

2019 Sport programme

JOIN US FOR A RANGE OF SPORTING ACTIVITIES TO BOOST SKILLS, FITNESS AND FUN FOR ALL THE FAMILY

Activity	Day & time	Centre member	Non-member
Aikido Aikido is a Japanese system of self-defence employing similar principles to judo, but including blows from the hands and feet.	Monday and Wednesday 20:00 - 21:30 Sunday 09:00 - 10:30	£7.50	£9.60
Basketball (14+ years) Challenge your friends to an intense match of endurance, speed and skill at one of our Sunday evening Basketball sessions. Our qualified basketball coach is on hand throughout the session teaching you the skill needed to enjoy the thrills this energetic precision sport has to offer.	Sunday 19:15 - 20:45	£5.50 (14-15 years) £7.00 (16+ years)	£6.70 (14-15 years) £9.10 (16+ years)
Football Charlton Athletic Challenge* (5-7 years) Develop your football skills on this Charlton Athletic Community course.	Tuesday 16:15 - 17:15 17:15 - 18:15 Thursday 16:30 - 17:30 Friday 16:00 - 17:00	£67.20 (based on a 12 week course)	£79.80 (based on a 12 week course)
Football Charlton Athletic Challenge* (8-13 Years) Develop your football skills on this Charlton Athletic Community course.	Tuesday 18:15 - 19:15 Thursday 17:30 - 18:30 Friday 17:00 - 18:00	£67.20 (based on a 12 week course)	£79.80 (based on a 12 week course)
Trampolining* (Junior) Experience the fun of trampolining under the instruction of a qualified coach. Learn basic moves and impressive routines.	Saturday 11:15 - 12:15	£74.00 (based on a 10 week course)	£86.00 (based on a 10 week course)

*Term time only. Number of weeks vary per term

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