WE DO GET BEST EXPERIENCES
Leisure

SPRING BREAK
PROGRAMME 2019
Come along to our new mini interactive class at the Clydebank Leisure Centre.

Lots of fun activities for your little ones including interactive floor projection games featuring **bubble burst, soccer match, bug squash, popping corn, pinball hockey and more**.

There are also fun games, **mini bounce, soft play, giant jenga, connect four, chute and the ever popular mini cars**.

Parents come prepared to get active, our instructor will be encouraging everyone to take part in this energetic and fun session!

Afterwards visit our café for a relaxing coffee and cake or even treat yourself and your little one to lunch or an early tea.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10.30am to 12noon</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Friday</td>
<td>10.30am to 12noon</td>
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Welcome to our Spring Break programme 2019.

West Dunbartonshire Leisure invites you to come along to one of our leisure centres which is packed full of activities for all ages and abilities.

The 2019 Spring Break programme includes a variety of fun from Bounce Busters and mini movers for our under 8’s to week long camps and aqua discos for our 8 to 12 year olds. As places are limited for some activities it is advisable to book to ensure a place for your youngster and avoid disappointment.

If you haven’t visited our new £24m leisure centre in Clydebank you’re missing out on a number of exciting new activities such as our amazing Interactive area for both children and adults and our i-slide in the swimming pool. The gym is packed full of the newest fitness equipment spread over two floors with stunning views down the Clyde.

The Clydebank centre has a jam packed Spring Break programme. Have a go in our giant inflatable ball otherwise known as Zorbing or spend some time in the sports hall at our mini movers or bounce buster sessions. Old favourites returning include aqua discos and spring fun camps on from 9.00am to 3.30pm. If you book a 2019 children’s birthday party during the fortnight we will give you £10 off if you quote the phrase “Cracking Good Deal”

Our other leisure centres, the Meadow Centre in Dumbarton and the Vale Pool in Alexandria can also keep the kids occupied over the holiday including camps, aqua disco, pool inflatable session, mini movers, baby bubbles, 50p Fridays and much more.

Our Sport Development section has a range of holiday camps including gymnastics, football and multi sports.

Don’t forget all West Dunbartonshire schoolchildren can swim for £1 during the period Saturday 30 March to Sunday 14 April, but don’t forget to bring your Leisure Card to get the discount.

We do hope that this programme meets the needs of our customers. However, if you think we have missed something or would like us to provide an activity in future, please let us know by providing feedback at www.wdleisure.net
Meadow Centre
Spring Programme 2019
Saturday 30th March to Sunday 14th April

Mini - Movers (Pre-school)

Monday to Friday from 1st April to 12th April
10.30am – 12.00noon
Soft Play, Bouncy Castle, mini cars and a range of equipment and games to keep your youngster active, happy and entertained for the morning session. Be aware parents take part too so come ready prepared in training shoes and comfortable clothes! Limited places available so pre-booking is advised.
£3.35 per session

Bounce Busters (age 5-8yrs)

Monday and Friday (1st, 5th, 8th, 12th April)
10.30am – 12.00noon
Plenty of lively and energetic fun for your youngster with our giant inflatable assault course and slide. Limited places available so please book in advance to avoid disappointment.
£3.35 per session. If you have kids fitting in both the mini movers and Bounce Busters age group you can buy a combo ticket for £6.00

Easter Pool Disco’s

Friday 7.00pm-9.00pm, 5th & 12th April £2.95
Age 8 – 12years
Party with your pals on a Friday at this popular session to the great sounds from our aqua disco DJ. Competitions and prizes for some Easter fun - win an Easter egg. Must bring Access to Leisure card or entry could be refused.

Wet & Wild Pool Inflatable Session

Tuesday and Thursday 2nd, 4th, 9th, 11th April
1.00pm – 2.30pm £2.95
It’s a swim with added fun - try out our large inflatable run - compete with your friends or even just challenge yourself to complete the run. Children must be over 8 and able to swim 50 meters (2 lengths of the pool) to participate on the inflatable run.
5 day Fun Sports Camp at the Meadow (8-12yrs)

Monday 1st to Friday 5th April // Monday 8th to Friday 12th April

Five days of ‘Fun Camp’ sessions 9.00am to 3.30 pm. Kids will take part in a programme of sports hall activities including sports coaching and organised games and poolside activities including inflatable sessions and organised pool games. Children require to bring their own packed lunch, must be dressed ready to take part in sports and physically active sessions and should bring their swimwear every day. These sessions must be booked in advance and registration documents completed by parent/guardian.

**Five day ticket - £47, day ticket £11.50.**

Laned swim sessions Monday to Friday 12.00noon – 12.45pm

For serious swimmers why not take advantage of our lunch time laned swimming sessions to get an uninterrupted serious exercise session in our swimming pool.

Juvenile Gym Sessions (age 12-15)

Saturday 30th March to Sunday 14th April

Available seven days a week 10.00am to 4.00pm. Please note Juveniles must have completed an induction session to gain access to the Gym.

Thursday Mornings earlier opening for the Spring Break

On Thursday mornings we will open the Gym, pool, health suite and sport hall at 9.00am during the Easter holidays - have a leisurely swim or get into the gym an hour earlier than usual! Don’t forget we already open early at 7.00am all year round on Monday, Tuesdays and Fridays (please check which activities are available for early opening days if you plan to attend).

Remember

SWIMMING FOR ONLY £1.00 is available for all West Dunbartonshire school pupils during the School holiday. A valid Leisure Card is required.
Vale Pool
Spring Programme 2019
Saturday 30th March to Sunday 14th April

Early Morning Express Spin Class - Every Wednesday

Our popular early morning fitness session
The swimming pool opens all year round at 7.00am and there is also a half hour spin class starting at 7.00am. This is your chance to rise with the larks and get some exercise done then get on with the rest of your day, whether that be off to work or away to enjoy the Easter sunshine (hopefully)!

50p Friday (age 8 – 15)

Friday’s (5th April & 12th April) - All Day Only 50p
Only 50p all day for under 16s for swimming, it’s a bargain. This also includes access to the Friday Fun session from 2.00pm – 4.00pm, must have Leisure card.

Friday Fun Session - only 50p

Friday’s (5th April & 12th April)
The afternoon fun session from 2.00pm – 3.30pm, mini inflatables, splash basketball & water games, come along and have some fun with your friends in the water. (Over 8s only, under 8s need to be accompanied by an adult).

Bargain Baby Bubbles - only £1

Mondays & Wednesdays (1st, 3rd, 8th & 10th April)
Under 5 child plus parent/guardian can enjoy a discounted swim session during the spring break on Monday and Wednesday afternoons from 12.00pm to 2.00pm

Laned Swim Sessions

Monday to Friday 1.00pm – 2.00pm
For serious swimmers why not take advantage of our laned swimming sessions to get an uninterrupted serious exercise session in our swimming pool.

Juvenile Gym Sessions (age 12-15)

Saturday 30th March to Sunday 14th April
Available seven days a week 10.00am to 4.00pm. Please note Juveniles must have completed an induction session to gain access to the Gym.

Remember

SWIMMING FOR ONLY £1.00
is available for all West Dunbartonshire school pupils during the School holiday. A valid Leisure Card is required.
Spring Fun Camp (age 8-12)

Monday 1st - 5th April
9.00am - 3.30pm

Week long ‘Fun Camp’ sessions. Kids will take part in a programme of sports hall activities including sports coaching and organised games and poolside activities including fun sessions and organised pool games. The children will also be getting energetic in our fabulous new interactive fitness area, a unique way for children to keep active and have fun. Children must be dressed ready to take part in sports and physically active sessions and should bring their swimwear every day. A sandwich lunch with drink can be ordered from our café for £2.50, please ensure your child has lunch money with them to place their order in the morning. These sessions must be booked in advance and registration documents completed by parent/guardian.

Five day ticket - £47, day ticket £11.50.

Mini - Movers (Pre-school)

Monday to Friday from 1st April to 12th April
10.30am – 12.00noon

Bouncy castle, soft play and a range of equipment and games suitable for young children. Parents and children can enjoy a great play session together. Encouraging children to be active and having freedom to bounce, jump, hop and skip, with lots of space to play safely. Work together on hand eye co-ordination with stimulating throw and catch games, help them to further develop balance and strength by bouncing, skipping and hopping. Healthy fun play time for children and adults. Pre-booking advised.

£3.35 per session 2nd child same family £2.65

Bounce Busters (age 5-8yrs)

Monday, Wednesday and Friday (1st, 3rd, 5th, 8th, 10th & 12th April)
10.30am – 12.00noon

Giant inflatable assault course and slide, games, badminton, races and lots of active fun for 5-8 year olds. Lots of lively energetic fun. Pre-booking advised to avoid disappointment (max number 30).

£3.35 per session. If you have kids fitting in both the mini movers and Bounce Busters age group you can buy a combo ticket for £6.00
Birthday Party Offer for Easter

If you book and pay for an Interactive Party for any time up to the end of 2019 during the Easter break you will get a discount of **£10** if you quote the phrase ‘Cracking good deal’ when you make the booking. Subject to availability - Term and conditions apply.

Zorb Fun  (age 8 – 12yrs)

**Tuesday & Thursday (2nd, 4th, 9th & 11th April)**

**1.30pm – 3.00pm**

A fun hour and a half of exciting team game Zorb activities - Zorb Dodge, Zorb Tig, Zorb Race and of course the old favourite Zorb football. Pre-booking advised. **£4.00**

Easter Pool Disco

**Friday, 5th & 12th April**  **£2.95**

**Age 8 – 12years 6.30pm – 8.30pm**

Party with your pals to the latest hits on a Friday at this popular music fun session. We are having a prize draw for some ‘egg’stra Easter fun - one lucky pool disco participant will win an Easter egg each Friday. Must bring your Leisure card or entry could be refused.

Pool Fun Session

**Monday 1st April & Monday 8th April**

**1.00pm - 3.00pm**

Swimming session with some added fun. Splash around in our fabulous pool, race down our i-slide... and play around with the fun floats and toys in the pool. **£2.95**

Easter Offers

**Birthday Party Offer for Easter**

If you book and pay for an Interactive Party for any time up to the end of 2019 during the Easter break you will get a discount of **£10** if you quote the phrase ‘Cracking good deal’ when you make the booking. Subject to availability - Term and conditions apply.

**‘£5 – A – Day’ Easter Badminton Offer**

“Grab a Badminton Bargain”. During the spring holidays, we have Badminton Courts available to book for a discounted price of only **£5** (Normal Price £8.00). Book a court and enjoy some family fun playing badminton together.

Offer available 10am – 4.00pm Monday to Friday (subject to availability).

Juvenile Gym Sessions (age 12-15)

**Monday 1st April to Sunday 14th April**

Available seven days a week 10.00am to 4.00pm. Please note Juveniles must have completed an induction session to gain access to the Gym. If you require a Gym induction, we have programmed Gym Inductions in for 11.30am every day! Booking essential (limited spaces).

Remember

SWIMMING FOR ONLY **£1.00**

is available for all West Dunbartonshire school pupils during the School holiday. A valid Leisure Card is required.
# Interative Area

## Messy arts and crafts

<table>
<thead>
<tr>
<th>Group</th>
<th>Dates</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Pre 5’s</td>
<td>5th &amp; 10th April</td>
<td>1.00pm to 2.30pm</td>
<td>£2.50</td>
</tr>
<tr>
<td>5-12 yrs</td>
<td>1st, 3rd, 8th, 12th April</td>
<td>1.00pm to 2.30pm</td>
<td>£3.50</td>
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Do you have a budding Picasso but hate cleaning up the mess! Why not pop down to Clydebank Leisure Centre and join in with our arts and crafts session. Each session will have a different masterpiece to take away. The children will have 45 minutes creating as well as 45 minutes in our interactive room.

**Pre 5 – Parent and child session (Age appropriate activities)** 5+ Child only.

## The greatest Sing Along (age 5-12yrs)

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>11th April</td>
<td>1:00pm to 3:30pm</td>
<td>£5.00</td>
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</table>

We will be showing one of the best family friendly films of 2018. 1 hour 45 minutes of feature film and a further 45 minutes of play in our amazing interactive room. Our film starts out with an orphaned, penniless but ambitious character who has a gift to effortlessly blur the line between reality and fiction.

## Dance Mat Mayhem (age 5-12yrs)

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>2nd &amp; 9th April</td>
<td>6.00pm to 7.00pm</td>
<td>£3.00</td>
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</table>

Do you have a child that loves to dance? Why not try out our new state of the art Dance machines; they have been specially shipped over from the USA!

We will have competitions and lots of fun in this dance based activity session.

## Interactive Disco (age 5-12yrs)

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<th>Time</th>
<th>Cost</th>
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<tr>
<td>5th &amp; 12th April</td>
<td>6.45pm to 8.15pm</td>
<td>£2.50</td>
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Dance to the latest hits and have some interactive games and competitions. Lots of energetic fun and one lucky mini disco participant will win an Easter egg and a half price interactive birthday party voucher.

**Don't forget Mini Activators class on Monday to Friday, 10.30 to 12.00pm**
# Spring into Sport 2019

## Football Camps

**Fun Football Camp 5 – 8yrs**

**Skill Development Camp 9 – 14yrs**

<table>
<thead>
<tr>
<th>Venue</th>
<th>Dates</th>
<th>Time</th>
<th>Cost</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vale of Leven Academy</td>
<td>1st – 5th April</td>
<td>9 – 3pm</td>
<td>£55</td>
<td>VOL1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 – 12pm</td>
<td>£27.50</td>
<td>VOL2</td>
</tr>
<tr>
<td>Dumbarton Academy</td>
<td>8th – 12th April</td>
<td>9 – 3pm</td>
<td>£55</td>
<td>DA1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 – 12pm</td>
<td>£27.50</td>
<td>DA2</td>
</tr>
<tr>
<td>Clydebank High</td>
<td>8th – 12th April</td>
<td>9 – 3pm</td>
<td>£55</td>
<td>CB1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 – 12pm</td>
<td>£27.50</td>
<td>CB2</td>
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## Gymnastics

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<thead>
<tr>
<th>Venue</th>
<th>Dates</th>
<th>Time</th>
<th>Age</th>
<th>Cost</th>
<th>Course Code</th>
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<tbody>
<tr>
<td>Dumbarton Gymnastic Centre</td>
<td>1st – 5th April</td>
<td>9 – 12pm</td>
<td>5 – 10yrs</td>
<td>£42</td>
<td>GYM1</td>
</tr>
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## Minikickers

**Football for 3 & 4yrs**

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<tr>
<th>Venue</th>
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<th>Time</th>
<th>Cost</th>
<th>Course Code</th>
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</thead>
<tbody>
<tr>
<td>Vale of Leven Academy</td>
<td>1st – 5th April</td>
<td>9.30 – 10.30am</td>
<td>£13</td>
<td>MK1</td>
</tr>
<tr>
<td>Dumbarton Academy</td>
<td>8th – 12th April</td>
<td>1.30 – 2.30pm</td>
<td>£13</td>
<td>MK2</td>
</tr>
<tr>
<td>Clydebank High</td>
<td>8th – 12th April</td>
<td>11.00 – 12.00pm</td>
<td>£13</td>
<td>MK3</td>
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## Multi Sports Camps

Participants will get the chance to try a variety of sports and fun games

Camps are open to 5 – 12 year olds

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<thead>
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<th>Time</th>
<th>Cost</th>
<th>Course Code</th>
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<tbody>
<tr>
<td>St. Peter the Apostle HS</td>
<td>1st – 5th April</td>
<td>9.00 – 3.00pm</td>
<td>£55</td>
<td>MS1</td>
</tr>
<tr>
<td>Vale of Leven Academy</td>
<td>8th – 12th April</td>
<td>9.00 – 3.00pm</td>
<td>£55</td>
<td>MS2</td>
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## Consent & Medical Form

**PLEASE COMPLETE THE FORM IN BLOCK CAPITALS**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Male / Female:</th>
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<tbody>
<tr>
<td>Address:</td>
<td>Postcode:</td>
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<tr>
<td>Date of Birth:</td>
<td>School: Year:</td>
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<tr>
<td>Tel No:</td>
<td>Mobile No:</td>
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<td>Email:</td>
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Does the named participant suffer from any medical conditions, allergies or have any other additional support needs of which we should be aware of? (please tick) Yes ☐ No ☐

If YES please give details below.

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<th>Course Code:</th>
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Football participants information provided on this form will be shared with the Scottish FA for the purposes of counting and monitoring participation in football and will not be used for any commercial purpose or shared with any third party organisation. If you do not want this information shared please tick this box ☐

I have read and understood the enrolment conditions on the previous page.

Date: 

Parent/Guardians signature: 

Parent/Guardians Name (block capitals):