

SIR THOMAS RICH'S SPORTS CENTRE

Oakleaze, Longlevens, Gloucester GL2 0LF 01452 338439

SUMMER HOLIDAY ACTIVITIES 2011



COURSE	LEVEL	DATE	TIME	COST/CONTACT
Isporta Multisports www.isporta.co.uk	4-12yrs	01 Aug - 05 Aug 08 Aug - 12 Aug 15 Aug - 19 Aug 30 Aug - 02 Aug	} 08.30-16.30	07801801922 enquiries@isporta.co.uk
Midland Soccer Coaching www.midlandsoccercoaching.co.uk	4-13yrs	25 July - 29 July 22 Aug - 26 Aug	} 10.00-15.00	07962 382460
Sports-Xtra Spy Xperience Martial Arts Xperience Dance Xperience	4-12yrs	25 July - 29 July 08 Aug - 12 Aug 22 Aug - 26 Aug	} 08.30-17.00	07512 700393
Art Academy www.artacademyglos.moonfruit.com	4-12yrs	Monday to Friday 25 July - 19 Aug	10.30-15.30	07505 243745 artacademyglos@yahoo.co.uk
Future 4 Science www.future4science.co.uk	5-12yrs	15 Aug - 17 Aug	09.00-16.00	08450 132481
Tae Kwon Do Tigers	4-12yrs	26 Aug	10.00-15.00	07715 953775
Cricket Coaching Introduction to Cricket Cricket Development Clinic Cricket Fun Day	5-11yrs	1&2 Aug 15&16 Aug 30 Aug	} 10.00-15.00	01452 338439
Introduction to Sword Fencing	8-Adult	3 Aug, 31 Aug	10.00-12.00	01452 338439 £8 per session
Dance 4 Fun	5-12yrs	5 Aug, 19 Aug, 2 Sept	10.00-15.00	01452 338439 £12 per day
Introduction to Hockey (Uni-Hoc)	5-11yrs	17 Aug	10.00-15.00	01452 338439
Learn to Street Dance	5-11yrs	Wednesdays & Thursdays 27 July - 1 Sept	14.00-16.00	01452 338439
Sarah's Gymnastics	School Age up to 12 yrs	Thursdays 28 July - 1 Sept	10.30-11.30	079405 39688 slgale@talk21.com £4 per session
Dancing Trousers Cookery Survival Guide www.dancingtrousers.co.uk	16yrs+	2 Aug - 4 Aug 9 Aug - 11 Aug	} 10.00-16.00	01367 860144
Glos Little Ducklings Crash Course	4yrs+	25 July - 29 July	09.00-10.30	01242 693219

OCTOBER HALF TERM ACTIVITIES 2011



COURSE	LEVEL	DATE	TIME	COST/CONTACT
Art Academy	4-12yrs		10.30-15.30	07505 243745 artacademyglos@yahoo.co.uk
Midland Soccer Coaching	4-13yrs	24 - 26 Oct	10.00-15.00	07962 382460
Rugby Skills	5-11yrs	27 & 28 Oct	10.00-15.00	01452 338439
Sports-Xtra	4-12yrs	24 - 28 Oct	08.30-17.00	07512 700393



PARTY TIME !!!

Sir Thomas Rich's Sports Centre can offer a clean, safe and exciting experience of your choice from a pool party to a range of indoor sporting activities.

Call Tony or Luke for further details on:

01452 338439



ONGOING WEEKLY ACTIVITIES 2011

	COURSE	LEVEL	TIME	CONTACT
	MONDAYS Jive Easy www.jive-easy.co.uk	Adults	19.30-22.30	07969 186750
	Belly Dancing	All levels	19.30-20.30	01452 414380 07789 597975
	Zumba with Nikki	All ages	19.30-20.30	07891 835350
	Gary Hamilton Tae Bo Aerobics	Adults	18.30-19.30	07504 064817
	Glos Little Ducklings Swim School	All abilities	16.30-19.45	01242 693219
	Severn Tae Kwon-Do Tigers	4-12yrs	16.30-17.30	07715 953775
	TUESDAYS Adult Art Class www.artacademyglos.moonfruit.com	Adults	18.30-20.30	07505 243745 artacademyglos@yahoo.co.uk
	Midlands Soccer Coaching www.midlandsoccercoaching.co.uk	4-13yrs	Term time only 16.15-19.15	07962 382460
	Severn Roller Torrent www.severnrollertorrent.moonfruit.com	Females 18yrs+	18.00-19.00	severnrollertorrent@googlemail.com
	Fit Tech Total Circuits	All levels	19.30-20.30	01452 531257 jdfrench@fsmail.net
	Waterwise Swim School	All ages	16.30-19.00	01452 533230
	WEDNESDAYS Samurai Karate	All ages	20.00-21.00	01452 610070 07971 584901
	Gary Hamilton Circuits	Adults	18.30-19.30	07504 064817
	Zumba with Mandy	All ages	18.30-19.15	07790 545570 info@zumbawithmandy.co.uk
	Sarah's Gymnastics	School age up to 12 yrs	Term time only 15.45-18.00	07940 539688 slgale@talk21.com
	Glos Little Ducklings Swim School	All abilities	16.45-20.00	01242 693219
	THURSDAYS Fit Tech Total Circuits	All levels	19.00-20.00	01452 531257 jdfrench@fsmail.net
	Glos Little Ducklings Swim Schools	All abilities	16.30-19.45	01242 693219
	Gloucestershire Academy of Music Training Orchestra	Grades 4-6	Term time only 18.00-20.00	01452 385162
	Futsal	6-11yrs	17.00-18.00	07801801922
	FRIDAYS Yoga and Relaxation	All levels	18.00-19.00	01452 338439
	Sarah's Gymnastics	School age up to 12yrs	Term time only 16.00-18.15	07940 539688 slgale@talk21.com
	Swim School www.swimschool.me.uk	All levels	16.30-18.30	01452 549759 (after 18.30) enquiries@swimschool.me.uk
 	SATURDAYS Art Academy www.artacademyglos.moonfruit.com	4-12 yrs	10.30-14.00	07505 243745 artacademyglos@yahoo.co.uk
	Swim School www.swimschool.me.uk	All levels	08.30-12.00	01452 549759 (after 18.30) enquiries@swimschool.me.uk
	Samurai Karate	All ages	09.00-14.00	01452 610070/07971 584901
	Cotswold Skating	Families welcome	11.30-13.00	01452 883688 info@cotswold-artistic.co.uk
	Hampstead Factory	4-17 yrs	14.05-16.45	01242 234664
	PGC Sports Leagues (Football)	Adults	17.00-19.00	07773 190371 PGCSportsLeagues@live.co.uk
	Swim Away	4yrst+	13.00-16.45	01452 533230
	Polish Saturday School	3-16yrs	09.00-14.00	07800 842430
	SUNDAYS Swim School www.swimschool.me.uk	All levels	09.00-11.00 17.30-20.00	01452 549759 (after 18.30) enquiries@swimschool.me.uk
	Exploding Stars Swimming www.explodingstars.co.uk/swim	All ages	11.30-13.30	01452 690956 marc@explodingstars.co.uk
	Zumba with Natalie	All ages	10.00-11.00 17.00-18.00	07927 759268 zumbanatalie@hotmail.co.uk
	Glevum Archers	All ages	14.00-18.00	07899 937096



A Cookery Survival Guide for Teens

Dancing Trousers Cookery School is launching a new Survival Guide for young people 16+ who are keen to learn how to get by and get on in the kitchen. It's part of Sir Thomas Rich's Cooking Academy and will be delivered in their new state-of-the-art Food Tech Unit.

Learn to shop on a budget and cook great food as well as the basics, such as how to use herbs and spices, how to stock your store cupboards, kitchen and food hygiene, ironing a shirt (!) and much more. It's sociable, fun and will give you valuable skills for life. No previous cooking experience is necessary.

This 3 day intensive course is £350 per head

To book or for more details call us on 01367 860144 or click www.dancingtrousers.co.uk

Does your child deserve...

...The Best Summer Break Ever

Limited Spaces!!

Awesome Summer Science Events for 5-12yr olds

£20pp Early Bird Price

£32pp Standard Price

Groups of 5 £90

Groups of 10 £160

To sign up simply go to www.future4science.co.uk

1-3 day Science Events

Experiments, demonstrations, hands on workshops
All children are guaranteed a great time!

All New Programmes!!



Inspiring Young Minds

For More Information go to:
www.future4science.co.uk

SWIM SCHOOL

We are a family run and friendly Swim School based at Sir Thomas Rich's School.

Our children's classes cater for all levels of swimmer, from beginner lessons to competitive training sessions.

Please contact us to discuss your child's needs

We look forward to hearing from you!

Website - www.swimschool.me.uk

Telephone (after 6.30pm) - 01452 549759

Email - enquiries@swimschool.me.uk

Text - text "Swim" to 07966785083



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Dance based fitness that's fun!!!

Sir Thomas Rich's Grammar School

- Oakleaze, Longlevens,
Gloucester, GL2 0LF

Mondays 7.30pm

£5 per person

Cash only

☺ Ring/Text in advance

07891 835350 ☺

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Learn to Swim,
have Fun, stay Safe,
get Fit, lose Weight,
refine Technique,
feel Great!

open to all swimmers
aged 4 to adult

new weekend swim
classes starting July

intensive swim programme
running in August and October

our small class sizes ensure you
have the best opportunity
to meet your goals

our instructors are
fully certified by the ASA
and current members of the
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t: 01452 690956

e: marc@explodingstars.co.uk

w: www.explodingstars.co.uk/swim



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Awesome Holiday Xperiences

There is an Xperience for every child during the holidays!
Come along and meet new friends whilst learning new skills in a safe environment.
Suitable for children aged 5 to 12 years.



TEL: 07512700393

www.sports-xtra.com

FREE TRIAL CLASSES

@ Sir Thomas Rich's Sports Centre

@ GL1 Leisure Centre



Classes for Ages 3½+

Separate Teen & Adult classes

Fun, fitness & self defence for the whole family!

Call 07971 584901 to book your FREE trial

www.samurai-martialarts.co.uk

A GREAT Place to Learn to Swim,
is at Sir Thomas Rich's School

Gloucester Little Ducklings Swim School

ASA Approved
Swim School,
teaching in fun, safe
and relaxed
environment
On
Mon, Wed and
Thurs
4.30 to 8.00 PM



Don't forget our
Summer Crash
Course
On Mon 25th to
Fri 29th July 2011

If you would like your child to learn to swim in the best possible hands, we're here to help... Call Carol Hunt on 01242 693219 for details

adult art class

Tuesdays at Sir Thomas Rich's
School
6.30-8.30pm

*Come and try your hand
at printing, felting,
mosaic and mixed media,
just to name a few.*

Exciting and creative
workshops for people with
little or no experience.
GO ON....GIVE IT A GO!

To book your place call Adele on 07505 243745

Email artacademyglos@yahoo.co.uk

Or visit www.artacademyglos.moonfruit.com for more info

MIDLAND SOCCER COACHING

(as featured on ITV's Central Soccer Night)

SUMMER HOLIDAY COURSE

Monday 25th to Friday 29th July & Monday 22nd to Thursday 25th August from 10-3pm

Courses run by ex-professional players
for children aged 4-13 years



For more information or to
book a place call
07962 382460

Or visit our website:-
www.midlandsoccercoaching.co.uk

EVERY TUESDAY AT
SIR THOMAS RICH'S SPORTS CENTRE

OUTSIDE CIRCUIT TRAINING



WEDNESDAYS 6.30-7.30 PM
SIR THOMAS RICH'S SCHOOL

Fat burning, stamina boosting circuit training

All abilities welcome

Ideal training for pre-season football, rugby, netball and general fitness

Call 07504064817 for more details

End your weekend on a high with Natalie's



The Latin inspired, easy to follow,
calorie burning, feel-it-to-the-core
fitness party!!!

- ♥ Have fun
- ♥ Sculpt your body
- ♥ Burn up to 1000 calories
- ♥ Shake your booty!
- ♥ Get fit, get happy!

"Zumba does not make you feel like you are exercising. I am definitely smiling and I go home very happy"
-J Innes

Sundays 10am-11am & 5pm-6pm

@ Sir Thomas Richs Sports Centre


Everyone is talking about Zumba
Come & try it for yourself!

www.zumbanatalie.co.uk ♥



TAE KWON-DO

TIGERS



Sir Thomas Rich's Sports Centre
MONDAYS 4:30 pm - 5:30 pm
AGES 4-12 YEARS
FIRST TWO LESSONS ARE FREE
ROB ROBINSON : 07715953775
RHIAN JACKSON : 07970886165
www.gloucestertigers.com

ART ACADEMY



SATURDAY CLUB
 SCULPTING, PAINTING, PRINTING AND COLLAGE—PLUS LOADS MORE!

AT SIR THOMAS RICH'S SCHOOL
 10.30am—2pm
 For 4—12 year olds

£10 per session including materials!
 To book your place contact Adele on 07505 243745
 or email artacademyglos@yahoo.co.uk
www.artacademyglos.moonfruit.com

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SERVING GLOUCESTERSHIRE

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www.isporta.co.uk

CONTACT: 07801801922 FOR DETAILS

Improve Co-ordination, Balance, Strength, Flexibility, & Build Confidence & Increase Fitness!

Gymnastics classes at Sir Thomas Rich's School, Wednesday's & Friday's for children
 School Age -12yrs



Sarah's Gymnastics School was established in 1997 and is a British Gymnastics Registered Club.

For further details and bookings please call Sarah Henderson on 07940539688, or email slgale@talk21.com

Classes also available at GL1, and Pre-School at Pineholt Village Hall, Hucclecote

16+? Why not try out our fitness suite 01452 338439

GRAMMAR SCHOOL ENTRANCE EXAM TUITION APPLICATION FORM

For pupils entering Yr 6 from September 2011:
FINAL PREPARATIONS 8th Sept - 6th Oct YES / NO
 Thursdays 4.30-5.30pm

For pupils entering Yr 5 from September 2011:
INTRO TO GRAMMAR SCHOOL ENTRANCE EXAM 3rd Nov - 8th Dec YES / NO
 Thursdays 4.30-5.30pm

Further progressive courses will follow from March 2012 throughout the year

PLEASE USE BLOCK CAPITALS

CHILD'S NAME.....SCHOOL.....YEAR GROUP.....
 HOME ADDRESS.....
 POST CODE..... TEL NO.....RELEVANT MEDICAL CONDITIONS.....
 PARENT/GUARDIAN SIGNATURE.....
 PRINT NAME..... DATE...../...../.....

Please return to Tony Barton, Commercial Operations Manager, Sir Thomas Rich's School, Oakleaze, Longlevens, Gloucester, GL2 0LF

