

# JUNIOR TIMETABLE OF ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT	SUN
16.30-19.00 Junior Activities 5-15yrs Den	16.30-19.00 Crazy Crafts 5-15yrs Den	16.30-17.30 Kids Kangoo Jumps 5yrs+ Studio 1	16.15-16.30 Kinesis Blast 10-15yrs Gym	16.30-19.00 Junior Activities 5-15yrs Den	09.00-13.00 Junior Activities 5-15yrs Den	09.00-13.00 Junior Activities 5-15yrs Den
17.15-18.00 Junior Football Skills 5-15yrs Five-a-side Pitch	16.30-19.00 Junior Activities 5-15yrs Den	16.30-19.00 Junior Activities 5-15yrs Den	16.30-17.30 Junior Gym 10-15yrs Gym	17.15-18.00 Junior Football Skills 5-15yrs Five-a-side Pitch	9.45-11.45 Fencing 8yrs+ Studio 2	11.00-12.00 Junior Gym 10-15yrs Gym
	17.30-18.30 Junior Circuits 5-15yrs Squash Courts	17.00-18.00 Dynamic Sports Skills 5-15yrs Holistic Studio	16.30-19.00 Cinema Night 5-15yrs Den		11.00-12.00 Junior Gym 10-15yrs Gym	
			17.00-17.45 Kids Kangoo Jumps 5-15yrs Studio 1		12.00-13.00 Junior Circuits 5-15yrs Studio 1	

**High Energy**

**Strength & Conditioning**

**Other**

## CHILDREN'S CHOICE

### AWARDS

Bronze/silver/gold Awards for advanced swimmers over 5 years.

### AQUA TOTS

An introduction to water for 4 months to 3 years old in a playful and relaxing way

### BEGINNERS

An opportunity for children 5 years and over to learn the correct swimming technique from a basic level.

### CINEMA NIGHT

A chill out evening - watch a film and eat popcorn with friends.

### CRÈCHE

For children aged 3 months up to 5th birthday. The crèche gives the children a chance to play and learn, enjoying arts and crafts, cooking, puzzles, Play-Doh, building blocks, painting and much, much more..

### DUCKLINGS

An introduction to basic swimming skills for children aged 3 years and over in a fun and friendly atmosphere.

### FENCING

Professional advice on technique and combat.

### FOOTBALL SKILLS

A fun session based on improving basic football skills and having fun.

### IMPROVERS

Advancing on from the basic swimming techniques for children 5 years and over.

### JUNIOR ACTIVITIES

For 5-15 years after school fun sessions including crafts, table football, snooker, board games and outdoor supervised activities weather permitting.

### JUNIOR CIRCUITS

Junior circuit class specifically aimed at 5-15 year old. A jam-packed hour of fun.

### JUNIOR GYM

A fun-packed hour of studio and gym workouts. This class will introduce all teenagers to a future healthier lifestyle.

### KIDS KANGOO JUMPS\*

Bounce your way to fitness in a class that is fun! fun! fun!

### ROOKIE LIFESAVING

Basic pool life saving, rescues, personal safety and basic first aid skills. For all age groups over 5 years and of a suitable ability.

### DYNAMIC SPORTS SKILLS

Jump, hop, skip and run your way to fitness through a series of invasion games.

Crèche runs Monday to Friday, 09.00 - 18.00 and Saturday to Sunday, 09.00 - 13.00.

Junior Activities can be booked up to 7 days in advance and crèche up to 2 weeks in advance. Maximum 2 hours.

## CHARGEABLE ACTIVITIES

Activity	Day	Instructor	Time	Location	Age	Group
1 to 1 Swimming	Various	Various	Various	P	4mths+	£POA
1 to 1 Tennis	Various	Tom	Various	TC	4yrs+	£20 per session
Group Tennis Coaching	Sun	Rob/Tom	10.45	TC	3yrs+	£5 per session
Taekwondo	Friday	Steve & Pat	18.30-19.30	SC	4yrs+	£4 per session
Taekwondo	Sunday	Steve & Pat	11.30-12.30	SC	4yrs+	£4 per session

SATURDAY (Term-time only)

### Football Coaching run by Sports Xtra

Age 3-4 09.00 - 09.45 | Squash Courts

Age 4-6 09.00 - 10.00 and 10.00 - 11.00 | 5 A-Side

Ages 7+ 11.00 - 12.00 | Marquee

**Price on application.**

**To book call 08453 716121**