



“ALL IN” NEWS LETTER

WELCOME

Dear Parents & Carers, We felt that it was important that we kept parents informed of any new activities or changes to the Short Breaks activities we run within the Shropshire Community Leisure Trust, the first thing we've done, is to introduce a cost for some of our sessions to help towards overhead we currently don't get funding for like maintenance of bikes and special activities, so moving forward the Saturday sessions at the Shrewsbury Sports Village will now be chargeable, £1.00 for the Cycle Club and £1.50 for the Fun & Games sessions. We also wanted to take this opportunity to promote some of our other activities you maybe unaware of that we run throughout the county.

“All In” Cycle Club

Shrewsbury Sports Village offers Short Break “All In” funded sessions that allow children with disabilities to get fit, whilst giving parents a short break.

We have adapted bikes that will accommodate most children's needs, plus we bikes for parents / siblings.

Every Saturday from 10am to 11am
(April 2nd to October 29th only).

Ages 6—18yrs Cost £1.00



“All In” Football Club

Shrewsbury Sports Village offers a weekly 'All In' Short Breaks football sessions specifically for children with disabilities or additional needs aged 8-18yrs Term Time only

Friday's 16:00 -17:00pm Cost: FREE

Alpha Swimming Lessons

Alpha Step Awards are a great way to encourage swimmers who may be struggling to reach other milestones. These awards are a great incentive for those people who need to be rewarded for the achievements they are making in swimming and developing water confidence or water safety awareness.



Quarry Swimming Centre

Day/Time: Thursday 16:30 – 17:00

Ages: 7-16yrs

Contact: 0345 000 003

Oswestry Leisure Centre

Day/Time: Tuesdays & Wednesdays; 18:00-18:30 & 18:30-19:00

Ages: 7-16yrs

Contact: 0345 0007 006

Cost: £22.50 per 10 week block

“All In” Swim Club

Our SEN swimming club is exclusive for All In registered children especially aimed at children that have already participated in the 'Alpha' swimming lessons and want to build on technique and confidence in the pool

Quarry Swimming Centre: Day/Time: Wednesdays 18:00 – 19:00

Ages: 7-16yrs

Contact: 0345 000 003

Oswestry Leisure Centre: Day/Time: Fridays 18:30 – 19:30

Ages: 7-16yrs

Cost: £2.00 per session

Siblings Welcome – Must be accompanied by an adult, normal swimming proficiency rules apply



After taking on board some of the feedback we've also decided to re-introduce an activity plan for the Saturday Morning Fun & Games sessions, find below our Summer activity plan, these sessions will be subject to the weather in some cases.



“All In” Fun & Games Summer Activity Plan



July 2nd 2016 — Inflatable & Fun & Games

July 9th 2016— Nature Trail (Colour Bingo)

July 16th 2016 — Arts & Crafts (Butterfly Feeders)



July 23rd 2016 — Fun & Games & Climbing @11:30



July 30th 2016 — Cookery (Pizza's)

Aug 6th 2016 — Pond Dipping



Aug 13th 2016 — Nature Build (Insect Habitat)

Aug 20th 2016 — Arts & Crafts (Space)



Saturday's 11:00 — 12:30 Ages 6—16yrs Cost: £1.50

