



Events & Activities

at

**Portslade Sports Centre**

Saturday

**11th July 2009**

# TakePART 2009

We are delighted to announce that Portslade Sports Centre is to be one of the **TakePART** Local Venues. On **Saturday 11th July**, between **9.00am-1.00pm**, in conjunction with Brighton & Hove City Council, we will be showcasing a variety of tasters and demonstrations from various local groups and clubs. There will be lots to come and see and try out on the day including:-

**Indoor Athletics** - Come and try your hand at our Decathlon run by Bob Schooley. 10 events that you can come and have a go at to see how you get on. You can try all 10 or just a few, its totally up to you!

**Golf** - Come and test your golfing skills on our inflatable target range with Darren Cook.

**Indoor Cricket** - Matt Parson from Sussex County Cricket Club will be running a skills workshop for all those wanting to have a go.

**Trampolining** - Come and join Kieran and Richard in our regular trampoline session to see if its something you would like to try in the future.

**Sama Karate** - Come and see a demonstration from members of Sama Karate and talk to Don Moulard to see if it is something you could be interested in.

**Tae Jitsu** - Like Sama come and have take a look at our Tae Jitsu demonstration and talk to the Pete Moran, the instructor.



**Street Cricket & 3 on 3 Basketball** - Hove YMCA will be organising competitions for both these street games for local and regional youth clubs and school teams. If you wish to enter a team or require further information please contact Peter Mullane at Hove YMCA on 01273 731724.

**Gymnastics** - Come and watch our regular gymnastics session run by Martin and Julia to see if its something you would like to try.

**Cheerleading** - Have a look, then with the help of Maria Foster try and organise your own

Come and get involved

**Take a look at the back of this leaflet to see how to get involved and continue to stay involved after the actual day.**



Portslade Sports Centre, Portslade Community College,  
Chalky Road , Portslade, BN41 2WS, Tel: (01273) 411100  
[www.portsladesportscentre.co.uk](http://www.portsladesportscentre.co.uk)

# TakePART July 11th

Cheerleading  
12-1pm

Sama Karate  
10am-12pm

Athletics  
9-10.30am

Golf  
10.30am-

Indoor  
Cricket

Trampoline  
9-11am

Gymnastics  
9-11.30am

Tae Jitsu  
12-1pm

Street  
Cricket

Popdance  
10.45-11.45

3 on 3  
Basketball

Snooker  
10am-

Racket Sports  
10.30am-

## How to take part after the event

If you like some of the activities above there are plenty of opportunities to continue to TakePART after July 11th. In fact most of these sessions regularly take place at Portslade Sports Centre. See below for details.

### MONDAYS

Trampoline	3.30-4.30pm	4-6	£2.70
Trampoline	4.30-5.30pm	6-15	£2.70
SAMA Karate	5.00 – 6.00pm	4+	£4.00
Gymnastics	6.00-7.30pm	8-15	£3.65

### TUESDAYS

Badminton	4.15-5.45pm	8-16	£3.30
Tae-Jitsu	4.30-5.30pm	6-15	£5
Snooker	5.00-6.30pm	7-10	£2.90

### WEDNESDAYS

Popdance	4.00-6.00pm	7-16	£6
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### THURSDAYS

Gymnastics	4.00-5.00pm	5-8	Course Based
Gymnastics	5.00-6.00pm	8-15	Course Based

### FRIDAYS

Cheerleading	3.30-4.30pm	5-13	£3.50
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See you on the 11th July for fun, fun and more fun!!