



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
Trampolining (5 - 16 years) Experience the fun of trampolining under the instruction of a qualified coach. You will learn basic moves and impressive routines.	Wednesday 16:15 - 17:00 17:00 - 18:00	£82.80 (Price based on a 1hr, 12 week course)	£97.20 (Price based on a 1hr, 12 week course)
	Friday 16:00 - 17:00 17:00 - 18:00		
Back to Netball Learn new skills, remember old ones and meet new people.	Monday Junior (11-15yrs) 18:00 - 19:00	£3.50	£4.70
	Thursday Adult (16+) 19:30 - 20:30		
Charlton Athletic Football Challenge (5+ years) Develop your football skills on this Charlton Athletic Community course.	Thursday 16:15 - 17:15 Beginners/intermediate	£85.20 (Price based on a 12 week course)	£85.20 (Price based on a 12 week course)
	17:15 - 18:15 Intermediate/advance		

Courses run 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 while you enjoy a swim, exercise class, gym workout or relaxing cup of coffee. Parents must remain on site.	Monday - Friday 9:30 - 12:00	£2.00 (30mins) £4.00 (60mins)	£2.00 (30mins) £4.00 (60mins)
Toddler Splash* A fun swim session in the teaching pool with toys and floats. Great on its own or combined with the Toddler Sports session.	Wednesday and Friday 12:00 - 13:00	£2.80	£4.00
Toddler Sport* Let them run wild and burn up energy with our ball pond, bouncy castle, trikes, bikes and soft play.	Wednesday and Friday 10:30 - 12:00	£4.70 Add a sibling for £2.25	£5.90 Add a sibling for £2.25
Toddler Football A special session for little football fans. Come and learn some basic skills from dribbling a ball and passing to penalty shoot outs. This is a 12 week course.	Thursday 15:30 - 16:15	£75.00	£75.00
Parent & baby swimming classes** A course designed for 6 months - 3 years that aims to build water confidence, teach the joy of swimming and educate water safety while supported by a loving parent or guardian.	Monday 09:30 - 10:30 Thursday 09:30 - 10:30	£90.00 (Price based on a 12 week course)	£104.40 (Price based on a 12 week course)

*Combine Toddler Sport and Toddler Splash for just £2.20 extra

**Term time only. Number of weeks vary per term