SESSIONS

The most fun you can have sitting down. Come and spend your time sliding, spinning and skidding on the nursery slope. Set session times, booking essential.

Tuesday 26th – Friday 29th May

Contact reception for tubing session times, programme subject to change.

- Each session lasts 40 minutes
- Available to children aged 7 years and above
- The staff on duty are present during the tubing session to monitor the correct use of snow tubes, it is the responsibility of parent/guardian present to both participate in and supervise the session

	Adult		Young Person	
Non member	Non concession	Concession	Non Concession	Concession
£4.50	£4.05	£2.70	£3.60	£2.25

### What to wear?

Although every effort is made to ensure your safety, skiing, snowboarding and snowtubing by their very nature can be dangerous, it is important that all people using our facilities wear appropriate clothing. To minimise the risk of minor injury arms and legs must be covered at all times, and gloves MUST be worn at all times.

# Ski unlimited... ...for only £25

Saturday 23rd May – Sunday 31st May

Young people aged 7 and over and adults can ski unlimited during the May school holidays at Silksworth Ski Slope for only £25.

The offer is open to everyone who can already ski or snowboard and is confident on the slope.

For sessions and safety policy please contact  
Silksworth Ski Slope 0191 553 5785.

# Many happy returns...

Treat your child to the perfect birthday party at one of Sunderland's leisure centres

### Crowtree Leisure Centre

0191 553 2600

### Sunderland Aquatic Centre

0191 561 6161

### Washington Leisure Centre

0191 219 3400

### Silksworth Sports Complex

0191 553 5785

### Sunderland Tennis Centre

0191 553 5905

### Houghton Sports Centre

0191 553 6465



Sunderland  
City Council

## Apply for your life card today...



### ...to access our Adult, Young Person and concessionary prices.

The Life card is a membership for sport and leisure in Sunderland available to adults and young people living, working and studying in Sunderland which offers discounts and promotions.

### HOW DO I APPLY?

To receive your Life card simply complete an application form at your nearest leisure centre.

To receive concessionary prices, please bring proof of entitlement to one or more of the following when you apply.

Income support	Council tax benefit
Job seekers allowance	Housing benefit
State pension	Carers Allowance
Disabled persons tax credit	All full time College and University students
Working tax credit	Asylum registration card
Incapacity benefit	All "looked after children" (to reflect the policy direction of 'Care Matters')
Severe Disablement Allowance	

All young people up to their 18th birthday whose parents are in receipt of any of the above benefits

### HOW MUCH WILL IT COST?

**The card is free to all young people up to their 18th birthday living in Sunderland and free with all membership**

Packages and costs;

- £2 for Non-resident Young Person concession
- £4 for Non-resident Young Person non-concession
- £2 for Resident Adult concessions
- £8 for Resident Adult non-concessions
- £8 for Non-resident Adult concessions
- £12 for Non-resident Adult non-concession



All information is correct at time of going to print but may be subject to change, alteration or cancellation. Published April 2009.

**If you would like a copy of this information in an alternative language, large text, braille or audio format please contact the Marketing Team, tel: 0191 561 8407, fax: 0191 565 5950, email: [marketing@sunderland.gov.uk](mailto:marketing@sunderland.gov.uk)**

As part of Sunderland's commitment to creating a balanced and sustainable future, this leaflet is printed on 80% post-consumer waste recycled paper. When you have finished with it, please recycle it in your Kerb-it box or nearest paper bank.

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### HOW WILL I BENEFIT?

As a Life cardholder you will receive discounts on a range of activities, courses and classes and can take up special promotions throughout Sunderland's Leisure Centres and Wellness Centres.

**This includes free swimming for 16s and under and over 60s.** Your card gives you access to free spectating at any of the leisure centres and can be used as a deposit for equipment hire and enables you access to the following pre-booking privileges. One credit booking in any 14 day period  
Two pre paid bookings in any 14 day period

### MEMBERSHIP PACKAGES

There are a mix of Wellness Centre, Wellness exercise class and swimming packages available. You can choose to include one, two or all three activities in your membership package. All for an affordable monthly fee. Young people over the age of 11 can access Wellness Centres without their parents also being members. They will have access to the facilities from 4pm onwards Monday to Friday and all day Saturday and Sunday with special availability during school holidays. Appropriate training programmes will be tailored to individuals by a fully qualified Wellness instructor.

For further information please log onto [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure) or call one of the centres featured in this leaflet

PRICE PER MONTH			
Adult non concession	Adult concession	Young Person non concession	Young Person concession
Package one – includes one activity. Wellness Centre or wellness exercise classes or swim			
£31	£13.95	£15.50	£10.85
Package two – includes any combination of two activities. Wellness Centre, wellness exercise classes or swim			
£35	£15.75	£17.50	£12.25
Package three – includes all three activities. Wellness Centre, wellness exercise classes & swim			
£39	£17.55	£19.50	£13.65