

Nab Wood Sports Centre

Cottingley New Road
Bingley BD16 1TZ
t: 01274 567285

Great sports & leisure fun for ages 5 to 18

2010 SUMMER HOLIDAY COURSES



CATCH SOME WORLD CUP FEVER! 5 A SIDE FOOTBALL for adults & juniors

bactive



Sport & Leisure Service

Bradford District Council
www.bradford.gov.uk

ACTIVITY	COACH	TIMES	AGE GROUP	COST	AREAS
WEEK 1 : Monday 26 July to Friday 30 July 2010					
TRAMPOLINING	Jill Cordingley	12.30 pm to 4.30 pm	7 to 15 years old	£25.00	Sports Hall 1
GYMNASTICS	Carla Sheldon	12.00 noon to 2.00 pm	7 to 15 years old	£25.00	Gym
TABLE TENNIS	Hans Soova	12.00 noon to 2.00 pm	6 to 18 years old	£20.00	Sports Hall 1
WEEK 2 : Monday 2 August to Friday 6 August 2010					
MULTI SPORTS CAMP	Sports Development	9.00 am to 4.00 pm	8 to 15 years old	£85.00 £65 PTL	All Site
WEEK 3 : Monday 9 August to Friday 13 August 2010					
GYMNASTICS	Carla Sheldon	12.00 noon to 2.00 pm	7 to 15 years old	£25.00	Gym
BADMINTON	Peter Brooke	12 noon to 2.00 pm	7 to 15 years old	£20.00	Sports Hall 1
FOOTBALL COACHING	Peter Hammond	12.00 noon to 2.00 pm	5 to 8 years old	£20.00	Sports Hall 2
FOOTBALL COACHING	Peter Hammond	2.00 pm to 4.00 pm	9 to 12 years old	£20.00	Sports Hall 2
WEEK 4 : Monday 16 August to Friday 20 August 2010					
TABLE TENNIS	Hans Soova	12.00 noon to 2.00 pm	6 to 18 years old	£20.00	Sports Hall 1
DANCE CAMP	Laura Bannon	9.30 am to 3.00 pm	7 to 12 years old	£35	Activity/Gym

All our courses are coached by fully qualified teaching staff and instructors.



CATCH SOME WORLD CUP FEVER!
5 A SIDE FOOTBALL for adults & juniors

Just because you didn't get picked for the England Squad doesn't mean you can't have a great game of football. Get your team down to Nab Wood Sports centre for 5 A SIDE ACTION. Bookings now being taken. Call us for details.

Games £20 per hour adults, £10 per hour children. Between 26 July to 20 August, 12 noon to 5.00pm. Depending on availability.

Great Courses! Great Exercise! Great Fun!

ALL COURSES ARE FOR BOYS AND

GIRLS. With expert tuition and supervision to get you started or improve your skills. All the equipment is provided. Dress sensibly for the course. You can bring your own food and drink or buy it here.

Badminton

Come along and play some doubles or singles games. Think it looks easy? Think again. This is a very skillful game that keeps you fit and moving.

Gymnastics

An introduction to gymnastics for boys and girls teaching movement, agility and confidence.

Football Coaching Sessions

A chance to learn or improve skills and technique and have plenty of fun. And score a few goals.

Trampolining

Jump for joy as you bounce into action and fun. Improve your skills and movement. For beginners and more advanced. Your feet won't touch the ground.

Table Tennis

Whether you've never played or think you're hot stuff with a bat - this is the course for you. This is table top drama like you've never seen before.

Multi Sports

A week that mixes all kinds of sport and fitness activities. As much variety as you want. And then some.

Dance Camp

The hottest fitness activity hits Nab Wood. All kinds of dance and movement. Strut your stuff and go wild.

Contact reception for further information: t: 01274 567285.



NAB WOOD SUMMER FUN - Application Form

<small>tick ✓</small> COURSE <small>(see inside for times, ages, etc)</small>	COURSE DATE AND TIME	COST	DATE PAID
TRAMPOLINING	WEEK 1, 26-30 JULY, 12.30 PM TO 4.30 PM	£25.00	
GYMNASTICS	WEEK 1, 26-30 JULY, 12 NOON TO 2.00 PM	£25.00	
TABLE TENNIS	WEEK 1, 26-30 JULY, 12 NOON TO 2.00 PM	£20.00	
MULTI SPORTS	WEEK 2, 2-6 AUGUST, 9.00 AM TO 4.00 PM	£85.00 <small>£65 ptt</small>	
GYMNASTICS	WEEK 3, 9-13 AUGUST, 12 NOON TO 2.00 PM	£25.00	
BADMINTON	WEEK 3, 9-13 AUGUST, 12 NOON TO 2.00 PM	£20.00	
FOOTBALL	WEEK 3, 9-13 AUGUST, 12 NOON TO 2.00 PM	£20.00	
FOOTBALL	WEEK 3, 9-13 AUGUST, 2.00 PM TO 4.00PM	£20.00	
TABLE TENNIS	WEEK 4, 16-20 AUGUST, 12 NOON TO 2.00 PM	£20.00	
DANCE CAMP	WEEK 4, 16-20 AUGUST, 9.30 AM TO 3.00 PM	£35.00	
<i>PTL = Passport To Leisure rates</i>		TOTAL PAYMENT: £	

Name _____

Address _____

_____ Postcode _____

Tel _____ Age _____

Medical conditions? _____

Parental/guardian consent signature _____ Date _____



To secure a place on our 2010 Summer Fun courses, complete this application form and return with payment as soon as possible to:

Nab Wood Sports Centre, Cottingley New Road, Bingley BD16 1TZ. Tel: 01274 567285.

Contact us for all enquiries. Payment can be by cheque payable to 'Bradford Council' or by cash or credit card in person at Nab Wood Sports Centre Reception.

To advance book 5 A SIDE FOOTBALL GAMES,

tel: 01274 567285, or call in to Nab Wood Sports Centre. Payment is £20 per hour for adults and £10 per hour for children. Contact us for all enquiries. Payment can be by cheque payable to 'Bradford Council' or by cash or credit card in person at Nab Wood Sports Centre Reception.

