

CATERHAM SCHOOL

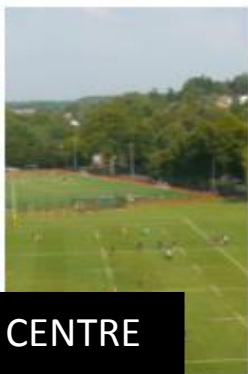
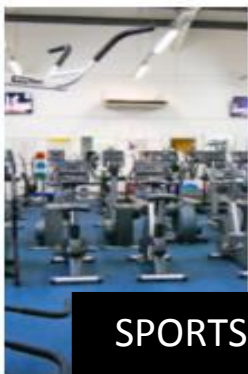
SPORTS CENTRE

Sports Centre Information

Caterham School Sports Centre
Harestone Valley Road
Caterham
Surrey
CR3 6YA

Tel: (01883) 335 078

Email: sportscentre.enquiries@caterhamschool.co.uk



SPORTS CENTRE

MEMBERSHIP

Caterham School Community Membership

Sports Centre Membership is available to all members of Caterham School Community: Staff/Pupils/Parents/Old Cats/Old Eothens/
Local Residents/Old Cats Rugby Club.

Facilities:

Swimming Pool – our heated pool a six lane 25m pool and is ideal for everyone, whether you are a serious swimmer, someone who wants to get fit, or simply enjoy a leisurely dip.

Fitness Suite – our fully air-conditioned Fitness Suite boasts an impressive combination of cardiovascular and resistance equipment. There is something for everyone, whether you're simply aiming to keep fit or looking to run a marathon. Please note, in the interests of safety, no persons under 16 years of age are permitted to use the Fitness Suite.

Sports Hall – our multi-purpose Sports Hall has first class facilities for badminton, basketball, 5-a-side football, and netball plus more. As a member, you are able to book the sports hall during weekends and school holidays and challenge your friends and family to a friendly game of badminton. (Minimal guest charges apply)

SPORTS CENTRE

MEMBERSHIP

All Weather Pitch – Our brand new All-Weather Pitch is available to members in the school holidays to play; football, hockey or tennis (summer only). Please ensure you report to the sports centre before use, you are more than welcome to bring guests for a kick-about. (Minimal guest charges apply).

Stephen Smith Room (Function Room) – our multi-use, fully air-conditioned function room is an open plan room with a servery and covered external balcony commanding an impressive panoramic view of the school and grounds. It is ideally suited to accommodate almost any activity such as children's parties, corporate functions and aerobics classes. The Stephen Smith Room can be booked in conjunction with other sports centre facilities, making it the perfect combination to host courses.

Membership Opening Hours:

Term Time:

	Pool & Sports Hall	Fitness Suite
Monday	7.30-9am, 6-9.30pm (Pool closed for swim club, 6.30-8pm)	7.30am-10am & 5pm-9.30pm
Tuesday	6pm-9.30pm	8.15-10am & 5pm-9.30pm
Wednesday	7.30-9am & 6-9.30pm	7.30am-10am & 5pm-9.30pm
Thursday	6pm-9.30pm	8.15-10am & 5pm-9.30pm
Friday	7.30-9am & 6-9.30pm	7.30am-10am & 5pm-9.30pm
Saturday	12noon-5pm	9am-5pm
Sunday	12noon-5pm	9am-5pm

School holiday opening hours published separately with each holiday.

Guest Rate – over 18's-£3/under 18's £1.50/under 4's – Free. Guests are not permitted in the Fitness Suite.



SPORTS CENTRE

CLASSES

Group Exercise Classes

We host a wide range of group exercise classes available for all abilities. Classes are open to members and non-members. There's no need to book, just turn up and enjoy!

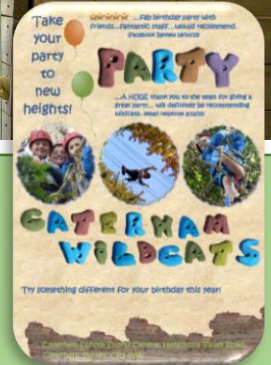
			Member	Non-Member
Monday:	19.30-20.15	Pilates	£2	£3
	20.15-21.00	Pilates	£2	£3
Tuesday:	19.30-20.30	Let's Get Physical	£6	£6
Wednesday:	19.15-20.15	Yoga	First class £5 / £8 per class	
Thursday:	19.00-20.00	Aerobics	£3	£4
	20.15-21.15	Let's Get Physical	£6	£6

Our highly qualified instructors are motivated, passionate and enthusiastic. They endeavour to inspire and educate for healthy living in every class they teach, so please feel free to ask them questions and give them feedback.



SPORTS CENTRE

WILDCATS



Wildcats Climbing and Highropes Course

Perfect for Birthday Parties!

Climbing – Whether you're a complete beginner or a keen climber, there's something for all your friends and family to enjoy. Try different routes to reach the top, or work as a team and climb blindfolded. Learn to traverse around our bouldering wall by negotiating your way through hoops or around your fellow team members and see how far you get round.

Highropes – Your Highropes adventure will start with two hair-raising zip-lines through the trees to the start of your tree top adventure. You then must hold your nerve as you tackle 10 different aerial obstacles including a leap of faith, but don't worry, our qualified instructors will be with you the whole way round to lend a steady hand.

Bookings for Wildcat Birthday Parties are available weekends and during school holidays. Age restrictions apply, for any further information and bookings, please contact the Sports Centre.

Tel: 01883 335 078 Email: sportscentre.enquiries@caterhamschool.co.uk



SPORTS CENTRE

ACTIVITY CAMP

Children's Multi-Activity Camp

Our children's multi-activity camps are designed to ensure that your child/children enjoy the safest, exciting and most stimulating week possible. We are always striving to ensure that each child receives the care and attention that they deserve, whether they are a regular attendee or simply attending on a day-to-day basis.

We run our Activity Camps at the end of every term; Christmas Holidays, Easter Holidays and two during the Summer Holidays. We welcome everyone to join, children do not need to be pupils of Caterham School to join in the fun!

Each day, we host a wide range of activities for children to enjoy, ranging from; Swimming, Arts and Crafts, and Sports to Den Building, Climbing and Highropes! (age and weather restrictions apply).

So if you're in school years 1-6 (minimum aged 5) and keen for a holiday full of exciting activities, please see our Activity Camp Flyers displayed in the Sports Centre Reception and on the Sports Centre Webpage. For any further information please contact the Sports Centre.



SWIMMING

ACADEMY

Caterham School Swimming Academy

The Caterham Swimming Academy was established in September 2016 with the ambition of creating a regional centre of excellence for swimming. It is open to young swimmers from across the community in addition to supporting the School's swimmers. By providing expert swimming tuition to pupils from aged 3 to 18, the Academy aims to create a clear pathway from a child's first entry into the water to becoming an elite level swimmer.

The Swimming Academy is run by Ross Smith. Along with his Sports Coaching Science Degree, Ross is a Level 2 ASA Swimming Teacher and Coach, and has been an active competitive swimmer for eighteen years, competing at Club, County and National level.

SWIM SCHOOL LESSONS - The Academy operate three swim schools that are held on Sunday mornings and on Monday and Thursdays from 4.00pm to 6.00pm.

SCHOOL HOLIDAYS - During school holidays the Academy holds a range of different swimming courses for all ages and abilities. These include:

Crash Courses – group and one to one swimming lessons are available for any age and ability

Swimming workshops for club level swimmers – three to five day courses which involve two swimming sessions per day, land training and swimming analysis

For more information please contact Ross Smith (Swimming Academy Manager)
Tel: 01883 343 028 (ext 441) Email: ross.smith@caterhamschool.co.uk



HOCKEY

ACADEMY

Caterham School Hockey Academy

Caterham School Hockey Academy offers first class training for hockey players of all ages across the local community in addition to holiday camps during half terms and school holidays.

The Academy is run by Peter Friend who has over 11 years National League playing experience and plays for current National Premier League champions and Euro Hockey League contenders Wimbledon Hockey Club.

Throughout the year the Hockey Academy run a wide range of sessions for all ages and abilities, these include;

Back2Hockey – Adult - Back2 Hockey sessions are for adults to get involved in hockey or get back to the sport after years away.

One-to-one or One-to-two Sessions – All age - Sessions can be booked for one-to-one/one-to-two coaching with Peter Friend.

Holiday Camps - Hockey Academy camps run during most half term and school holidays. Camps are led by Peter Friend with support from other National Premier League hockey players and coaches.

For more information on any courses that are running, please contact Peter Friend (Hockey Academy Manager)

Tel: 01883 343 028 (ext 303) Email: peter.friend@caterhamschool.co.uk



SPORTS CENTRE

Martial Arts

MARTIAL ARTS

The Sports Centre offers pupils of Caterham School the opportunity to learn a distinguished and disciplined Martial Art within a safe environment, fun and friendly environment. Our instructors are fully qualified and extensively experienced within their Martial Arts and strive to pass on their knowledge to students during every lesson. All lessons run in conjunction with the academic timetable and are open to all abilities.

Judo – A full contact martial art, an Olympic Sport, a recreational activity, a fitness programme, a way of life or just a bit of fun. It has all these and more. An effective system which develops confidence, balance and co-ordination utilising an opponent's force against them.

Thursday – 4.15-5.30pm in the Stephen Smith Room

Taekwon-Do – A version of an ancient form of unarmed combat practiced for many centuries in Korea and recognised as one of the oldest forms of Martial Arts in the world, dating back over 2000 years. Translated, **Tae** means “to jump, kick or smash with the foot”, **Kwon** means “to punch, strike or smash with the fist” and **Do** means “art, method or way”. Taekwon-Do is an all-round partial art which practices patterns, sparring, power, special technique and self-defence and promotes a foundation of discipline and respect both in the Dojang and in everyday life.

Wednesday – 4.15-5.15 Prep Pupils in the Stephen Smith Room
5.30-6.30 Senior Pupils in the Stephen Smith Room

For more information, please contact the Sports Centre.

Tel: 01883 335 078 Email: sportscentre.enquiries@caterhamschool.co.uk



SPORTS CENTRE

VACANCIES

Vacancies

Swim Instructors

Our Swim Instructors introduce a key life skill, the ability to swim. All abilities and ages are welcomed and as a Swim Instructor you will run swimming lessons teaching; the fundamentals of swimming but with a keen emphasis on fun, setting up and maintaining poolside equipment, undertaking appropriate administration and adhering to Caterham School's Safeguarding Policy.

We are looking for ASA Level 1/2 Swimming Instructor's to be a part of our Swimming Academy team and act as bank staff should cover be required. We currently operate Monday's and Thursday's 4-6pm and Sunday's 9-12pm during term times with holiday courses throughout the year.

If you're keen to find out any more information, please visit the www.caterhamschool.co.uk for current vacancies or contact Ross Smith (Swimming Academy Manager) at ross.smith@caterhamschool.co.uk



Clubs

Caterham School Sports Centre hosts a wide range of regular Sports/Fitness Clubs for the local community including; Swimming, Badminton, Let's Get Physical, Yoga, Triathlon and Football. We welcome all local clubs to hire and enjoy our outstanding facilities for as long as 52 weeks a year!

Recent changes in Council Planning Permissions enables us to facilitate new vacancies for clubs on our new Floodlight All-Weather Pitch. So if you're a local club looking for a regular venue, please enquire at the Sports Centre for more information regarding availability and costs.

Facilities Available to Hire:

- Sports Hall
- Stephen Smith Room (Function Room)
- Swimming Pool (3 Lanes Maximum)
- All-Weather Pitch

All hires are available within 6-9pm Mon-Fri and 12-5pm Sat-Sun.

Tel: 01883 335 078

Email: sportscentre.enquiries@caterhamschool.co.uk



CRYSTAL PALACE
Football Club
FOUNDATION

SPORTS CENTRE

community.

020 8768 6047

CRYSTAL PALACE

Crystal Palace Football Club

CPFC holiday courses are for both boys and girls aged 5-12 years old and are a fantastic way for children to stay active, meet new friends and most importantly have fun in a safe and secure environment.

Our coaches are highly trained to deliver exciting and innovative sessions, ensuring each child develops new skills at their own pace. Welcoming players of all abilities, we encourage beginners as well as nurturing our future footballing stars! There are also chances to be invited to our Elite Centres for promising young talent.

Holiday courses provide a structured setting for children to learn new skills, as well as progress current skills. They are also a cost effective way of ensuring children spend their holidays in an active environment, keeping fit and healthy and NEVER bored!

For the latest information regarding Holiday Courses, please visit:
<http://cpfcfoundation.org/>

Alternatively you can contact:

Tel: 020 8768 6047 Email: info@cpfcfoundation.org

All bookings for Crystal Palace Courses are made through CPFC.