

Cornwall Summer Holiday activities

2014



Monday 28 July – Friday 29 August

See website or ask at reception for details

www.tempusleisure.org.uk/holidays



Tempus Leisure – Holiday Activities



Locations include:

Bodmin, Bude, Falmouth, Helston
Launceston, Liskeard, Newquay, Saltash
St Austell, St Ives, Truro and Wadebridge.



Tempus
Making time for leisure

www.tempusleisure.org.uk

CALLING ALL KIDS

Summer Activities

Our summer activity programme has been designed specifically for children and young people aged 5-14 years.

NEW for this summer:

 Tempus Leisure – Holiday Activities

- Web bookable*
- Childcare vouchers accepted**
- Full days for 5 - 7 years***

To book a place, please contact the leisure centre where the activity is taking place or book online.

* Member ID and PIN required from your local leisure centre.

** We accept Busy Bees Benefits, Care 4, Computershare, Edenred, Fideliti, Kiddicare and Sodexo.

*** Selected facilities only.

GUIDE TO ICONS

-  Age range
-  Cost
-  Times
-  About the activity
-  Important information
-  Pick up/drop off
-  Venue (if off site)



Call the relevant centre to book a place:

Dragon Leisure Centre	Bodmin	T: 01208 75715	Page 4
Gyllyngdune Gardens	Falmouth	T: 01326 211222	Page 7
Helston Sports Centre	Helston	T: 01326 563320	Page 10
Lux Park Leisure Centre	Liskeard	T: 01579 342544	Page 12
Newquay Sports Centre	Newquay	T: 01637 875533	Page 13
Phoenix Leisure Centre	Launceston	T: 01566 772551	Page 13
Polkyth Leisure Centre	St Austell	T: 01726 223696	Page 15
Saltash Leisure Centre	Saltash	T: 01752 840940	Page 16
Ships & Castles	Falmouth	T: 01326 212129	Page 18
Splash Leisure Pool	Bude	T: 01288 356191	Page 19
St Ives Leisure Centre	St Ives	T: 01736 797006	Page 20
Truro Leisure Centre	Truro	T: 01872 261628	Page 20
Wadebridge Leisure Centre	Wadebridge	T: 01208 814980	Page 22
Waterworld	Newquay	T: 01637 853828	Page 24




Mondays


28 July, 4 and 18 August

Multi Activity Day

 5-14 yrs  £13.50

 9am - 4pm

 A fun packed day with lots of activities including the Pool Party* and a Nerf dart tag shootout. Target vests, glasses, guns and bullets will be provided.

 Please bring swimming kit, a packed lunch and plenty to drink.


*Children aged 5-7 years are unable to swim, as children under eight years must be accompanied by an adult.


28 July, 4, 11 and 18 August

Pool Party

 All Ages  £3.50 per person

 10am - 12pm


 Body boards, balls, super soakers and great music make this session great fun for all ages.

 Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool.

Soft Play

 Under 5's  £2.60

 10am - 11.30am

 Let your little ones loose on our bouncy castle, ball pool, soft play shapes and ride on toys. All children must be supervised by an adult at all times.



Tuesdays

29 July

Plymouth Argyle 'Search For A Star'

🕒 5-14 yrs 📍 £5 ⌚ 10am - 3pm

12 August

'Train Like A Pro'

🕒 5-14 yrs 📍 £12 ⌚ 10am - 3pm

26 August

'Search For A Star'

🕒 5-14 yrs 📍 £12 ⌚ 10am - 3pm

🔍 Our soccer schools are age and football specific with the emphasis on fun and enjoyment. Sessions include skill development, competitions and small sided games with lots of prizes to be won. Any talented players may get the chance to trial with the youth department.

📌 Don't forget to bring football boots, trainers, shin pads, a packed lunch, plenty to drink and sensible clothing for all weather conditions (including sun cream).

Please call **Plymouth Argyle** direct on **01752 562561 (ext 4)** for further information or book online at: www.argylecommunitytrust.co.uk

Wednesdays

30 July, 6, 13, 20 and 27

Pool Party

🕒 All Ages 📍 £3.50 per person

⌚ 10am - 12pm

🔍 Body boards, balls, super soakers and great music make this session great fun for all ages.

📌 Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool.

1, 8, 15, 22 and 29 August

Soft Play

🕒 Under 5's 📍 £2.60

⌚ 10am - 11.30am

🔍 Let your little ones loose on our bouncy castle, ball pool, soft play shapes and ride on toys. All children must be supervised by an adult at all times.



Thursdays

7 August


Extreme Adventure Day – Off Road Scootering


 8-14 yrs  £20  9am - 4pm

21 August

Extreme Adventure Day – Mountain Biking

 8-14 yrs  £20  9am - 4pm

 The day will be split into two sessions (morning and afternoon) and includes either off road scootering or mountain biking at Cardinham or Lanhydrock (children will be taken by mini bus), a leisure swim and multi sports.

 Please wear old clothes and sturdy shoes and remember waterproofs, a change of clothes, swimming kit, sun cream, a packed lunch and plenty to drink.





Fridays

1, 15 and 29 August

Beach Trip and Surf Lesson at Polzeath

 8-14 yrs  £20  9am - 4pm

 The children will enjoy some beach games, followed by a two hour surf lesson with Surfs Up! Surf School! There will be an opportunity to purchase an ice cream after the surf lesson if they wish.


 Please bring swimming kit, sun cream, a packed lunch, drink and money for an ice cream (optional). Wetsuit, boots and rash vests are also optional.

1, 8, 15, 22 and 29 August

Soft Play

 Under 5's  £2.60

 10am - 11.30am

 Let your little ones loose on our bouncy castle, ball pool, soft play shapes and ride on toys. All children must be supervised by an adult at all times.

With ample indoor and outdoor space, sweeping lawns and an adventure playground, there's plenty on offer to keep the children engaged and entertained. We also offer a children's menu in The Garden Room.

Children's Activities

Make and Take Workshops

Make and Take workshops are creative, educational and quite simple: learn to make something and then take it home. There is a morning (10.30am) and an afternoon session (2pm) on the listed dates below. All materials provided - **£4 per child**

Mr Grass Head

Monday 28 July ☉ 10.30am & 2pm

Create your crazy Mr Grass Head and play 'hairdressers' for a whole season!

Folded paper bowls

Wednesday 30 July ☉ 10.30am & 2pm

Learn a new and creative way to recycle paper.

Plantable Eco Seed-paper

Monday 4 August ☉ 10.30am & 2pm

Make your own plantable eco seed-paper.

Clothpin parachutes

Wednesday 6 August ☉ 10.30am & 2pm

Create clothpin parachutes and make them fly.

Bilboquet

Monday 11 August ☉ 10.30am & 2pm

Make your own Bilboquet and challenge your friends and family.

Amazing Bubbles

Wednesday 13 August ☉ 10.30am & 2pm

Create your own bubble blower and play with soapy pearls.



Flying Fish Windsock

Monday 18 August ☉ 10.30am & 2pm

Produce your Flying Fish Windsock and make it fly!

Secret Code Wheel

Wednesday 20 August ☉ 10.30am & 2pm

Be a secret agent for a day and make your Secret Code Wheel.

Finger Puppets

Monday 25 August ☉ 10.30am and 2pm

Have lots fun making different finger characters.

Pirate Parrot

Wednesday 27 August ☉ 10.30am & 2pm

Be inspired by the Tall Ships Regatta and create your very own Pirate Parrot and see if you can make it talk!

GYLLY CSI

Friday 8 August

🕒 12-16 yrs

£ £4 per person or £15 for a team of four

🕒 7pm

Scour the Gardens at dusk and investigate the hidden secrets of Gyllyngdune. Find the evidence, piece together the clues and be the first to solve the case.

Advanced booking required.

Feadon Farm Wildlife Experience

Mondays 4 and 18 August

🕒 4pm - 5pm

£ £4 per child (accompanying adults free)

Join wildlife ranger, Gary Zammit as he introduces a selection of our native wildlife.

This is an excellent opportunity to discover more about the fascinating animals around us.



Cornwall Wildlife Trust - Fox Club

ARTrageous with Cornwall Wildlife Trust

Sunday 13 July

Drop-in session ☉ 10.30am until 3.30pm

Join Cornwall Wildlife Trust in a session of wildlife themed crafts. Create all sorts of wild creatures either through drawing or making. Donations welcomed for this event.

Flower Power with Cornwall Wildlife Trust.

Thursday 21 August

Booking essential, limited places

☉ Two sessions: 10.30am - 12.30pm and 2pm - 4.30pm € £4 per child

Join Fox Club Manager, Kirstie Francis in making your own flower press from scratch. Then take a stroll with her around the Gardens to look on the ground for any fallen petals and flowers to use in your new flower press.





Mondays

28 July, 4 and 18 August

Archery and Mountain Boarding

🕒 8-14 yrs £ £16 🕒 9.30am - 4pm

📍 Pick up/drop off:

Carn Brea Leisure Centre (car park opposite Tesco Extra) - 8.30am/5pm

Mounts Bay School - 9am/4.30pm

🔍 The day will be split into two sessions (morning and afternoon) and includes a morning of mountain boarding on the hills at Helston or Praa Sands and an afternoon of archery.

⚠️ Please bring swimming kit, a change of clothes, trainers, sun cream, a packed lunch and plenty to drink.

11 August

Multi Activity Day

🕒 8-14 yrs £ £16 🕒 9.30am - 3.15pm

🔍 A fun packed day with lots of activities including swimming, archery, Nerf dart tag, tennis and multi sports.

⚠️ Please bring swimming kit, sun cream, a packed lunch and plenty to drink.

Tuesdays

29 July, 5 and 19 August

Archery Summer Stars Course

🕒 8-14 yrs £ £22.50 🕒 10am - 1pm

🔍 Book onto our archery summer stars course and get 3 x 3 hour sessions of archery. A course designed for youngsters to get an insight into archery through fun games and competitions. Each child will receive a 'goodie bag' from Archery GB.

12 August

Multi Activity Day

🕒 8-14 yrs £ £16 🕒 9.30am - 3.15pm

🔍 A fun packed day with lots of activities including raft races, slip n slide, football and swimming.

⚠️ Please bring swimming kit (wet suit optional), sun cream, a packed lunch and plenty to drink.





Wednesdays

30 July, 6, 13, 20 and 27 August

Junior Street Fit

5-9 yrs £ £3.20 3pm - 4pm

13 August

Multi Activity Day

8-14 yrs £ £16 9.30am - 3.15pm

🔍 A fun packed day with lots of activities including pool kayaking, street fit, multi sports and swimming.

📌 Please bring swimming kit, sun cream, a packed lunch and plenty to drink.

Thursday

14 August

Junior Football

5-8 yrs £ £3.20 10am - 11.30am

Pool Inflatable

8-14 yrs £ £3.95 1.30pm - 2.30pm

Fridays

1, 15 and 29 August

Pool Inflatable

8-14 yrs £ £3.95 1.30pm - 2.30pm

15 August

Multi Activity Day

8-14 yrs £ £16 9.30am - 3.15pm

🔍 A fun packed day with lots of activities including raft races, slip n slide, football and swimming.


📌 Please bring swimming kit, sun cream, a packed lunch and plenty to drink.


Tuesdays

29 July, 5, 12, 19 and 26 August

Multi Activity Day

 5-14 yrs  £13.50  9am - 4pm

 A fun packed day with lots of activities including the Pool Party* and a Nerf dart tag shootout. Target vests, glasses, guns and bullets will be provided.


 Please bring swimming kit, a packed lunch and plenty to drink.


*Children aged 5-7 years are unable to swim, as children under eight years must be accompanied by an adult.

29 July

Off Road Scootering

 8-14 yrs  £20  9am - 4pm

 Ride the forest trails on our amazing off road scooters. Two sizes available, 20 inch wheels and 14 inch wheels for smaller users. Both versions have two brakes and are ridden on the same trails that we use for mountain bikes.

 Please wear old clothes and sturdy shoes and remember waterproofs, a change of clothes, sun cream, a packed lunch and plenty to drink.

Thursdays

31 July


Plymouth Argyle Search For A Star


 5-14 yrs  £5  10am - 3pm

7 and 21 August

Plymouth Argyle Soccer Roadshow

 5-14 yrs  £12  10am - 3pm

 Our soccer schools are age and football specific with the emphasis on fun and enjoyment. Sessions include skill development, competitions and small sided games with lots of prizes to be won. Any talented players may get the chance to trial with the youth department.

 Don't forget to bring football boots, trainers, shin pads, a packed lunch, plenty to drink and sensible clothing for all weather conditions (including sun cream).

Please call **Plymouth Argyle** direct on **01752 562561 (ext 4)** for further information or book online at: www.argylecommunitytrust.co.uk

Newquay Sports Centre

Tretherras Road, Newquay,
TR7 2SL T: 01637 875533

Tuesdays - 29 July, 5, 12, 19 and 26 August

Wednesdays - 30 July, 6, 13, 20 and 27 August

Fridays - 1, 8, 15, 22 and 29 August

Multi Activity Day

🕒 5-14 yrs 💷 £15 🕒 9am - 4pm

🔍 A fun packed day with lots of activities including climbing, team building, football skills and rounders.

📌 Please bring sun cream, a packed lunch and plenty to drink.



Phoenix Leisure Centre

Coronation Park, Launceston,
PL15 9DQ T: 01566 772551

Mondays

28 July, 4, 11 and 18 August

Pool Party

🕒 All ages 💷 £3.50 🕒 10am - 12pm

🔍 Body boards, balls, super soakers and great music make this session great fun for all ages.

📌 Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool.





Tuesdays, Wednesdays and Thursdays

29 July, 5, 12, 19 and 26 August

30 July, 6, 13, 20 and 27 August

31 July, 7, 14, 21 and 28 August

Devastator Aqua Assault Course and Swim

All Ages £ £3.50 per person

1.45pm - 3.30pm

Can you beat the Devastator? Race your friends down our pool inflatable

Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool. Non swimmers are not permitted to us.

Thursdays

7, 14, 21 and 28 August

Trampolining Camp

6-15 yrs £ £6.50 2pm - 4.30pm

Get active and learn a new sport. There will be a badge session on 28 August.

Please bring a drink and remember a pair of socks.







Fridays

1, 8, 15, 22 and 29 August

Pool Party

 All ages  £3.50  10am - 12pm

 Body boards, balls, super soakers and great music make this session great fun for all ages.

 Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool.

Polkyth Leisure Centre

Carlyon Road, St Austell,
PL25 4DB T: 01726 223696

Tuesdays - 29 July, 5, 12, 19 and 26 August


Thursdays - 31 July, 7, 14, 21 and 28 August

Fridays - 1, 8, 15, 22 and 29 August

Multi Activity Day

 5-14 yrs  £13.50  9am - 4pm

 Enjoy a fun filled day including a fun swim*

 Please bring swimming kit, a packed lunch and plenty to drink.

*Children aged 5-7 years are unable to swim, as children under eight years must be accompanied by an adult.




Saltash Leisure Centre


Mondays

28 July and 25 August

Dance Academy

 5-10 yrs  £5  1pm - 3pm


 A high energy and fun dance class with choreographed routines to the latest music.

 Please wear suitable clothing and bring a drink.

4, 11 and 18 August

Craft Club

 8-14 yrs  £4  10am - 12pm

 Come along and learn new and fun creative skills! The club will be based around textiles and upcycling old unwanted clothes into cool new things for you to treasure.


 Please wear old clothes and bring a drink.


Tuesdays

29 July and 26 August

Snorkelling Level 1

 10-14 yrs  £11.60  1pm - 3pm


 Run by a fully qualified instructor teaching basic water safety and snorkelling skills.

 Children must be able to swim 50m competently and unaided.

5 and 19 August

Art Attack

 5-7 yrs  £4  1pm - 3pm


 Come along and get creative using lots of recycled materials to make goodies to take home.

 Please wear old clothes and bring a drink.

12 August

Baking Bonanza

 8-14 yrs  £4  1.30pm - 3.30pm

 Come and have a fun afternoon of baking and decorating your creations with our qualified staff.

 Please wear old clothes and bring a drink.


Wednesdays


6 and 20 August

"Frozen" Fun Afternoon

 5-7 yrs  £4  1pm- 3pm, 6 August

 8-14 yrs  £4  1pm- 3pm, 20 August

 A fun activity afternoon based on the much loved, Disney's Frozen. Expect singing and dancing, face painting and art and crafts!

 Please wear suitable clothes and bring a drink.

21 August

Snorkelling Level 2

AGE 10-14 yrs **£** £11.60 **⌚** 1pm - 3pm

? Run by a fully qualified instructor teaching further snorkelling skills for those that have already completed the Snorkelling 1 Award.

! Children must be able to swim 50m competently and un-aided.

Fridays

1, 8, 15, 22 and 29 August

Pool Party

AGE All ages **£** £3.50 **⌚** 10am - 12pm

? Body boards, balls, super soakers and great music make this session great fun for all ages.

! Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool.



13 and 27 August

Flip n Fun

Swimming lesson Stage 5 or above

£ £11.60 **⌚** 9am - 11am

? Flip and fun is an introduction into the basic fundamentals of diving. This is a fantastic opportunity to learn how to dive safely and correctly.

! Please bring swimming kit and a drink.

Thursdays

31 July, 14 and 28 August

Activity Afternoon

AGE 5-7 yrs **£** £4 **⌚** 1pm - 3pm

? An afternoon of activities and games guaranteed to keep your little one entertained!

! Please bring a drink.

Ships & Castles is open daily for family fun with a wave machine which brings the thrills of the ocean indoors, whatever the weather.

Plus, a river run that sweeps you around the pool, a thrilling 70 metre flume, spa pools, bubble mats and a large shallow area for the little ones.

There is also a Fitness Suite, Fitness Studio and free parking.

Check the swimming timetable online for daily fun sessions or give us a call.



Enjoy an all year round tropical atmosphere featuring a 33 metre, five lane swimming pool, with wave machine and flume.

Splash is an exceptionally popular leisure attraction which offers a Waves session for all the family with the thrill of the wave machine and a chance to ride the flume.

Monday 21 July - Tuesday 7 September

Waves sessions

* Monday ☉ 10.15am - 5.45pm

Tuesday ☉ 10.45am - 5pm

Wednesday ☉ 11.15am - 5.45pm

Thursday ☉ 10.45am - 5.45pm

Friday ☉ 11.45am - 5pm

Saturday ☉ 11.15am - 5pm

Sunday ☉ 10.05am - 5pm

* Bank Holidays ☉ 10am - 2pm

There are a variety of other sessions at Splash, e.g. Lengths swimming, Parent & Toddler, Over 50s and Aquafit classes.

We run a comprehensive swimming lesson programme during the term time, following the STA International Learn to Swim Programme. Please contact reception for more details.



Fridays

1, 8, 15, 22 and 29 August

Surf Development Camp

8-14 yrs £ £16

Pick up/drop off:

Carn Brea Leisure Centre (car park
opposite Tesco Extra) - 8.30am/5pm

Mounts Bay School (bus park) -
9am/4.30pm

Hayle Community School (by front gates)
- 9.30am/4pm

A day spent on the beach surfing. Choose a one off week or develop your skills and progress through a 5 week programme.

Please bring swimming kit, sun cream, a packed lunch and plenty to drink.



Truro Leisure Centre

Mondays and Wednesdays

28 July, 4, 11 and 18 August

30 July, 6, 13 and 20 August

Multi Activity Day

8-14 yrs £ £13.50 9am - 4pm

A chance for your child to try their hand at everything from football to kwik cricket, dodge ball, capture the flag, swimming, hockey and much, much more...

The multi sports days are based around having a lot of fun but will also build on your child's cardio fitness, stamina and team skills.



Please bring swimming kit, a packed lunch and plenty to drink. Sensible clothing and footwear should be worn for the activity.

Tuesdays

29 July, 5, 12 and 19 August

Climbing Activity Day

AGES 8-14 yrs **£** £13.50 **⌚** 9am - 4pm

? The day will consist of an indoor climbing session, multi sports and a fun swimming session to finish the day.

! Please bring swimming kit, a packed lunch and plenty to drink. Sensible clothing and footwear should be worn for the activity.



Thursdays

31 July, 7 and 21 August

Coasteering and Mountain Biking

AGES 8-14 yrs **£** £16 **⌚** 9.30am - 4pm

? The day will be split into two sessions (morning and afternoon) and includes traversing the coastline and jumping off cliffs into the sea and mountain biking in the countryside.

! Please bring sun cream, swimming kit, a change of clothes, trainers, an old pair of shoes (children will need to wear shoes in the water for coasteering) and remember a packed lunch, and plenty to drink.

Fridays

1, 8, 15 and 22 August

Archery Activity Day

AGES 8-14 yrs **£** £13.50 **⌚** 9am - 4pm

? The day will consist of an archery session, multi sports and a fun swimming session to finish the day.

! Please bring swimming kit, a packed lunch and plenty to drink. Sensible clothing and footwear should be worn for the activity.



Tuesdays and Thursdays

29 July, 5, 12, 19 and 26 August

31 July, 7, 14, 21 and 28 August

Pool Party

AGE All Ages **£** £3.50 **⌚** 10am - 12pm

? Body boards, balls, super soakers and great music make this session great fun for all ages.

! Please note that all children under eight years must be accompanied by an adult and children under four years will still be charged the full price due to a restriction on numbers in the pool.

Soft Play

AGE Under 5's **£** £2.60 **⌚** 10am - 12pm

? Let your little ones loose on our bouncy castle, soft play shapes and ride on toys. All children must be supervised by an adult at all times.



5 and 19 August
31 July, 14 and 28 August

Multi Activity Day

AGE 5-14 yrs **£** £13.50 **⌚** 9am - 4pm

? A fun packed day with lots of activities including the Pool Party* and a Nerf dart tag shootout. Target vests, glasses, guns and bullets will be provided.

! Please bring swimming kit, a packed lunch and plenty to drink.

*Children aged 5-7 years are unable to swim, as children under eight years must be accompanied by an adult.

Wednesdays

30 July

Climbing/Abseiling

8-14 yrs **£ £20** **9am - 4.30pm**

The session is due to take place at Trewavas Head, Nr Helston, but the location may change depending on conditions. If so we may climb at an indoor centre, either The Barn or Magic Wood if wet.

Please wear old clothes and sturdy shoes and remember waterproofs, a change of clothes, sun cream, a packed lunch and plenty to drink.

20 August

Coasteering

8-14 yrs **£ £20** **9am - 4pm**

An extended session of coasteering which will include some beach based activity. We will provide full winter wetsuits (full suits are required for protection and warmth).

Please bring swimming kit, a towel and most importantly a pair of shoes that can be worn in the water (trainers that can be tied securely or wetsuit boots/shoes, no open toed shoes or sandals) and remember waterproofs, warm clothing, sun cream, a packed lunch and plenty to drink.

27 August

Off Road Scootering

8-14 yrs **£ £20** **9am - 4pm**

Ride the forest trails on our amazing off road scooters. Two sizes available, 20 inch wheels and 14 inch wheels for smaller users. Both versions have two brakes and are ridden on the same trails that we use for mountain bikes.

Please wear old clothes and sturdy shoes and remember waterproofs, a change of clothes, sun cream, a packed lunch and plenty to drink.



Enjoy an all year round tropical atmosphere in our fun pool with two water flumes, cannons, tippers, erupting volcano, snake fountain and water play hut. We also have a 25 metre, six lane swimming pool.

Waterworld is an exceptionally popular leisure attraction which also boasts an extensive swimming lesson programme, a 50 station Life Fitness Suite and a Fitness Studio offering popular classes such as Boxercise, Fitball, Circuits, Pilates and Yoga.

Did you know you can even hold your child's birthday party at Waterworld?

Check the swimming timetable online for daily fun sessions or give us a call.



Cornwall Mini Triathlon Series

Following the success of last year's Helston Mini Triathlon, Tempus Leisure has developed a brand new Cornwall Mini Triathlon Series for 2014.



The purpose of the Cornwall Mini Triathlon Series is to encourage and support children with the aim of offering early and easy access to this immensely popular sport. The events are aimed at all abilities and children can compete in one or all of the events.

The Series consists of five triathlons, taking place at various venues around Cornwall and spread throughout the season, starting in April and ending in October.

With three events already having taken place and over 600 children competed so far, we look forward to the last two events:

Saturday 13 September **Siblyback Mini Triathlon**

Saturday 11 October **Helston Mini Triathlon**

All events in the Cornwall Mini Triathlon Series are pool based except for Siblyback and are open to children aged 8-14 years.

All the events are traffic free, so there is no need to worry regarding road safety and all children taking part will receive a fabulous event t-shirt and medal. Refreshments are available at each event, so come along and cheer your child on.

Race distances will depend on the age of the child. More information including age categories and race distances can be found on the event webpage

www.tempusleisure.org.uk/minitriathlon



NEW: Ofsted Voluntary Childcare Registered

The following facilities are now on the Voluntary Childcare Register:

Dragon Leisure Centre
Helston Sports Centre
Lux Park Leisure Centre
Newquay Sports Centre
Phoenix Leisure Centre
Polkyth Leisure Centre
Saltash Leisure Centre
St Ives Leisure Centre
Truro Leisure Centre
Wadebridge Leisure Centre

If you start to pay for childcare and you qualify for Working Tax Credit, you may be able to claim the childcare element of Working Tax Credit.

It is the parents responsibility to notify HMRC of any changes in childcare costs.

For further information and enquiries, please contact HMRC on 0844 4966520.

Important Information

- All parents/guardians are required to fill in a registration form prior to their child attending. (Does not apply to Gyllyngdune Gardens activities.) Forms are available from facility receptions and online at www.tempusleisure.org.uk/holidays
- Programme subject to change.

Further Information

For further information on the holiday activities, please visit the Holiday and Outdoor Activities page on our website.

If you require any further information on the activities we have to offer, please contact:

Melissa Sheffield

T: 01208 262870

E: msheffield@tempusleisure.org.uk

- Children must be able to swim 25 metres unaided for pool-based activities or 50 metres for sea-based activities.
- Children must be able to ride a bike confidently for mountain biking sessions. All routes are around six miles both on and off road.

Cancellations/Refunds

We endeavour to provide activities whatever the weather and will only cancel sessions if there is no other option. With this in mind, please be aware that due to weather/sea conditions we may have to change the activities we offer or it may be necessary to postpone or cancel an activity at short notice.

To compensate customers will be given a credit to be used for a future activity.

All activities are non-refundable, however in exceptional circumstances; prolonged illness/injury, an application can be made in person to the appropriate centre supported by a doctor's note.

Pick Up and Drop Off

We regret we can only allow five minutes waiting time at pick up due to subsequent pick ups, travel times and venue bookings. In the event that we are over 15 minutes late for a pick up/drop off we will phone parents/guardians to make them aware.

If your child needs additional support to access our activities, please contact us to arrange an Includer from the Accessible Childcare Services.

There are many other activities and sporting events run by Tempus Leisure across Cornwall. For more information please visit:

www.tempusleisure.org.uk