

Kids' Zone

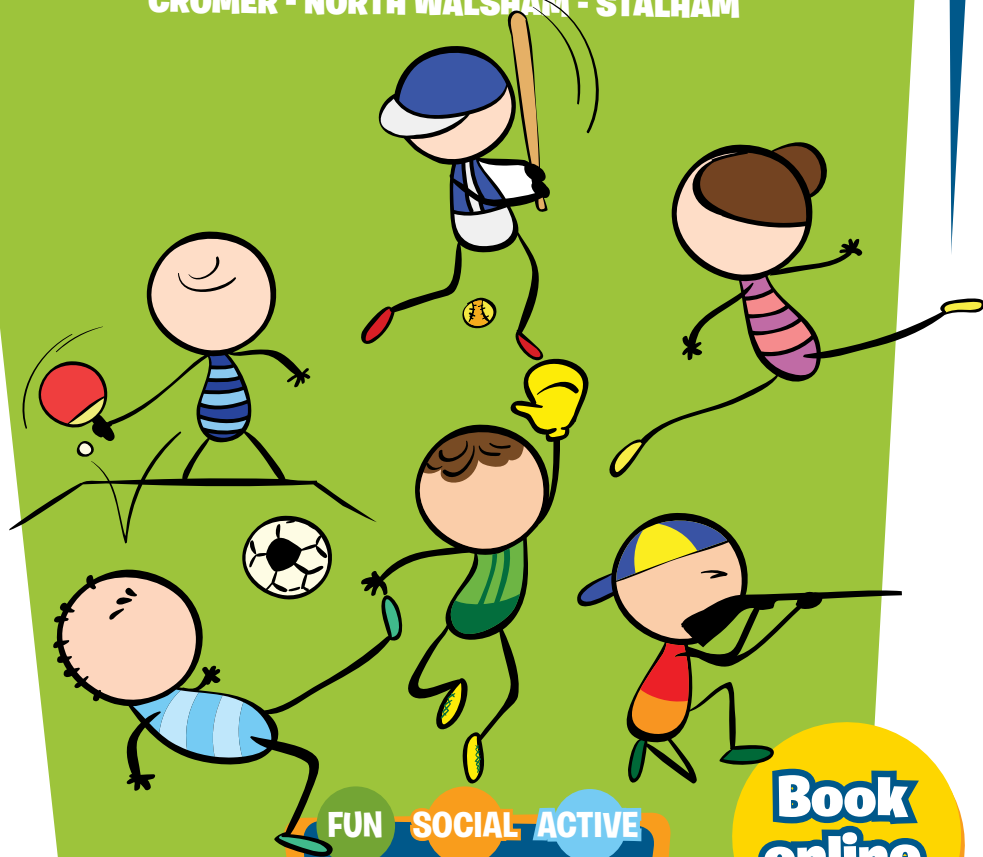


NORTH
NORFOLK
DISTRICT
COUNCIL

JUMP, RUN, PLAY ALL DAY

Stay active in the holidays

CROMER - NORTH WALSHAM - STALHAM



FUN SOCIAL ACTIVE

October Half-Term 2018
Mon 22 - Friday 26 October

**Book
online**

WWW.NORTH-NORFOLK.GOV.UK/BOOK

Kids' Zone

Welcome

Welcome to our Kids' Zone - Jump, Run, Play All Day October Holiday activity programme! Hot on the heels of a fantastic summer, we have designed a week of sessions filled with opportunities to have fun, socialise and experience lots and lots of games, activities and sports. This October we are delighted to be offering our brand new Junior Arts & Crafts session as we look to increase our offer for our younger visitors. We also have a whole day of Capture the Flag and Dodgeball at Stalham, to go alongside the return of all of your Kids' Zone favourites. To ensure safety, all our coaches are fully first-aid trained and subject to an enhanced DBS check. Of course, our Kids' Zone holiday programmes represent just one aspect of our work. Our sports centres operate all year round, offering both children and adults the opportunity to take part in some fantastic activities. As we head towards winter, here are a few things to look out for:

• **Roller Skating** - Our Saturday Roller Skating sessions have returned after the summer break and are always great fun. Whether you are still learning or a seasoned professional, our sports halls offer a safe and friendly environment in which to skate, meet friends and listen to all the latest hits!

• **Junior Discos** - We will be running our Junior Discos at each of the three centres throughout the course of the winter. We are delighted that we will be joined by Nick from Moore Madness and Zoe from Twist 'n' Shape by the Sea, who will be providing music and entertainment for our discos. These sessions are designed for children aged 4-11 and tickets can be pre-booked by visiting our booking site.

• **Birthday Parties** - We offer party packages to suit children of all ages across our three centres. Please contact your chosen centre for further details.

• **Junior Football** - Our fun-based Junior Football sessions are designed for children aged 7-12 who enjoy football but cannot or do not want to play competitively. This session is on offer at our centres in Stalham and Cromer on Tuesday evenings. No need to book - just come along and play!

• **Adult Activities** - We offer a number of regular activities for adults as well, including Badminton and Netball. Look out for some exciting new sessions, including Clubbercise at Cromer.

We really look forward to seeing you in October. In the meantime, you can stay in touch with us via all the usual channels (below), or if you have any specific questions or comments for me then you can get me at colin.brown@north-norfolk.gov.uk or on 01263 516001.

Very best wishes,

- Colin

Contact

☎ 01263 516001 🌐 www.north-norfolk.gov.uk/sports

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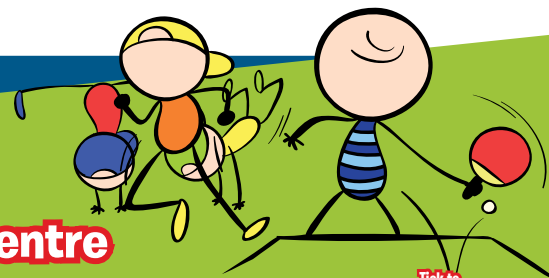
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Kids' Zone

JUMP, RUN, PLAY ALL DAY

Time table



Cromer Sports Centre

Day	Date	Activity	Ages	Time	Cost	Tick to Book
Mon	22 Oct	Junior Activity Day	4-7	9:30-3	£10	●
Tues	23 Oct	Dodgeball Fun Day	7-12	9:30-3	£10	●
Wed	24 Oct	Activity Day	7-12	9:30-3	£10	●
Thur	25 Oct	Junior Arts & Crafts	4-7	10:00-12	£5	●

North Walsham Sports Centre

Day	Date	Activity	Ages	Time	Cost	Tick to Book
Mon	22 Oct	Multisports Day	7-12	9:30-3	£10	●
Tues	23 Oct	Football Fun Day	7-12	9:30-3	£10	●
Wed	24 Oct	Activity Day	7-12	9:30-3	£10	●
Fri	26 Oct	Junior Activity Day	4-7	9:30-3	£10	●

Stalham Sports Centre

Day	Date	Activity	Ages	Time	Cost	Tick to Book
Mon	22 Oct	Premier League Football Day	7-12	9:30-3	£10	●
Tue	23 Oct	Junior Activity Morning	4-7	9:30-12	£5	●
Tue	23 Oct	Junior Arts and Crafts	4-7	13:00-3	£5	●
Wed	24 Oct	Capture the Flag Dodgeball Day	7-12	9:30-3	£10	●
Thu	25 Oct	Rifle Shooting	8-12	9:30-11	£4	●
Thu	25 Oct	Rife Shooting	8-12	11:15-12:45	£4	●

Booking form

Your contact details:

Name of child

Date of birth

School

Home address

Phone contact details: work/home/mobile

Email

Medical considerations

Booking forms can be handed in at, or sent to, any of our Sports Centre offices. Cheques should be made payable to North Norfolk District Council. If you have a query, please let us know and we'll do our best to help.

Contact:

Cromer
Sports Centre

☎ 01263 515669 @ cromersportscentre@north-norfolk.gov.uk

📍 Cromer Sports Centre, Norwich Road, Cromer, NR27 OEX

North Walsham
Sports Centre

☎ 01692 402293 @ northwalshamsportscentre@north-norfolk.gov.uk

📍 North Walsham Sports Centre, Spenser Avenue, North Walsham, NR28 9HZ

Stalham
Sports Centre

☎ 01692 580864 @ stalhamsportscentre@north-norfolk.gov.uk

📍 Stalham Sports Centre, Ingham Road, Stalham, NR12 9DG

We are unable to process a booking without a completed booking form and we need one form for each child. You can pick up additional forms online or at our sports centres www.north-norfolk.gov.uk/sports

**Book
online**

WWW.NORTH-NORFOLK.GOV.UK/BOOK

Points to Remember

Please

- remember to sign your child in and out for each session they attend.
- send your child in clothing appropriate to the activity they are taking part in.
- send your child with plenty to drink and a lunch (for all-day sessions)
- see a member of our team if you have any special requirements.
- contact us if you have any questions or queries about any of our activities.

BOOKING FORM Detach me, Tick me, Write cheque, Send me!

Kids' Zone

JUMP, RUN, PLAY ALL DAY

Activity Days

Kids' Zone Activity Days will be jam packed full of sports, games and activities, and each day will be tailored to the group we have. Here's an idea of what a typical Zone day will include:



FOOTBALL FUN DAY

A whole day of football-based activities including

Around the World, Marbles, Football, Cricket, Chinese Football, Golden Nuggets, King of the Ring, Skittles, Tournament, Crossbar Challenge and more!

ACTIVITY DAY

Our Activity Day will include activities such as Capture the Flag, Dodgeball, Frisbee, Logic Games, Pirates, Speed Stacking, Playground Games, Arts & Crafts, Rounders, Football, Cricket, Chinese Football, Dog & Bone and more!

CAPTURE THE FLAG DODGEBALL DAY - NEW!

Dodgeball and Capture the Flag are always high on the request list and we have planned a day around these two fantastic activities! The day will include all your favourite Dodgeball and Capture the Flag versions and will finish with our new hybrid game that proved so popular during the summer.

JUNIOR ARTS & CRAFTS - NEW!

A brand new session for children aged 4-7. Bring out your inner artist as we complete a number of different Arts & Crafts activities. This October, our Arts & Crafts will have a Halloween theme!

DODGEBALL FUN DAY



Dodgeball is one of our most popular activities and we have a whole day planned that could include Traditional Dodgeball, Capture the Flag Dodgeball, Fugitive, The Gauntlet, Rock-it Ball, Last Man Standing, Dr Dodgeball, Bench Dodgeball, Danish Longball, Kings & Queens and more!

PREMIER LEAGUE FOOTBALL

Represent your chosen Premier League club and lead your team to victory in league and cup! All your favourite games with a Premier League twist!

JUNIOR ACTIVITY DAY/MORNING

We always enjoy welcoming our younger visitors. We will be taking part in games such as What's the Time Mr Wolf?, Stuck in the Mud, Duck, Duck Goose, Parachute activities and many, many more. We may even get the chance to play on our bouncy castle!

MULTISPORTS DAY

Our Multisports Day concentrates on more traditional sports and can include Athletics, Badminton, Basketball, Cricket, Football, Handball, Hockey, Netball, Table Tennis, Tchoukball, Tennis, Touch Rugby and more.



RIFLE SHOOTING

Mark will be on hand to offer an introduction to Rifle Shooting. All equipment and expert guidance is provided, enabling you to learn the skills required to master this Olympic sport!



DANCE, PLAY AND HAVE FUN WITH YOUR FRIENDS
AT OUR JUNIOR DISCOS



Junior Discos

at Cromer, Stalham and North Walsham
Sports Centres

£3
entry per child
4 to 11 year olds
4pm - 6pm
children must be accompanied by a responsible
adult throughout the session.

**BOOK
NOW AT**

www.north-norfolk.gov.uk/book

CROMER DISCO DATES

27 October 2018, 15 December 2018
2 February 2019, 6 April 2019

STALHAM DISCO DATES

13 October 2018, 10 November 2018
8 December 2018, 12 January 2019
9 February 2019, 9 March 2019

NORTH WALSHAM DISCO DATES

17 November 2018 now starts 4.30pm until 6.30pm
05 January 2019

Music & entertainment provided by Twist 'n' Shape by the Sea
at Cromer and North Walsham, and Moore's Madness at Stalham.

Face-painting and disco goodies available on the night

Spaces limited to 80 children per disco
Unsold tickets available on the door

01263 515669 @cromersports /cromersportscentre
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Regular Clubs & Activities at our Community Sports Centres

Club/Activity	Venue	Day	Time	Ages
Community Roller Skating	Cromer	Saturday	12.30pm-2.30pm	All
Community Roller Skating	North Walsham	Saturday	11am-1pm	All
Community Roller Skating	Stalham	Saturday	9am-11am	All
Saturday Club	Stalham	Saturday	11am-12pm	7-12
Circuit Training	Stalham	Thursday	6.10pm-7pm	16+
Walking Netball	Stalham	Wednesday	6.15pm-7.15pm	16+
Stalham Netball Club	Stalham	Wednesday	7.30pm-8.30pm	16+
Cromer Cobras Netball	Cromer	Thursday	8pm-9pm	16+
Social Badminton Club	Cromer	Monday	8pm-10pm	16+
Social Badminton Club	North Walsham	Mon & Fri	8pm-10pm	16+
Junior Football	Stalham	Tuesday	6pm-7pm	7-12
Junior Football	Cromer	Tuesday	6pm-7pm	7-12
Walking Football	Cromer	Friday	6pm-7pm	18+
Toddler Morning	Cromer	Saturday	9.30am-11.30am	2+
Toddler Morning	Stalham	Sunday	9.30am-11.30am	2+
Birthday Parties	All	Weekends	Various	2+
Private hall hire	All	Various	Various	All
Social Football	Cromer	Mondays	6pm-7pm	16+
Social Football	Stalham	Mondays	8pm-9pm	16+

These are just a selection of sessions provided by our team regularly at our Community Sports Centres. We also play host to a number of clubs, teams, fitness classes and organisations, as well as running various courses throughout the year at all our centres.

Make sure you stay up to date with all that is going on at our Community Sports Centres by Following us on Twitter, Liking us on Facebook and signing up to our mailing list via our bookings page - www.north-norfolk.gov.uk/book

www.north-norfolk.gov.uk/sports

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FANCY DRESS



NORTH
NORFOLK
DISTRICT
COUNCIL

HALLOWEEN ROLLER DISCOS


£3.50
PER SKATER

SATURDAY 27 OCTOBER

Cromer Sports Centre: 7pm-9pm

North Walsham Sports Centre:

7.30pm-9.30pm

Stalham Sports Centre: 4pm-6pm

JOIN US FOR A SPOOKY CELEBRATION AND
CELEBRATE HALLOWEEN WITH AN EVENING
OF SKATING FUN!

SKATE, SOCIALISE AND HAVE FUN WITH
FRIENDS WHILST LISTENING TO ALL
THE LATEST TUNES AND
HALLOWEEN CLASSICS!

**PRIZES FOR THE BEST
FANCY DRESS COSTUMES!**

MUSIC & ENTERTAINMENT PROVIDED
BY TWIST & SHAPE AT CROMER AND
MOORE'S MADNESS AT STALHAM
AND NORTH WALSHAM.



Spaces limited to 80 skaters.

All unsold tickets will be available on the door.

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