

# Children's

*We offer a fabulous range of facilities and services designed specifically for children and their needs. We strive to create a happy, fun and healthy environment for children of varying ages. With a full programme of after school and weekend activities, there is something to suit everyone.*

## Parent & Baby Swimming

**Tuesday** 10.55am-11.25am  
Ages 18mths-4years

An instructor offers fun and games designed to encourage younger children using floats and small inflatables with nursery rhymes to gain confidence in the water.

**Thursday** 10.55am-11.25am  
Ages 6-18 months

Two instructors showing parents different handling supports for younger babies, with emphasis on play.

## Flippas`n`Fins

**Friday** 7pm-9pm Theory  
9pm-10pm Pool time

Experienced instructors show you the fun of Scuba Diving. All equipment is provided. The club runs a wide range of adult and children's courses, including trial sessions, beginners to advanced PADI and Open Water courses.

For details contact Fin, t: 01258 455968  
m: 07780 952395 e: info@flippas-n-fins.com

## Leading Edge Club

**Monday** 6.45pm-8.15pm  
Ages 14-17 years

Basic training in essential skills plus advanced skills such as lead climbing. Members of this club will be issued with a logbook to record their training sessions. Competitions will also be planned.

## Cadets Climbing Club

**Monday** 6.30pm-8.00pm  
**Thursday** 6.00pm-7.00pm  
7.00pm-8.00pm  
Ages 8-10 years

Offers younger children the chance to climb and have fun on the Edge Climbing Wall. Although not specifically instructional, it does prepare the children for the Karibiner Climbing Club. Book blocks on termly basis.

## Karibiner Climbing Club

**Monday** 5.00pm-6.30pm  
**Wednesday** 5.30pm-6.30pm  
6.30pm-7.30pm  
7.30pm-8.30pm  
Ages 10-13 years

Try out new routes with the opportunity to go on summer climbing expeditions and enter competitions.



# Activities

## Gym Academy

**Monday** 4.50pm-5.50pm  
Ages 6+years  
12 week course

Gymnastics requires agility, strength, balance and co-ordination. Levels of progression are provided for all abilities using the British Gymnastic Awards. Balance and co-ordination, handstands, headstands, forward/backward roll to straddle, cartwheels and box work.

## Mini Gym Academy

**Monday** 3.45pm-4.45pm  
Ages 3-5 years  
12 week course

Gentle introduction to basic gymnastics and trampolining.

## Big Bounce

**Thursday** 5pm-6pm  
Ages 5-7, 8-14 years

For all ages and abilities. Tuck jumps, somersaults and seat drops with coaching enabling children to work towards badges. Socks must be worn.

## Cardio Beat

**Tues & Wed** 4.30pm-5.30pm  
Ages 8-12 years

Work out in our Cardio Gym on a whole range of equipment including treadmills bikes and rowers. Qualified instructor will be present.



## Junior Open Badminton

**Thursday** 6.30pm-7.30pm  
Ages 7 plus years

Enjoy an evening with friends and have some specialist badminton coaching. Organised games, mini tournaments and rallies.

## Junior Advantage Tennis

**Tuesday** 6pm-7pm  
Ages 9-14 years

For players who can sustain a rally of 20 shots.

### Saturday

**Ages 5-8 years** 9.30am-10.30am  
**Ages 9- 2 years** 10.30am-11.30am  
**Ages 12+ years** 11.30am-12.45pm

Age groups are a guideline. All abilities welcome.

## Soccer Development

**Monday** 6pm-7pm  
Ages 6-12 years  
(Girls & Boys)

This Programme provides comprehensive training for all abilities. The Astro Turf Pitch enables us to provide a highly rated football programme for boys and girls.

