

Children's Term Time Activities

2nd September - 20th December 2019





Contents

Session Guide	Page 5
Prices	Page 6
Xcel Leisure Centre	Page 7
Centre AT7	Page 8
The Alan Higgs Centre	Page 9
Outdoor Adventure	Page 11

Safeguarding

Every member of staff, user and visitor to CV Life facilities is responsible for maintaining respectful and safe behaviour towards all children and young people at all times. In the event that you have any cause for concern, please speak to any member of staff immediately.

Connect with us - anytime & anywhere

For the latest news, offers and programming information changes for children's activities follow us at:

   @cvlifecommunity

For activity programming and pricing information:

 cvlife.co.uk

   @cvlifeneeds

Sports Coaching Charter

We pride ourselves on quality coaching standards and the development of coaches. Each coach involved in our coaching program has undergone a DBS check and has, or is working towards a recognised National Governing Body of Sport qualification. All coaches attend regular training seminars to refresh aspects of good practice, coaching techniques, child protection and sports development. The coaching team is provided with a wide range of equipment and materials, which are checked on a regular basis to ensure safety and suitability.

All coaching sessions are planned to ensure that each child receives maximum enjoyment and that every session has a guideline for coaching ratios. If you are not completely satisfied with the coaching standards delivered within your child's session, then please contact your Sports Development Officer.

Course Details

All courses run during term time:

Half Term 1: 2nd September to 18th October

Half Term 2: 28th November to 20th December

To Book

Ryan Quinn

Sports Development Officer

Xcel Leisure Centre

02476856956

RJQuinn@cvlife.co.uk

Nikki Stilwell

Sports Development Officer

Centre AT7

02476665530

NDStilwell@cvlife.co.uk

Natalie Bolam-Wilson

Sports Development Officer

The Alan Higgs Centre

02476308244

NBWilson@cvlife.co.uk

Please Note: It is important that children attend sessions suitably dressed for their activity. No jewellery is allowed to be worn whilst taking part in the activities. For activities on trampolines, children will not be allowed on the trampolines in jeans or jewellery.



Added Value Swimming Lessons

Aquarius Swim School students can now attend our public swim and splash sessions free of charge!

Children under 4 must be accompanied by an adult on a 1 to 1 basis. Children who can swim aged between 4 and 8 years must be accompanied by an adult on a 2 to 1 basis. Children who can swim aged 8 and over may use the pool without an accompanying adult.

Session Guide

Badminton

A session of fun and friendly free play with mini games and activities.

Gymnastics

During these classes children will be taught tumbling moves and floor work.

KS2 Basketball

This class will teach dribbling, passing, shooting and includes fun games and competitions.

Soccer Skills

This class will teach skills such as dribbling, passing, shooting, turning and much more!

Tots Multi-Sports

This class will help skills such as balance, coordination & social skills through playing and learning the basics of a variety of sports & fun games

Street & Break Dance

This class will teach Street Dance, Break Dance, Hip-Hop and much more!

Tots Football

Classes are parent led working on co-ordination, balance, colour and number recognition.

Tots Trampoline & Gymnastics

This class will teach basic shapes and landings. No jeans or earrings allowed.

Trampolining

This is a progressive class to ensure that all children of all abilities can enjoy the sport.

Prices

1 hour Sessions		
Standard	Go CV	Go CV + Concession
£4.50	£4.00	£3.50

45 minute Sessions		
Standard	Go CV	Go CV + Concession
£4.00	£3.50	£3.00

For more information about Go CV please visit
www.go-cv.co.uk

Xcel Leisure Centre

	Day	Time	Age
NEW! Soccer Skills	Monday	4.00pm - 5.00pm	5 - 11 years
Street & Break Dance	Wednesday	5.00pm - 6.00pm	4 - 11 years
NEW! Tots Multi-Sports	Thursday	1.45pm - 2.30pm	2 - 5 years
Gymnastics	Thursday	4.00pm - 4.45pm 4.45pm - 5.30pm	5 - 8 years 9 - 12 years

SPECIAL OFFER

First term of Soccer Skills for ONLY £2.00 per session.
Valid until 18th October 2019



Centre AT7

	Day	Time	Age
Outdoor Adventure	Monday	5.00pm - 6.00pm	6 - 12 years
Gymnastics	Tuesday	5.00pm - 5.45pm 5.45pm - 6.30pm	5 - 8 years 8 - 12 years
Street Dance	Thursday	5.00pm - 6.00pm	5 - 11 years
Tots Football	Saturday	9.00am - 9.45am	2 - 5 years



The Alan Higgs Centre

	Day	Time	Age
Gymnastics	Monday	5.00pm - 5.45pm 5.45pm - 6.30pm	5 - 7 years 8 - 11 years
Tots Gymnastics	Tuesday	9.30am - 10.15am	2 - 5 years
Soccer Skills	Thursday	4.00pm - 5.00pm	5 - 11 years



Children's Holiday Activities

Fun packed programme of themed activities available during all school holidays!

For more information visit our website closer to the time.



Outdoor Adventure

Our Outdoor Adventure club is a chance to try a variety of outdoor activities. You will be able to climb and abseil our 35ft tower, practice soft archery and complete challenges as part of a team.

All participants will be working towards completing our Outdoor Adventure Award.

Outdoor Adventure Club	
Day	Monday
Time	5.00pm - 6.00pm
Location	Centre AT7
Age	6 - 12 years

Price		
Standard	Go CV	Go CV + Concession
£4.50	£4.00	£3.50





The Wave



Swimming & Lessons



Fitness Suites



Group Exercise Classes



Sports & Leisure



Mana Spa



Children's Activities



Children's Play & Parties



Functions & Celebrations



Business Services

The Wave
New Union Street
Coventry CV1 2PS

Xcel Leisure Centre
Mitchell Avenue
Coventry CV4 8DY

Centre AT7
Bell Green Road
Coventry CV6 7GP

The Alan Higgs Centre
Allard Way
Coventry CV3 1HW



www.cvlife.co.uk | 024 7630 8258 | @cvlifenevs

Activities, times and prices may be subject to change. It is advised you visit our social media pages, website or contact the Centre prior to your visit for any updates. Our website can be translated into a wide range of languages.

Coventry Sports Foundation (Company Number 2239584 and Registered Charity Number 700409) operating as CV Life.