



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
Archery 8 - 17 years (6 week course) 18+ years (6 week course) A fun filled session where you will learn the basics of target archery. It's your chance to become Robin Hood!	Thursday 16:30 - 17:30 Thursday 18:00 - 19:00	£34.50 (8 - 17 years) £35.40 (18+ years)	£47.10 (8 - 17 years) £48.00 (18+ years)
Adult trampolining Improve your balance and coordination, tone muscle and enjoy a fun workout as you bounce and leap to your heart's content.	Monday 19:00 - 20:00	£6.45 per session	£8.55 per session
Junior trampolining Experience the fun of trampolining under the instruction of a qualified coach. Learn basic moves and impressive routines during this 12 week course.	Thursday 16:45 - 17:45 17:45 - 18:45	£69.00	£83.40
Ladies' badminton* A fast paced exciting session designed to teach you the rules and skills required to take on the badminton pros!	Friday 10:00 - 12:00	£6.45 per session	£8.55 per session
Junior badminton** Have fun while you learn and perfect your badminton skills. You'll get to practise your drop shots and smashes, as well as your foot work.	Friday 6-8yrs 18:00 - 19:00 8+yrs 19:00 - 20:00	£69.00 (price based on a 12 week course)	£83.40 (price based on a 12 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
Parent & baby swimming course* (30 minute sessions) Starting from 4 months - 3 years	Monday 4 - 18 months 10:00 18 - 36 months 10:30	£82.80 (price based on a 12 week course)	£96.00 (price based on a 12 week course)
	Thursday 4 - 18 months 11:30 18 - 36 months 12:00		
	Friday 4 - 18 months 10:30 18 - 24 months 11:00 24 - 36 months 11:30		
Waterplay course* (30 minute sessions) 3 - 5 years	Monday 13:00 - 13:30	£75.60 (price based on a 12 week course)	£90.00 (price based on a 12 week course)
	Thursday 13:00 - 13:30		
	Friday 12:00 - 12:30 12:30 - 13:00 13:00 - 13:30		
Toddler Gym Walking - 2 years 3 - 5 years	Tuesday 10:00 - 11:00 11:00 - 12:00	£4.70	£5.90
Toddler Sport Walking - 2 years 3 - 5 years	Wednesday 10:00 - 11:00 11:00 - 12:00	£4.70	£5.90
Treasure Island Our popular soft play area Under 12s	Monday - Friday 10:00 - 13:00 13:30 - 16:30	£4.70	£5.90
	Saturday 09:15 - 11:30		
	Sunday 09:15 - 13:30		
	Party slots available - please contact reception		

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