

2019 Play programme

ACTIVITIES DESIGNED EXCLUSIVELY FOR UNDER 5s

Activity	Day & time	Centre member	Non-member
Crèche Let our qualified nursery nurses look after your youngsters whilst you enjoy a swim, exercise class, gym workout or relaxing cup of coffee. Parents must remain on site.	Monday* - Friday 9:30 - 11:30	£4.20 (60 mins)	£5.40 (60 mins)
Floats and Fun Splash and play in the teaching pool with balls and floats. Normal pool rules apply. Inflatable for those who can swim only.	Saturday and Sunday 11:30 - 12:30	£2.80	£4.00
Toddler Gym A supervised session of free play and gymnastics, promoting balance, co-ordination, mobility and fitness with the use of gym equipment.	Monday Thursday 9:30 - 11:00 9:30 - 11:45	£4.70	£5.90
Toddler Play Let them run wild and burn up energy with our ball pond, bouncy castle, trikes, bikes and soft play.	Monday Wednesday 13:00 - 15:00 13:00 - 15:00	£4.70	£5.90
Football Charlton Athletic Challenge** (3 - 5 Years) Develop your football skills on this Charlton Athletic Community course.	Saturday 9:15 - 10:00 10:00 - 10:45	£67.20 (based on a 12 week course)	£79.80 (based on a 12 week course)
Parent and Baby Swimming Lessons** A course designed for 6 months - 3 years that aims to build water confidence, teach the joy of swimming and educate water safety whilst supported by a loving parent or guardian.	Please ask reception	£75.00 (based on a 10 week course)	£87.00 (based on a 10 week course)
Toddler Trampoline Course** (3 - 5 Years) Experience the fun of trampolining under the instruction of a qualified coach. You will learn basic moves and impressive routines.	Monday Thursday 11:00 - 11:45 10:45 - 11:30	£32.90 (based on a 7 week course)	£41.30 (based on a 7 week course)
Pre-School Gymnastics** (2½ - 5 Years) Our gymnastics course follows the British Gymnastics Syllabus, and is a great way to get your child into an active and healthy lifestyle from a young age.	Thursday 12:00 - 13:00	£35 (based on a 7 week course)	£43.40 (based on a 7 week course)

*excluding Bank Holidays **Term time only. Number of weeks vary per term