

SCHOOL'S OUT! SUMMER HOLIDAY ACTIVITY PROGRAMME AT YOUR LOCAL CAMDEN LEISURE CENTRE



We are delighted to be offering a variety of activities that are set to have your children excited to share what they've been doing over the holidays. These activities range from swimming for all the family, learn to swim short courses and junior gym. There really is something new for young people to get involved with in Camden this summer. The Summer Holiday Programme runs from **Monday 24th July – Sunday 3rd September 2023.**

Family Swim

Experience our family-friendly 'Swim for All' sessions! Dive into a world of fun and confidence-building as you perfect your strokes and create unforgettable memories with your loved ones. Our sessions are designed to cater to all ages and abilities so you can stay connected with family and friends.

Kids for a Quid

The Kids Swim for a Quid initiative will be available in all of our leisure centres in Camden during the summer holidays from Wednesday 24th July. This summer, under 16s will be able to swim in our pools during Swim for All sessions for £1, every day until 10am.

Crash Courses

Our lessons are suitable for children 4 years and over. Teaching the essential swimming skills to ensure they learn to be safe in and around water. These courses cover basic techniques for all 4 strokes if you're a beginner or improving.

Junior Gym

A dedicated session where teens and older children aged between 11-15 years old can access the gym and get active. Sessions have a member of staff present, so if you are unfamiliar with any equipment, you can always ask them for safety advice. All juniors, however, are required to book a junior gym induction prior to attending the session.

Soft Play

Soft Play gives children the freedom to play and use their imagination in a specially-built maze of ball pits, slides and rope swings. We run drop in sessions throughout the week and you are free to come along at any time to any session and join the fun.

Memberships

Whether you want to make a one off payment or monthly payment we have a wide range of memberships on offer. Please visit www.better.org.uk/memberships or enquire in centre for more information.



SWISS COTTAGE LEISURE CENTRE

Junior Gym and Adult & Child

DATE	TIME
Monday	12:00 – 18:00
Tuesday	12:00 – 18:00
Wednesday	12:00 – 18:00
Thursday	12:00 – 18:00
Friday	12:00 – 18:00
Saturday	10:00 – 17:00
Sunday	10:00 – 17:00



Swim For All

DATE	TIME
Monday	09:00 - 12:00
Tuesday	09:00 - 15:00
Wednesday	09:00 - 12:00
Thursday	09:00 - 14:00
Friday	09:00 - 14:00
Sunday	08:00 - 12:40

Soft Play

DATE	TIME
Monday	09:00 - 18:00
Tuesday	09:00 - 18:00
Wednesday	09:00 - 18:00
Thursday	09:00 - 18:00
Friday	09:00 - 18:00
Saturday	09:00 – 13:00
Sunday	09:00 – 13:00



To book visit www.better.org.uk/SwissCottage



SWISS COTTAGE LEISURE CENTRE

Adelaide Road

Camden

NW3 3NF

Email: Swiss.Cottage@gll.org



BETTER

KENTISH TOWN LEISURE CENTRE

Junior Gym and Adult & Child

DATE	TIME
Monday	12:00 – 14:00 15:30 – 17:30
Tuesday	15:30 – 17:30
Wednesday	12:00 – 14:00 15:30 – 17:30
Thursday	15:30 – 17:30
Friday	12:00 – 14:00 15:30 – 17:30
Saturday	14:00 – 16:00
Sunday	14:00 – 16:00



Swim For All

DATE	TIME
Monday	14:00 – 15:00
Tuesday	14:00 – 15:00
Wednesday	14:00 – 15:00
Thursday	14:00 – 15:00
Friday	14:00 – 15:00
Saturday	09:00 – 15:00
Sunday	15:00 – 17:00

To book visit www.better.org.uk/Kentishtown

KENTISH TOWN SPORTS CENTRE

Grafton Road,
Kentish Town,
NW5 3DU

Email: Kentishtown@gll.org



PANCRAS SQUARE LEISURE

Junior Gym and Adult & Child

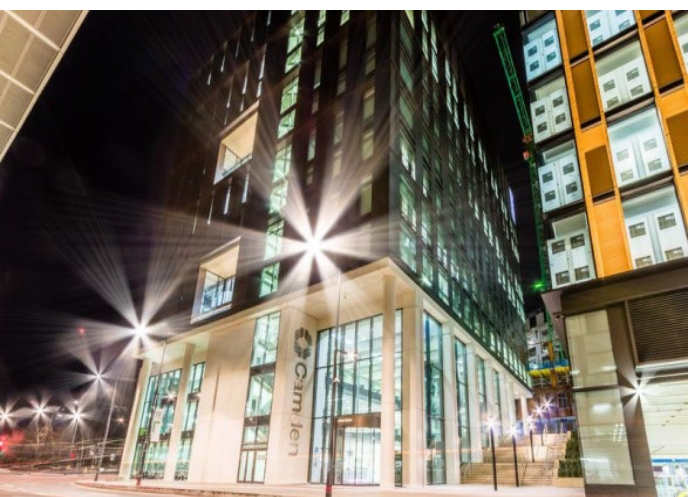
DATE	TIME
Monday	10:00 – 12:00 15:30 – 17:30
Tuesday	10:00 – 12:00 15:30 – 17:30
Wednesday	10:00 – 12:00 15:30 – 17:30
Thursday	10:00 – 12:00 15:30 – 17:30
Friday	10:00 – 12:00 15:30 – 17:30
Saturday	10:00 – 12:00 14:00 – 16:00
Sunday	10:00 – 12:00 14:00 – 16:00



Swim For All

DATE	TIME
Monday	10:00 – 16:00
Tuesday	10:00 – 13:00 14:00 – 17:00
Wednesday	09:00 – 14:00
Thursday	10:00 – 13:00 16:00 – 17:00
Friday	10:00 – 11:00 13:00 – 17:00
Saturday	09:00 – 15:00
Sunday	11:00 – 16:00

To book visit www.better.org.uk/Pancras



PANCRAS SQUARE LEISURE

5 Pancras Square,
Kings Cross,
N1C 4AG

Email: Pancras.Square@gll.org



TALACRE COMMUNITY SPORTS CENTRE

Soft Play

DATE	TIME
Monday	09:00 – 18:00
Tuesday	09:00 – 18:00
Wednesday	09:00 – 18:00
Thursday	09:00 – 18:00
Friday	09:00 – 18:00
Saturday	09:00 – 18:00
Sunday	09:00 – 18:00

We're delighted to announce the 2023 Sports Development Summer Sports Schemes which are delivered by Camden Active who are part of Camden Councils Sport and Physical Activity Department.

Mini Gymnastics camp (4-7 yrs old)

DATE	TIME
Week 1: 24th July	11:00 – 12:30
Week 2: 31st July	11:00 – 12:30
Week 3: 7th August	11:00 – 12:30
Week 4: 14th August	11:00 – 12:30

The Multi Sports and mini gymnastics camp are both bookable via the Better UK app, www.better.org.uk/talacre

For more info:

www.camden.gov.uk/children-young-people



Multi sports (8-12 yrs old)

DATE	TIME
Week 1: 24th July	9:00 – 15:30
Week 2: 31st July	9:00 – 15:30
Week 3: 7th August	9:00 – 15:30
Week 4: 14th August	9:00 – 15:30

Multi sports activities will take place on the outdoor astro-turf sports pitch and the indoor sports hall and will include:

- Table tennis
- Badminton
- Mini tennis
- Trampoline
- Gymnastics
- Football
- Basketball and lots more

All levels and abilities will be catered for and activities are supervised by qualified coaches.

To book visit www.better.org.uk/Talacre



TALACRE SPORTS CENTRE

Dalby Street,
Kentish Town,
NW5 3AF

Email: Talacre@gll.org



OASIS SPORTS CENTRE

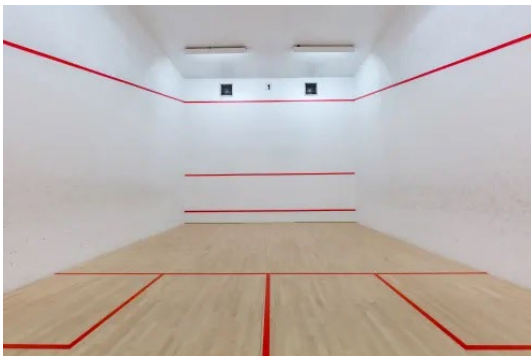
Swim For All

DATE	TIME
Monday	10:00 – 12:00
Tuesday	10:00 – 12:00
Wednesday	10:00 – 12:00
Thursday	10:00 – 12:00
Friday	10:00 – 12:00
Saturday	10:00 – 12:00
Sunday	10:00 – 12:00



Squash

Did you know at Oasis Sports Centre we have 3 squash courts available to hire. Based in the heart of central London, you won't find a better located facility around.



To book visit www.better.org.uk/Oasis



OASIS SPORTS CENTRE

32 Endell Street,
West End,
WC2H 9AG

Email: Oasis@gll.org



SWIM SCHOOL



HOLIDAY SHORT COURSES



KENTISH TOWN SPORTS CENTRE

Week 1: Starts 24th July

Week 2: Starts 7th August

Week 3: Starts 21st August

Whether your children are beginners or you're wanting to build their confidence, we cater for all levels of ability and will help them progress in the world of water.

FOUNDATION:

For children aged 4 years and over who are non-swimmers and beginners. We also offer specific Foundation classes for children 9 years and older as well as Teenage Foundation classes.

Teaching pupils the essential swimming skills to ensure they learn to be safe in and around water. Learning the basic techniques for all 4 strokes, achieving 10 metres on Front Crawl and Backstroke by the end of their Green milestones.

*For new customers and Red and Amber current customers.

DEVELOPMENT
10:30 – 11:00

FOUNDATION

09:00 – 09:30

09:30 – 10:00

10:00 – 10:30

DEVELOPMENT:

Children aged 5-12 years who are able to swim 25m.

Teaching pupils advanced swimming skills, developing their techniques on all 4 strokes to create efficient and effective swimmers. Lessons focus on a wide range of skills across all aquatic sports. Pupils will learn basic water survival and rescue skills as part of the milestone awards. Here we will also work with other partner clubs to assess each pupil's ability to progress in talent pathways.

For more information email Kylie.bland@gll.org

Book your child's lesson online betterlessons.org.uk or alternatively speak to a member of our team at the centre who will be able to support you.

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 Camden

 BETTER

TERM TIME ACTIVITIES FOR CHILDREN & YOUNG PEOPLE IN CAMDEN LEISURE CENTRES



Lessons and Courses

We offer a huge range of quality swimming lessons and courses suitable for children of all ages.

Swimming is a vital life skill that everyone should have. We offer Swimbies classes for babies from 3 months – 4 years, Adult and child classes which are suitable for under 4s as well as Foundation and Development Classes for over 4s. Weekly classes run in each of the following centres; **Kentish Town, Swiss Cottage and Pancras Square.**

Book your place at www.better.org.uk/lessons

Swim For All

Available Monday – Sunday

Enjoy a swim with your child during our Swim For All sessions at **Swiss Cottage, Kentish Town, Pancras Square and Oasis Sports Centre.**

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings



Junior Gym

Junior gym is dedicated sessions where teens and older children aged between 11-17 years can access the gym and get active, junior members also get inclusive access to swimming.

Centre	Times
Kentish Town	Weekdays: 16:00 – 18:00 Weekends: 14:00 – 16:00
Swiss Cottage	Wednesday & Friday: 15:30 – 17:00 Weekends: 13:00 – 16:00
Pancras Square	Monday-Sunday: 15:30 – 17:00



Soft Play

Monday – Sunday

With multi-layered climbing frames, colourful ball pits and elaborate mazes, our soft play areas are certain to keep young ones busy.

Talacre Community Sports Centre: 09:00 to 18:00

Swiss Cottage Leisure Centre:
09:00 to 18:00 (Weekdays) and 09:00 – 13:00 (Weekends)

Age	Non-member	Standard member	Concession member
Under 5s	£7.05	£5.05	£2.55
Over 5s	£8.25	£5.75	£3.00

Memberships:

Whether you want to make a one off payment or monthly payment we have a wide range of memberships on offer Pay and Play Junior U16s: £6.15/Monthly junior: £17.10 or Concessionary: £13.40

www.better.org.uk/memberships

Contact Us: Pancras Square: pancras.square@gll.org

Kentish Town: kentishtown@gll.org

Swiss Cottage: swiss.cottage@gll.org

Talacre: talacre@gll.org

Oasis: Oasis@gll.org

