

Adult Activities

Badminton Court Hire

(2 courts available school term time only)
Wednesday 7.00pm - 8.00pm & 8.00pm - 9.00pm

Cost for court per hour:

	Full price	Purple Leisure Card	Green Leisure Card
Adults	£10.90	£8.20	£4.10
60 +	£8.10	£6.10	£3.05
Juniors	£6.55	£4.90	£2.45

Book through Tynedale Sports Development 24hrs in advance by calling Fiona Makepeace on 07972779532.

Badminton Club

Fridays 7.00pm - 9.00pm.
Contact Adrian Brown on 01434 684574.

Volleyball

For aged 15 +
Monday 7.00pm - 8.00pm
Contact Steve Betts on 07714368833

Ladies Netball

Thursdays 6.30pm - 7.30pm
Contact Valeria Dunn on 01434 618741.

Fitness Circuits

Tuesdays (term time only) 7.00pm - 7.45pm
6th January - 10th February 2009 (6 weeks)
Coach - Jill McKenna

Everyone welcome!

Classes are **FREE** to North Country Leisure fitness members.

Cost for 6 weeks:

	Full price	Purple Leisure Card	Green Leisure Card
Adults	£26.40	£20.80	£10.40
60 +	£16.60	£12.40	£6.20
Juniors	£16.60	£12.40	£6.20

Pay-as-you-go:

	Full price	Purple Leisure Card	Green Leisure Card
Adults	£6.60	£5.20	£2.60
Juniors	£4.15	£3.10	£1.55

TYNEDALE
SPORTS
DEVELOPMENT

NCL House, Hexham Business Park, Burn Lane, Hexham
Northumberland NE46 3RU

Tel: 01434 613219

Email: sportsdevtynedale@northcountryleisure.org.uk

NCL
northcountryleisure
T Y N E D A L E

Excellent Sports and Leisure for All.
North Country Leisure Tynedale is supported by Tynedale Council.
North Country Leisure is a registered charity no. 1075009.
www.northcountryleisure.org.uk

Tynedale

Sports Development

Activities for children and adults at

Allendale Middle School

January to Easter 09

TYNEDALE
SPORTS
DEVELOPMENT

Junior Activities

Junior Gymnastics Course

Gymnastics Class Times

3.45pm - 4.40pm	Reception to school year 2
4.45pm - 5.40pm	School Year 3 to 5
5.45pm - 6.40pm	School Year 6 and Over

Head Coach – Jill McKenna

Junior Trampoline Course

Trampoline Class times

3.45pm - 4.40pm	5 to 8 years
4.45pm - 5.40pm	8 years and Over
5.45pm - 6.40pm	8 years and Over

(Remember to wear socks)

Head Coach – Fiona Makepeace

Gymnastics and Trampoline Course dates and prices

Monday 5th January - Monday 6th April 2009 13 weeks (excluding February half term).

Monday 20th April - Monday 13th July 2009 13 weeks (excluding May half term).

Prices per course:

Full price	Purple Leisure Card	Green Leisure Card
£56.55	£42.25	£21.45

Enrol at Wentworth Leisure Centre 01434 607080.

Junior Badminton Coaching

For age 9+

Fridays 5.45pm - 6.45pm

Cost: FREE

Contact Anne Hudspith on 01434 344331.

Junior Volleyball

For aged 9 +

Monday 6.00pm - 7.00pm

For aged 15 +

Monday 7.00pm - 8.00pm

Contact Steve Betts on 07714368833.

February Half Term

Monday 16th February 2009

Family session

10.00am - 12.00pm

For pre-school and first school children.

Parachute, top tots soft play.

(Children must be accompanied by an adult).

Multi sports

1.00pm - 3.00pm

For Middle School aged children.

Trampolining, throwing and catching, dribbling and small sided games.

Please wear appropriate sports wear and trainers, socks are required for trampolining.

Prices per session (adults FREE):

Full price	Purple Leisure Card	Green Leisure Card
£6.00	£4.50	£3.00

Advanced booking is essential.

To guarantee your child a place call Wentworth Leisure Centre on 01434 607080.