



CATS South West
Summer Holiday 17
Children's Activities Programme
Held at Balerno High School

WEEK 1
MON 3 – FRI 7 JULY

WEEK 2
MON 10 – FRI 14 JULY

WEEK 3
MON 17 – FRI 21 JULY

WEEK 4
MON 24 – FRI 28 JULY

WEEK 5
MON 31 – FRI 4 AUG

WEEK 6
MON 7 – FRI 11 AUG



Activities Programme and Take a Break

Activities Programme

The activities programme is divided into morning and afternoon sessions and is offered in different age groups. We cater for children aged 3 years to secondary two depending on the activity.

TO BOOK AN ACTIVITY FOLLOW THE STEPS BELOW:

- Complete the attached application form giving details of the activities you wish your child to attend
- Complete a separate application form for each child (photocopies will be accepted)
- Ensure an **emergency contact number** and any **medical conditions** are included
- Provide payment for all children's activities **at the time of enrolment**

Take a Break

Any child presently in P1 to secondary year 2 is eligible to attend Take a Break. Children will have a range of quiet activities to choose from such as reading, jigsaws and board games. During lunch there will be a supervised break in the Riverside Café where the children can eat lunch (**children should bring own lunch**).

There will be three sessions per day:

- Drop Off 0830 - 0900
- Lunch 1200 - 1300
- Twilight 1530 - 1730

To book any of these sessions please complete the attached application form.

General

Staffing

All our holiday activities are led and supervised by qualified and/or approved coaches, lifeguards and personnel. Every member of staff has been checked through Disclosure Scotland to ensure your child's safety. Qualified First-Aiders are on hand at all times. Members of the management team and clerical staff will be on duty throughout the holiday period and will be happy to assist with any problems or enquiries.

Refreshments

All children will be offered a drink of water or diluting juice and a biscuit. This snack is included in the cost of your child/rens activity. There is no need for any child to bring cash to the holiday programme.

Applications

- Completed application forms with payment should be returned to the Community Education Office at Balerno Community High School, 5 Bridge Road, Balerno, EH14 7AQ.
- All cheques should be made payable to City of Edinburgh Council.
- If you require further information on the holiday programme please telephone 0131 477 7733.

CANCELLATIONS & REFUNDS

Fees for activities or courses cancelled by us will be refunded in full. Children withdrawing from an activity will have their fees refunded less an admin fee of 20% plus a pro rata cost for the number of days already attended. If the refund is £5 or less, the refund will be issued in the form of a voucher which can be redeemed against any Community Education activity or class. **However, no refund will be issued unless at least 24 hours notice of cancellation has been given.** Requests for refunds should be made in writing to the Community Education Department at Balerno Community High School.

Public Swimming, & Badminton

We are offering six weeks of Public Swimming and Badminton as detailed below:

SWIMMING

DAY	TIME	SESSION
Monday	0800-0840	Adult only
	1200-1240	Open
Tuesday	1200-1240	FFFS*
Wednesday	0800-0840	Adult only
	1200-1240	Open
Thursday	1200-1240	FFFS*
Friday	0800-0840	Adult only
	1200-1240	Open
	1830-1910	Family
	1920-2000	Open
	2005-2045	Open

*Fun Family Float Session

BADMINTON

Friday	1910-2000
	2000-2050

PRICES

Adult:	£2.80
50+/Conc:	£1.80
Under 18:	£1.80
Under 5:	FREE

OFFICE OPENING HOURS

Monday 3 July – Friday 11 August

DAYTIME

Monday to Friday 0830-1545

EVENINGS

Monday	CLOSED
Tuesday	CLOSED
Wednesday	CLOSED
Thursday	CLOSED
Friday	1800-2100
Saturday	CLOSED
Sunday	CLOSED

Balerno Community Access to Schools Office

Balerno High School
5 Bridge Road, Balerno, EH14 7AQ
Telephone 0131 477 7733
Fax 0131 477 7707

ACTIVITIES AVAILABLE

FILL-OUT THE APPLICATION FORM AND RETURN WITH PAYMENT TO THE COMMUNITY EDUCATION OFFICE

PRICING

Prices in **BLUE** are for activities booked by noon on Friday 30th June 2017. Prices in **RED** are for activities booked after this date.

WEEK 1 MONDAY 3 – FRIDAY 7 JULY 2017

1a 0900-1200 Morning Multi Activities P1-S2
£6.50 **£8.00**
 per day
 Wide range of fun activities which will include: sports, either art, music or exercise and a **daily swim session**; children play in own age groups. Mid morning refreshment provided.

1b 0915-1200 Mini Football 3-5yrs pre-school
£6.50 **£8.00**
 per day
 A wide range of fun football games and activities for boys and girls aged 3-5yrs. The sessions will include dribbling, passing and shooting as well as developing social interaction and teamwork. Specialist activity will last 1 hour plus other related fun and games. Mid morning refreshment provided. All children must be fully toilet trained.

1c 1300-1530 Afternoon Multi Activities P1-S2
£5.50 **£6.75**
 per day
 Children will have fun taking part in both Make & Take and Potted Sports and will play in own age groups: **Make and Take** – Art activity where you will make a range of art projects ready to take home each day. **Potted Sports** – A mixture of teams games played each day.

1w 0830-0900 Take a Break – Drop Off P1-S2
£1.00 **£1.50**

1x 1200-1300 Take a Break – Lunch P1-S2
£2.50 **£2.75**
 (children bring own lunch)

1y 1530-1730 Take a Break – Twilight P1-S2
£4.50 **£5.25**

WEEK 2 MONDAY 10 – FRIDAY 14 JULY 2017

2a 0900-1200 Morning Multi Activities P1-S2
£6.50 **£8.00**
 per day
 See 1a for description.

2b 0915-1200 Messy Art 3-5yrs pre-school
£6.50 **£8.00**
 per day
 Children will get the chance to explore their creative side and use all the products that most parents prefer to avoid like glitter, paint and glue. Wear old clothes. Specialist activity will last 1 hour with other fun and games for the rest of the morning. Mid morning refreshment provided. All children must be fully toilet trained.

2c 1300-1530 Afternoon Multi Activities P1-S2
£5.50 **£6.75**
 per day
 Children will have fun taking part in both Athletics and Art Attack and will play in own age groups: **Art Attack** – Make large works of art using lots of techniques to get great results fast. **Athletics** – Improve your speed and stamina whilst having fun developing skills in long jump, hurdles etc.

2w 0830-0900 Take a Break – Drop Off P1-S2
£1.00 **£1.50**

2x 1200-1300 Take a Break – Lunch P1-S2
£2.50 **£2.75**
 (children bring own lunch)

2y 1530-1730 Take a Break – Twilight P1-S2
£4.50 **£5.25**

ACTIVITIES AVAILABLE

FILL-OUT THE APPLICATION FORM AND RETURN WITH PAYMENT TO THE COMMUNITY EDUCATION OFFICE

WEEK 3 MONDAY 17 – FRIDAY 21 JULY 2017

3a 0900-1200 Morning Multi Activities P1-S2
£6.50 £8.00
 per day
 See 1a for description.

3b 0915-1200 Storytime 3-5yrs pre-school
£6.50 £8.00
 per day
 Children will listen to a well known story and then be encouraged to explore the story through drama, games and play. Specialist activity will last 1 hour plus other related fun and games. Mid morning refreshment provided. All children must be fully toilet trained.

3c 1300-1530 Afternoon Multi Activities P1-S2
£5.50 £6.75
 per day
 Children will have fun taking part in both Fencing is Fun and Dance and will play in own age groups: **Fencing is Fun** – Delivered by Gordon at Fencing is Fun Scotland – an introduction to the dynamic and exciting sport of fencing. Learn sword skills, footwork and enjoy related games. **Dance** – Have fun making and learning dance routines to current pop music.

3w 0830-0900 Take a Break – Drop Off P1-S2
£1.00 £1.50

3x 1200-1300 Take a Break – Lunch P1-S2
£2.50 £2.75
 (children bring own lunch)

3y 1530-1730 Take a Break – Twilight P1-S2
£4.50 £5.25

WEEK 4 MONDAY 24 – FRIDAY 28 JULY 2017

4a 0900-1200 Morning Multi Activities P1-S2
£6.50 £8.00
 per day
 See 1a for description.

4b 0915-1200 Sticky Fingers 3-5yrs pre-school
£6.50 £8.00
 per day
 Children will have lots of fun creating a variety of lovely food to bring home. Bring a container. Specialist activity will last 1 hour with other fun and games for the rest of the morning. Mid morning refreshment provided. All children must be fully toilet trained.

4c 1300-1530 Afternoon Multi Activities P1-S2
£5.50 £6.75
 per day
 Children will have fun taking part in both Archery and Kitchen Creations and will play in own age groups: **Archery** – Delivered by Go Outdoors. An exciting and safe activity that provides hours of fun. Coached by qualified instructors who will give children an introduction to safety and shooting a bow and arrow. **Kitchen Creations** - Children will learn basic food hygiene and preparation and then create a variety of tasty and interesting recipes to wow the whole family.

4w 0830-0900 Take a Break – Drop Off P1-S2
£1.00 £1.50

4x 1200-1300 Take a Break – Lunch P1-S2
£2.50 £2.75
 (children bring own lunch)

4y 1530-1730 Take a Break – Twilight P1-S2
£4.50 £5.25

ACTIVITIES AVAILABLE

FILL-OUT THE APPLICATION FORM AND RETURN WITH PAYMENT TO THE COMMUNITY EDUCATION OFFICE

WEEK 5 MONDAY 31 – FRIDAY 4 AUGUST 2017

5a 0900-1200 Morning Multi Activities P1-S2
 £6.50 £8.00
 per day
 See 1a for description.

5b 0915-1200 Mini Multi Sports 3-5yrs pre-school
 £6.50 £8.00
 per day
 This session will include a variety of sports with creative, fun games and activities that are suitable for both boys and girls. They will aide in building confidence and developing fine and gross motor-skills. Specialist activity will last 1 hour with other fun and games for the rest of the morning. Mid morning refreshment provided. All children must be fully toilet trained.

5c 1300-1530 Afternoon Multi Activities P1-S2
 £5.50 £6.75
 per day
 Children will have fun taking part in both Orienteering and Uni Hoc and will play in own age groups: **Orienteering** – children will gain basic map reading skills before putting what they have learned into practice by competing in teams or as individuals to challenge themselves. **Uni Hoc** – children will have fun learning the basics of passing, dribbling and shooting before playing a game every day.

5w 0830-0900 Take a Break – Drop Off P1-S2
 £1.00 £1.50

5x 1200-1300 Take a Break – Lunch P1-S2
 £2.50 £2.75
 (children bring own lunch)

5y 1530-1730 Take a Break – Twilight P1-S2
 £4.50 £5.25

WEEK 6 MONDAY 7 – FRIDAY 11 AUGUST 2017

6a 0900-1200 Morning Multi Activities P1-S2
 £6.50 £8.00
 per day
 See 1a for description.

6b 0915-1200 Music and Movement 3-5yrs pre-school
 £6.50 £8.00
 per day
 Children will get the chance to explore sound and rhythm whilst playing fun games developing their balance and co-ordination. Specialist activity will last 1 hour plus other related fun and games. Mid morning refreshment provided. Children should be fully toilet trained.

6c 1300-1530 Afternoon Multi Activities P1-S2
 £5.50 £6.75
 per day
 Children will have fun taking part in both Racket Sports and Dance & Drama and will play in own age groups: **Racket Sports** – Have fun learning the basics of short tennis, badminton or table tennis before playing a game each day. **Dance & Drama** – a combination of dance and drama where you will construct and act out your own plays and dance routines.

6w 0830-0900 Take a Break – Drop Off P1-S2
 £1.00 £1.50

6x 1200-1300 Take a Break – Lunch P1-S2
 £2.50 £2.75
 (children bring own lunch)

6y 1530-1730 Take a Break – Twilight P1-S2
 £4.50 £5.25

APPLICATION FORM (PART 1)

PLEASE FILL-OUT BOTH SIDES



SECTION A

Child's Name _____

DOB _____ Age _____ Class (just finished) _____

Address _____

Post Code _____

Parent/ Guardian's Name _____

Contact Tel. Number _____

Email Address _____

Emergency Contact Name _____

Emergency Contact Number _____

Name of Family Doctor _____

Address of Doctor _____

Tel No _____

SECTION B

● Does the participant suffer from any allergies?

Yes No If yes, please give details.

● Is the participant taking any medication at present?

Yes No If yes, please give details.

● Has the participant had any recent injury or illness that might affect their ability to undertake any activity?

Yes No If yes, please give details.

● To the best of your knowledge has your child been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may become contagious or infectious?

Yes No If yes, please give details.
