

# MONSTROUS FUN HOLIDAY CLUB

**For 5 to 11 years**

- **SWIMMING** (MORNING & AFTERNOON)
- **ARTS & CRAFTS**
- **SPORTS & GAMES**
- **DETERMINATOR INFLATABLE** (THURSDAYS)
- **TRAMPOLINING** (FRIDAYS)



Treat your little Monsters with days full of exciting activities throughout the summer holidays. Led by our DBS checked staff and qualified coaches.

**Monday to Friday from Wednesday 21st July to Wednesday 1st September (except Monday 30th August)**  
**8.30am to 5.30pm**  
**Full day only £30 per child**

Children will need to bring their own lunch, snacks and drink. Ensure your child is suitably dressed for indoor and outdoor activities. Please see our website for further information and full terms and conditions. Ofsted Registered 2527342. We do not accept childcare vouchers.



## MONSTROUS FUN HOLIDAY CLUB

### POOL TIMETABLE & ACTIVITY PROGRAMME

# Summer holidays

**Wednesday 21st July to Sunday 5th September 2021**  
 (closed Bank Holiday Monday 30th August 2021)

**ONLINE BOOKINGS NOW AVAILABLE**

Impington Sports Centre, New Road, Impington, Cambridge CB24 9UX

Email: [sportscentre@ivc.tmet.org.uk](mailto:sportscentre@ivc.tmet.org.uk)

[www.impingtonsportscentre.co.uk](http://www.impingtonsportscentre.co.uk)

## Summer Activities

### Swim Crash Courses (3+ years)

**DUCKLINGS (3 to 5 years)** Introductory lessons to build up water confidence through play and basic swimming principles.

|   |                  |                   |
|---|------------------|-------------------|
| Tuesday 27th July to Friday 31st July       | 9.00am to 9.30am | £24.00 for 4 days |
| Monday 2nd August to Friday 6th August      | 9.00am to 9.30am | £30.00 for 5 days |
| Monday 9th August to Friday 13th August     | 9.00am to 9.30am | £30.00 for 5 days |
| Monday 16th August to Friday 20th August    | 9.00am to 9.30am | £30.00 for 5 days |
| Monday 23rd August to Friday 27th August    | 9.00am to 9.30am | £30.00 for 5 days |
| Tuesday 31st August to Friday 3rd September | 9.00am to 9.30am | £24.00 for 4 days |

**STAGE 1 (5+ years)** For children who are unable to swim without buoyancy aids.

|   |                   |                   |
|---|-------------------|-------------------|
| Tuesday 27th July to Friday 31st July       | 9.30am to 10.00am | £24.00 for 4 days |
| Monday 2nd August to Friday 6th August      | 9.30am to 10.00am | £30.00 for 5 days |
| Monday 9th August to Friday 13th August     | 9.30am to 10.00am | £30.00 for 5 days |
| Monday 16th August to Friday 20th August    | 9.30am to 10.00am | £30.00 for 5 days |
| Monday 23rd August to Friday 27th August    | 9.30am to 10.00am | £30.00 for 5 days |
| Tuesday 31st August to Friday 3rd September | 9.30am to 10.00am | £24.00 for 4 days |

### Snorkelling Crash Course (8+ years)

An introduction to snorkelling. Equipment is provided with the option to purchase your own snorkel and mask.

|   |                   |                   |
|---|-------------------|-------------------|
| Tuesday 3rd August to Thursday 5th August | 9.00am to 10.00am | £23.25 for 3 days |
|---|-------------------|-------------------|

### Synchro Swimming Crash Course (8+ years)

Learn the basics of synchronised swimming and create your own routines.

|   |                   |                   |
|---|-------------------|-------------------|
| Monday 9th August to Friday 13th August | 9.00am to 10.00am | £38.75 for 5 days |
|---|-------------------|-------------------|

### Diving Tuition (6 to 12 years)

**BEGINNERS (6 to 8 years)** For children who have limited experience of diving. Basic diving techniques are taught.

|   |                  |                   |
|---|------------------|-------------------|
| Tuesday 17th August to Thursday 19th August | 9.00am to 9.30am | £18.00 for 3 days |
|---|------------------|-------------------|

**IMPROVERS (9 to 12 years)** For children with experience of diving who will be taught racing dives and other techniques.

|   |                   |                   |
|---|-------------------|-------------------|
| Tuesday 17th August to Thursday 19th August | 9.30am to 10.00am | £18.00 for 3 days |
|---|-------------------|-------------------|

### Rookie Lifeguard Crash Course (8+ years)

This Rookie Lifeguard crash course is designed to teach your child vital lifesaving skills including CPR.

|   |                   |                   |
|---|-------------------|-------------------|
| Tuesday 24th August to Thursday 26th August | 9.00am to 10.00am | £23.25 for 3 days |
|---|-------------------|-------------------|

### Courts 4 Kids (under 16's)

Play badminton or tennis for only £5 per court per hour. Racquets are available for hire.

|   |                  |                          |
|---|------------------|--------------------------|
| Monday to Friday from Wednesday 21st July to Friday 3rd September | 9.00am to 4.00pm | £5.00 per court per hour |
|---|------------------|--------------------------|

### Determinator Inflatable (8+ years)

Booking in advance strongly recommended. Slippery fun in the pool on our giant Determinator inflatable. For children aged 8+ who can swim at least 50 metres and are comfortable in deep water. **NOW AVAILABLE FOR PARTY HIRE!**

|  |                  |                   |
|--|------------------|-------------------|
| Every Thursday from Thursday 22nd July to Thursday 2nd September | 2.10pm to 2.55pm | £5.00 per session |
|  | 3.05pm to 3.50pm | £5.00 per session |

### Tennis Taster (5 to 11 years)

An introduction to the game of tennis with qualified instructor **Alec Davis**.

|  |                  |                   |
|--|------------------|-------------------|
| Monday 9th August to Friday 13th August (5 to 7 years) | 9.00am to 9.45am | £27.50 for 5 days |
|--|------------------|-------------------|

|   |                   |                   |
|---|-------------------|-------------------|
| Monday 9th August to Friday 13th August (8 to 11 years) | 9.45am to 10.30am | £27.50 for 5 days |
|---|-------------------|-------------------|

### Trampoline Tasters (5 to 12 years)

Fun sessions introducing all the basic skills with qualified instructor **Maria Briggs**. Wear suitable clothing (tracksuit bottoms / long sleeved t-shirts) including socks, no jewellery (including watches or earrings) and ensure long hair is tied back. Parents must stay on site or if not, leave emergency contact details with instructor / sports centre.

|  |                    |                   |
|--|--------------------|-------------------|
| Every Friday from Friday 23rd July to Friday 3rd September | 10.00am to 11.00am | £7.75 per session |
|--|--------------------|-------------------|

**NEW**



# Summer Holiday Swimming Timetable



## Wednesday 21st July to Monday 26th July 2021

(please note that the swimming timetable for the first week of the summer holidays is slightly different to accommodate a Lifeguard Course)

|             | 7.00                                   | 8.00                          | 9.00                                  | 10.00                              | 11.00                              | 12.00                                 | 1.00                             | 2.00  | 3.00                                 | 4.00                             | 5.00                                  | 6.00                                    | 7.00                            | 8.00                                  | 9.00 |
|-------------|--|-------------------------------|---------------------------------------|------------------------------------|------------------------------------|---------------------------------------|----------------------------------|---|--------------------------------------|----------------------------------|---------------------------------------|---|---------------------------------|---------------------------------------|------|
| Wed 21 July | Early Morning Swim<br>6.30am to 8.45am |                               | Lifeguard Course<br>9.00am to 11.00am |                                    | Private Use<br>11.00am to 12.00pm  | Adult Lanes<br>12.00pm to 1.55pm      |                                  | Fun Session<br>2.00pm to 3.45pm                                     | Lifeguard Course<br>4.00pm to 6.00pm |                                  | General Swim<br>6.00pm to 6.55pm      | Adult Lanes<br>7.00pm to 8.30pm         |                                 |                                       |      |
| Thu 22 July | Cambs Triathlon<br>6.30am to 8.00am    | Lane Swim<br>8.10am to 8.50am | Lifeguard Course<br>9.00am to 11.00am |                                    | General Swim<br>11.00am to 12.25pm |                                       | Adult Lanes<br>12.30pm to 1.55pm | Determinator Pool Inflatable<br>2.10pm to 2.55pm & 3.05pm to 3.50pm |                                      | Private Use<br>4.00pm to 5.00pm  | Lifeguard Course<br>5.00pm to 6.25pm  | Aquafit<br>6.30pm to 7.30am             | Adult Lanes<br>7.30pm to 8.25pm | Impington Masters<br>8.30pm to 9.30pm |      |
| Fri 23 July | Early Morning Swim<br>6.30am to 8.45am |                               | Lifeguard Course<br>9.00am to 11.00am |                                    | 50+ Swim<br>11.15am to 12.15pm     | Adult Lanes<br>12.30pm to 1.55pm      |                                  | Fun Session<br>2.00pm to 3.45pm                                     | Lifeguard Course<br>4.00pm to 6.00pm |                                  | General Swim<br>6.00pm to 6.55pm      | Cambs Triathlon<br>7.00pm to 8.15pm     |                                 |                                       |      |
| Sat 24 July | Cambs Triathlon<br>7.00am to 10.00am   |                               |                                       | Lane Swim<br>10.00am to 10.55am    | Fun Session<br>11.00am to 12.55pm  |                                       | Party Hire<br>1.10pm to 2.00pm   | Lifeguard Course<br>2.00pm to 4.00pm                                |                                      |                                  |                                       |   |                                 |                                       |      |
| Sun 25 July |  |                               | Aquafit<br>9.00am to 10.00am          | General Swim<br>10.05am to 11.55am |                                    | Lifeguard Course<br>12.00pm to 2.00pm |                                  | Bottisham Swim Club<br>2.00pm to 5.00pm                             |                                      |                                  |                                       |   |                                 |                                       |      |
| Mon 26 July | Early Morning Swim<br>6.30am to 8.45am |                               | Lifeguard Course<br>9.00am to 11.00am |                                    | Private Use<br>11.00am to 12.00pm  | Adult Lanes<br>12.00pm to 1.55pm      |                                  | Fun Session<br>2.00pm to 3.45pm                                     | Private Use<br>4.00pm to 5.00pm      | General Swim<br>5.15pm to 6.55pm | Impington Masters<br>7.00pm to 8.00pm | Bottisham Swim Club<br>8.00pm to 9.00pm |                                 |                                       |      |

## Tuesday 27th July to Sunday 5th September 2021 (the sports centre will be closed on Bank Holiday Monday 30th August 2021)

|     | 7.00                                   | 8.00                          | 9.00                              | 10.00                              | 11.00                              | 12.00                              | 1.00                             | 2.00  | 3.00                            | 4.00                             | 5.00                                  | 6.00                                    | 7.00                            | 8.00                                  | 9.00 |
|-----|--|-------------------------------|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|----------------------------------|---|---------------------------------|----------------------------------|---------------------------------------|---|---------------------------------|---------------------------------------|------|
| Mon | Early Morning Swim<br>6.30am to 8.45am |                               | Swim Lessons<br>9.00am to 10.00am | Private Use<br>10.00am to 11.00am  | 50+ Swim<br>11.00am to 12.15pm     | Adult Lanes<br>12.30pm to 1.55pm   |                                  | Fun Session<br>2.00pm to 3.45pm                                     | Private Use<br>4.00pm to 5.00pm | General Swim<br>5.15pm to 6.55pm | Impington Masters<br>7.00pm to 8.00pm | Bottisham Swim Club<br>8.00pm to 9.00pm |                                 |                                       |      |
| Tue | Cambs Triathlon<br>6.30am to 7.45am    | Lane Swim<br>8.10am to 8.50am | Swim Lessons<br>9.00am to 10.00am | Private Use<br>10.00am to 11.00am  | General Swim<br>11.00am to 12.25pm |                                    | Adult Lanes<br>12.30pm to 1.55pm | Fun Session<br>2.00pm to 3.45pm                                     | Private Use<br>4.00pm to 5.00pm | General Swim<br>5.15pm to 6.55pm | Get Swimfit!<br>7.00pm to 7.55pm      | Adult Lanes<br>8.00pm to 9.00pm         |                                 |                                       |      |
| Wed | Early Morning Swim<br>6.30am to 8.45am |                               | Swim Lessons<br>9.00am to 10.00am | Private Use<br>10.00am to 11.00am  | General Swim<br>11.00am to 12.25pm |                                    | Adult Lanes<br>12.30pm to 1.55pm | Fun Session<br>2.00pm to 3.45pm                                     | Private Use<br>4.00pm to 5.00pm | General Swim<br>5.15pm to 6.55pm | Adult Lanes<br>7.00pm to 9.00pm       |   |                                 |                                       |      |
| Thu | Cambs Triathlon<br>6.30am to 8.00am    | Lane Swim<br>8.10am to 8.50am | Swim Lessons<br>9.00am to 10.00am | Private Use<br>10.00am to 11.00am  | General Swim<br>11.00am to 12.25pm |                                    | Adult Lanes<br>12.30pm to 1.55pm | Determinator Pool Inflatable<br>2.10pm to 2.55pm & 3.05pm to 3.50pm |                                 | Private Use<br>4.00pm to 5.00pm  | General Swim<br>5.15pm to 6.25pm      | Aquafit<br>6.30pm to 7.30am             | Adult Lanes<br>7.30pm to 8.25pm | Impington Masters<br>8.30pm to 9.30pm |      |
| Fri | Early Morning Swim<br>6.30am to 8.45am |                               | Swim Lessons<br>9.00am to 10.00am | Private Use<br>10.00am to 11.00am  | 50+ Swim<br>11.00am to 12.15pm     | Adult Lanes<br>12.30pm to 1.55pm   |                                  | Fun Session<br>2.00pm to 3.45pm                                     | Private Use<br>4.00pm to 5.00pm | General Swim<br>5.15pm to 6.55pm | Cambs Triathlon<br>7.00pm to 8.15pm   |   |                                 |                                       |      |
| Sat | Cambs Triathlon<br>7.00am to 10.00am   |                               |                                   | Lane Swim<br>10.00am to 10.55am    | Fun Session<br>11.00am to 2.15pm   |                                    |                                  | Party Hire<br>2.30pm to 3.20pm                                      | Party Hire<br>3.30pm to 4.20pm  |                                  |                                       |   |                                 |                                       |      |
| Sun |  |                               | Aquafit<br>9.00am to 10.00am      | General Swim<br>10.05am to 11.55am |                                    | Get Swimfit!<br>12.00pm to 12.50pm | Party Hire<br>1.00pm to 1.50pm   | Bottisham Swim Club<br>2.00pm to 5.00pm                             |                                 |                                  |                                       |   |                                 |                                       |      |

## PRICE LIST

|   |             |
|---|-------------|
| Adults  | £4.00       |
| OAP / Concession                                      | £3.00       |
| Children (under 16)                                   | £3.00       |
| Children (under 3)                                    | FREE        |
| Aquafit   | £4.60/£3.60 |
| Swimfit   | £5.30/£4.30 |
| Family Time Ticket<br>(2 Adults and up to 3 children) | £14.00      |
| Determinator<br>Pool Inflatable                       | £5.00       |

If you are a regular swimmer ask about our swim memberships

## IMPORTANT

- Please shower before you swim
- Sessions are bookable in advance.
- For safety reasons no child under the age of 8 years will be allowed into the pool unaccompanied by an adult.
- An adult may accompany a maximum of two under 8's into the pool.
- Our pool timetable runs on a session basis. Your entry fee entitles you to attend one session. If you wish to cross over into another session, you must pay an additional entry fee.
- You are guaranteed a minimum of 45 minutes. During busy sessions a call out system maybe in operation.
- Admission is allowed from the start of a session and not before.
- All swimmers will be asked to leave the pool at the end of a session.

## SESSION DESCRIPTIONS

- 50+ Swim**  
Exclusive use of the pool for a more sedate swim. An open water session.
- Adult Lanes (16+ only)**  
Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Whatever speed you are, there is a lane for you.
- Aquafit (16+ only)**  
An instructor led water aerobics session.
- Early Morning Swim (16+ only)**  
Wake up with an early morning lane swim! The pool is sectioned off for lane swimming.
- Fun Session**  
Splashtastic fun with floats and rafts in the water. Great fun for all the family!
- General Swim**  
Absolutely everyone welcome. An open water session.
- Get Swimfit!**  
An intense workout for all abilities. Improve your swim stamina with a blend of technique, circuit training and coached pool work.
- Lane Swim (12+ only)**  
Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Please avoid backstroke in lane sessions. Under 16's must be confident in deep water.
- Party Hire - Floats Fun**  
Splashtastic fun with floats and rafts in the water. **£110 for 50 minutes.** Suitable for a maximum of 30 children.
- Party Hire - Determinator Inflatable**  
Slippery fun in the pool on our giant Determinator inflatable. For children aged 8+ who can swim at least 50 metres and comfortable in deep water. **£150 for 50 minutes.** Suitable for a maximum of 30 children.