

CHILDREN'S HOLIDAY ACTIVITIES

27TH JULY -
2ND SEPTEMBER

SEE WHAT ACTIVITIES EACH OF OUR CENTRES ARE OFFERING THIS SUMMER



EDENBRIDGE



SEVENOAKS



WHITE OAK

DAY CAMPS ARE BACK!

EDENBRIDGE LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|-------------------------|---------------|--------------|---------------|------------|
| DAY CAMPS* Designed to work around you Come and join us for an action packed day to include craft, team games, swimming and a variety of coached sports with our experienced and qualified staff. <i>*Limited Spaces apply - book early to guarantee your place. Please bring your swimming kit with you.</i> | Tuesday | 09:00 - 11:00 | 5 - 7 years | £7.50 | £8.50 |
| | 28 th July | | | | |
| | 4 th August | | | | |
| | 11 th August | 08:30 - 16:30 | 8 - 12 years | £23.35 | £24.35 |
| | 18 th August | | | | |
| | 25 th August | | | | |
| | Wednesday | 09:00 - 11:00 | 5 - 7 years | £7.50 | £8.50 |
| | 29 th July | | | | |
| | 5 th August | | | | |
| | 12 th August | 08:30 - 16:30 | 8 - 12 years | £23.35 | £24.35 |
| | 19 th August | | | | |
| | 26 th August | | | | |

TASTER SESSIONS

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|-------------------------|---------------|--------------|---------------|------------|
| TRAMPOLINING** Come and experience the joys of trampolining with our qualified instructor. | Tuesday | 10:45 - 11:45 | 4 - 16 years | £5.00 | £6.00 |
| | 28 th July | | | | |
| | Tuesday | | | | |
| | 11 th August | | | | |
| PITCH PERFECT Sing and dance like the Barden Bellas. Run by a qualified instructor from Pure Dance. | Thursday | 14:00 - 15:00 | 5 - 12 years | £6.50 | £7.50 |
| | 13 th August | | | | |

CONTINUED... ➡

TASTER SESSIONS CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---|--------------|---------------|------------|
| MAKE YOUR OWN DANCE & MUSIC VIDEO Get ready to dance your feet off. Costumes will be supplied. Run by a qualified instructor from Pure Dance. Those who attend will be given the link details to view the video. | Thursday 13 th August | 15:00 – 16:00 | 5 – 12 years | £6.50 | £7.50 |
| PROFESSOR POOPENSHTINKEN'S MAGICAL MATHLETES! Professor Poopenshtinken and friends are here for "Mathletic" fun and games! Confuse your opponent with Number Chaos, get to the top of your Division with Multiplication Football, enjoy a game of Summer Volleyball, and race round on the Numerical Parachute, plus much more! This is a fast-paced session combining physical activity and problem solving – ideal for active minds and active bodies! | Thursday 27 th August | 10:00 – 12:00 | 5 – 7 years | £8.00 | £8.00 |
| | | 14:00 – 16:00 | 8 – 11 years | | |
| | | <div>Please contact 01732 808020 to book this activity. Not bookable in centre.</div> <div>Limited spaces, must book in advance!</div> | | | |
| ONE DAY FOOTBALL COURSE A day long course to practice every day skills and play plenty of matches. For boys and girls. | Wednesday 5 th August | 10:00 – 15:00 | 5 – 12 years | £20.00 | £21.00 |

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---------------|--------------|---------------|------------|
| THE LONDON KARTING COMPANY'S "F1 Karting Experience" with its large inflatable circuit & F1 style karts. Each child will be allocated with a race suit, full drivers briefing, live race commentary, the three sessions on the track all finished off with a podium presentation. | Thursday 27 th August | 11:00 - 12:00 | 4 - 11 years | £10.00 | £11.00 |

**Parents must act as spotters around the trampoline for all children under 8. Socks must be worn.

UNDER 5s

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---|---------------|-----------------|----------------|----------------|
| TODDLER SPORT** Let them run wild and burn up energy with our ball pond, bouncy castle, trikes, bikes and soft play. | Wednesday 29 th July 5 th August 12 th August 19 th August 26 th August 2 nd September | 10:30 - 12:00 | Under 5s | £4.00 | £5.00 |
| | Friday 31 st July 7 th August 14 th August 21 st August 28 th August 4 th September | | | | |
| CRÈCHE Let us look after your youngsters whilst you enjoy a swim, exercise class, gym workout or relaxing cup of coffee. Run by qualified nursery nurses. Parents must remain on site. | EVERY Monday - Friday (excluding bank holidays) | 09:30 - 12:00 | Birth - 5 years | £3.50 per hour | £3.50 per hour |

UNDER 5s CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---------------|-------------|---------------|------------|
| TODDLER TRAMPOLINING** Come along and try out the big trampolines for fun, bouncy session with our qualified instructor. | Tuesday 28 th July | 10:00 - 10:45 | 2 - 4 years | £5.00 | £6.00 |
| | Tuesday 11 th August | | | | |
| MINIONS/ DESPICABLE ME DANCE Show off your minions dancing skills. Run by a qualified instructor from Pure Dance. | Thursday 13 th August | 13:15 - 14:00 | 3 - 5 years | £5.00 | £6.00 |
| MINI DRIBBLERS A special session for little football fans. Come and learn some basic skills from dribbling a ball and passing to penalty shoot outs. | Thursday 13 th August | 09:30 - 10:30 | 3 - 5 years | £5.00 | £6.00 |

**Parents must act as spotters around the trampoline for all children under 8. Socks must be worn.

IN THE POOL

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|--|---------------|----------|---------------|------------|
| INFLATABLE FUN Wet, wild, wonderful inflatable fun. Normal pool rules apply. Inflatable for those that can swim only, toys in the small pool for our beginners. | Monday 27 th July 3 rd August 10 th August 17 th August 24 th August 31 st August | 14:00 - 15:00 | 8+ years | £2.95 | £3.95 |
| | Thursday 30 th July 6 th August 13 th August 20 th August 27 th August | | | | |

IN THE POOL CONTINUED...

EDENBRIDGE LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---|---------------|----------|--|--|
| TODDLER SPLASH A fun swim session in the teaching pool with toys and floats. | Wednesday 29 th July 5 th August 12 th August 19 th August 26 th August 2 nd September | 12:00 - 13:00 | Under 5s | £2.35 | £3.35 |
| | Friday 31 st July 7 th August 14 th August 21 st August 28 th August 4 th September | | | (£2.00 if combined with Toddler Sport Session) | (£2.00 if combined with Toddler Sport Session) |

SWIMMING COURSES

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|---|---------------|-------------|---------------|------------|
| NON SWIMMER <i>Teaching Pool</i> For children who have never had swimming lessons or lack confidence in the water. | Monday 27 th July - Friday 31 st July | 09:00 - 09:30 | 3 - 7 years | £32.00 | £37.00 |
| | Monday 17 th August - Friday 21 st August | | | | |
| | Monday 24 th August - Friday 28 th August | | | | |

CONTINUED... ➡

SWIMMING COURSES CONTINUED...

| Activity | Date | Time | Age | Senio Member | Non- Member |
|--|---|-------------------------------|------------------|-----------------|----------------|
| WEAK SWIMMER <i>Teaching Pool</i> For children who are water confident and are able to float on their front and back unaided. | Monday 27th July - Friday 31st July | 09:30 - 10:00 | 3 - 7 years | £32.00 | £37.00 |
| | Monday 17th August - Friday 21st August | | | | |
| | Monday 24th August - Friday 28th August | | | | |
| SWIMMER <i>Teaching Pool</i> Children who are able to swim 5 – 10 metres unaided. | Monday 27th July - Friday 31st July | 10:00 - 10:30 | 3 - 7 years | £32.00 | £37.00 |
| | Monday 17th August - Friday 21st August | | | | |
| | Monday 24th August - Friday 28th August | | | | |
| ONE-TO-ONE LESSONS 30 minute one-to-one tuition with a qualified instructor. All abilities welcome. | Contact reception for details | Contact reception for details | 4 years - Adults | £22.25 | £23.25 |

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---|---------------|--------------|---------------|------------|
| THE LONDON KARTING COMPANY'S "F1 Karting Experience" with its large inflatable circuit & F1 styled karts. Each child will be allocated with a race suit, full drivers briefing, live race commentary, three sessions on track all finished off with a podium presentation. So why not try a test drive! | Tuesday 28 th July 11 th August 25 th August | 12:30 - 13:30 | 4 - 11 years | £10.00 | £11.00 |
| | | 14:30 - 15:00 | | | |
| ASTRONOMY WORKSHOP Britain's only multi-media mobile planetarium visits Sevenoaks Leisure Centre to offer children an interactive opportunity to learn about the stars and planets in and around our solar system. | Monday 3 rd August | 14:00 - 15:00 | 4 - 6 years | £5.90 | £6.90 |
| | | 15:00 - 16:00 | 7 - 11 years | | |
| GYMNASTICS TASTER SESSION WITH LIGHTNING GYMNASTICS Gymnastics is coming back to Sevenoaks Leisure Centre in September 2015. Come down and experience a fun, safe and well structured introduction to gymnastics from skills on the floor to acrobatics. Run by British Gymnastics coaches and former GB Gymnasts. | Tuesday 4 th August | 12:30 - 13:30 | 4 - 11 years | £6.00 | £7.00 |
| | | 13:30 - 14:30 | | | |
| | | 14:30 - 15:30 | | | |

CREATIVE AND TASTER SESSIONS CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|---|--|--------------|---------------|------------|
| PROFESSOR POOPENSHINKEN'S MAGICAL MATHLETES! Professor Poopenshtinken and friends are here for "Mathletic" fun and games! Confuse your opponent with Number Chaos, get to the top of your Division with Multiplication Football, enjoy a game of Summer Volleyball, and race round on the Numerical Parachute, plus much more! This is a fast-paced session combining physical activity and problem solving – ideal for active minds and active bodies! | Wednesday 19 th August | 14:00 – 16:00 | 5 - 7 years | £8.00 | £8.00 |
| | Wednesday 26 th August | 14:00 – 16:00 | 8 – 11 years | | |
| Please contact 01732 808020 to book this activity. Not bookable in centre. | | | | | |
| DRIBBLERZ Introduction to Basketball for a variety of ages. With fun games and skills lead by a qualified Basketball Coach. | Friday 31 st July 21 st August | 12:00 – 13:00 | 5 - 10 years | £6.00 | £7.00 |
| | | 13:15 – 14:15 | 11+ years | | |
| ROLLER SKATING DISCO <i>With Atlantis Entertainment</i> Lots of fun for all the family. Skates and safety equipment provided (size 10 children's up to size 12 adult's). Sorry no inlines allowed. | EVERY Saturday | 18:00 – 19:30 Family Session | ALL | £6.00 | £6.00 |
| | | 20:00 – 21:30 Open Session | 8+ years | | |

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SEVENOAKS LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|--|--------------------------------------|--------------------|---------------|------------|
| TODDLER SPORT** Children will love the array of equipment in this session, including bouncy castle, learn and play inflatable, soft play, gym equipment and trampoline. | EVERY Wednesday | 13:00 - 15:00 | 2 - 5 years | £4.00 | £5.00 |
| TODDLER GYM A supervised session of free play & gymnastics, promoting balance, co-ordination, mobility and fitness with the use of gym equipment. | EVERY Thursday | 09:30 - 11:45 | 2 - 5 years | £6.00 | £7.00 |
| CRÈCHE Enjoy quality time in our gym, exercise classes or swimming pool whilst your children enjoy themselves in our crèche with our qualified staff. Members can book 7 days in advance. | EVERY Monday - Friday (excluding bank holidays) | 09:30 - 10:30 <hr/> 10:30 - 11:30 | 3 months - 5 years | £3.50 | £4.50 |

**Parents must act as spotters around the trampoline for all children under 8. Socks must be worn

IN THE POOL

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---------------------------|---------------|-------------|---------------|------------|
| INFLATABLE FUNTIME Come and join the splashing fun with the giant inflatable in the main pool. If you would like to stay in the main pool after Inflatable Funtime it will only cost you £1 extra. | EVERY Wednesday | 10:00 – 11:00 | 8+ years | £2.95 | £3.95 |
| | EVERY Saturday | 11:30 – 12:30 | | | |
| | EVERY Sunday | 11:30 – 12:30 | | | |
| FLOATS & FUN Splash and play in the teaching pool with balls and floats. If you would like to stay in the teaching pool after Floats & Fun it will only cost you £1 extra. | EVERY Saturday | 11:30 – 12:30 | 0 - 5 years | £2.35 | £3.35 |
| | EVERY Sunday | | | | |



SWIMMING COURSES

SEVENOAKS LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---------------|----------|---------------|------------|
| NON-SWIMMER For children who are non-swimmers who have never had swimming lessons on their own and/or children who lack confidence in the water (Octopus 1). | Monday - Friday | 08:30 - 09:00 | 4+ years | £32.00 | £37.00 |
| | 27 th - 31 st July | | | | |
| | 3 rd - 7 th August | | | | |
| | 10 th - 14 th August | | | | |
| | 17 th - 21 st August | | | | |
| | 24 th - 28 th August | | | | |
| BEGINNER For children who are non-swimmers, but are aware of the basics and may be able to swim a few strokes unaided (Octopus 2 + 3). | Monday - Friday | 09:00 - 09:30 | 4+ years | £32.00 | £37.00 |
| | 27 th - 31 st July | | | | |
| | 3 rd - 7 th August | | | | |
| | 10 th - 14 th August | | | | |
| | 17 th - 21 st August | | | | |
| | 24 th - 28 th August | | | | |

SWIMMING COURSES CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|--|---------------|------------------|---------------|------------|
| IMPROVER For children who are able to swim 5m - 10m unaided (Goldfish 1). | Monday - Friday | 09:30 - 10:00 | 4+ years | £32.00 | £37.00 |
| | 27 th - 31 st July | | | | |
| | 3 rd - 7 th August | | | | |
| | 10 th - 14 th August | | | | |
| | 17 th - 21 st August | | | | |
| | 24 th - 28 th August | | | | |
| INTERMEDIATE For children who are able to swim 10m - 15m on their front and back as well as demonstrate a basic understanding of breaststroke technique (Goldfish 2 + 3). | Monday - Friday | 10:00 - 10:30 | 4+ years | £32.00 | £37.00 |
| | 27 th - 31 st July | | | | |
| | 3 rd - 7 th August | | | | |
| | 10 th - 14 th August | | | | |
| | 17 th - 21 st August | | | | |
| | 24 th - 28 th August | | | | |
| 1-2-1 LESSONS A half hour private swimming lesson with one of our fully trained coaches to improve your water skills. All ages and abilities welcome. | Contact reception for details | - | 4 years - Adults | £22.25 | £23.25 |

DAY CAMPS

WHITE OAK LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---------------|--------------|---------------|------------|
| DAY CAMPS* Let our staff take care of entertaining your children with fun filled activities which vary each day including swimming, flumes, trampolining, arts & crafts and a range of sports and games. | Monday 27 th July - Friday 28 th August | 09:15 – 11:15 | 5 - 7 years | £6.50 | £7.50 |
| | | 09:00 – 12:15 | 8 - 13 years | £7.50 | £8.50 |
| | | 12:45 – 17:00 | 8 - 13 years | £14.50 | £15.50 |
| | | 09:00 – 17:00 | 8 - 13 years | £20.00 | £21.00 |
| DAY CAMPS SPECIAL OFFER 5 Day Price £80.00 (Sencio Member) or £84.00 (Non Member) – Saving up to £21.00 | | | | | |

*Limited spaces apply – book early to guarantee your place.

SPECIAL EVENTS

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|---|---------------|--------------|---------------|------------|
| PROFESSOR POOPENSHTINKEN'S MAGICAL MATHLETES! Join Professor Poopenshtinken for "Mathletic" fun and games! Play Number Chaos, reach the top of your division in multiplication Football, shoot some Summer Volleyball, race around on the numerical parachute and more! A fast-paced activity, ideal for active minds and bodies! | Tuesday 25 th August | 10:30 – 12:30 | 8 - 11 years | £8.00 | £8.00 |
| | | 14:00 – 16:00 | 5 - 7 years | | |
| Please contact 01732 808020 to book this activity. Not bookable in centre. | | | | | |
| Limited spaces, must book in advance! | | | | | |
| MINIONS/DESPICABLE ME DANCE Show off your minions dancing skills. Run by a qualified instructor from Dance Parties. | Friday 31 st July | 11:00 – 12:00 | 3 – 5 years | £5.00 | £6.00 |

SPECIAL EVENTS CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|--|---------------|--------------|---------------|------------|
| UPTOWN FUNK DANCE WORKSHOP With funky steps and music, learn Uptown Funk. Run by a qualified instructor from Dance Parties. | Friday 7 th August | 11:00 – 12:00 | 5 – 10 years | £5.00 | £6.00 |
| PITCH PERFECT DANCE WORKSHOP Sing and dance like Barden Bellas. Run by a qualified instructor from Dance Parties. | Friday 14 th August | 11:00 – 12:00 | 5 – 10 years | £5.00 | £6.00 |
| MATILDA THE THEATRICAL WORKSHOP Learn songs and dances from the hit musical Matilda. Run by a qualified instructor from Dance Parties. | Friday 21 st August | 11:00 – 12:00 | 5 – 10 years | £5.00 | £6.00 |
| HARTLEY OWLS Learn all there is to know about your favourite owls during this static display and a chance to hold them. (Photo opportunities available at a £3.50 fee payable to the organisation). | Wednesday 5 th August | 10:30 – 12:30 | ALL | £6.00 | £7.00 |

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---|---------------|----------|---------------|------------|
| ASTRONOMY WORKSHOP Britain's only multi – media mobile planetarium visits White Oak Leisure Centre to offer children an entertaining and educational presentation. Providing an inspiring, immersive and interactive learning experience, the show enables you to explore the day and night time sky and fly through our Solar System. | Tuesday 28 th July | 10:00 – 12:00 | 5+ years | £6.00 | £7.00 |
| SOLAR SYSTEM ART & CRAFT Includes fun story and a Solar system themed art and craft session. | Thursday 30 th July | 10:30 – 11:30 | 5+ years | £4.00 | £5.00 |
| MINI-BEAST It's all about the Minibeasts! From millipedes, scorpions, snakes, lizards, tarantulas, cockroaches, stick insects and lots of other creatures, this is a great educational as well as hands on experience for everyone. You will learn all about the Insects and where they have come from. | Friday 21 st August | 10:30 – 11:30 | ALL | £5.00 | £6.00 |
| OWL ART & CRAFT Includes fun story plus an owl themed art & craft session. | Thursday 6 th August | 10:30 – 11:00 | 4+ years | £4.00 | £5.00 |

SPECIAL EVENTS CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|--|---------------|----------|---------------|------------|
| FARMYARD ART & CRAFT Includes fun story, plus a farm animal themed art and craft session. | Thursday 13 th August | 10:00 – 11:30 | 4+ years | £4.00 | £5.00 |
| JURASSIC ART & CRAFT Includes a fun story, plus a dinosaurs themed art & craft session. | Thursday 20 th August | 10:30 – 11:30 | 4+ years | £4.00 | £5.00 |
| UNDER THE SEA Includes a fun story, plus a under the sea themed art and craft session. | Thursday 27 th August | 10:30 – 11:30 | 4+ years | £4.00 | £5.00 |



| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---------------|----------|---------------|------------|
| TRAMPOLINING COURSE** Experience the fun of trampolining under the instruction of a qualified coach. Learn basic moves to impressive routines. | Monday 27 th July – | 09:30 – 10:30 | 8+ years | £14.70 | £17.70 |
| | Wednesday 29 th July | | | | |
| | Monday 10 th August – | | | | |
| | Wednesday 12 th August | | | | |
| | Monday 24 th August – | | | | |
| | Wednesday 26 th August | | | | |
| TRAMPOLINING COURSE** A session for older children to experience the fun of trampolining under the instruction of a qualified coach. Learn basic moves to impressive routines. | Monday 27 th July – | 10:30 – 11:30 | 4+ years | £14.70 | £17.70 |
| | Wednesday 29 th July | | | | |
| | Monday 10 th August – | | | | |
| | Wednesday 12 th August | | | | |
| | Monday 24 th August – | | | | |
| | Wednesday 26 th August | | | | |
| ARCHERY Develop co-ordination and focus with our fully qualified archery instructor. You will learn basic skills and have a go at target shooting. | THURSDAY 6 th August 20 th August | 13:30 – 14:30 | 8+ years | £6.00 | £7.00 |

**Parents must act as spotters around the trampoline for all children under 8. Socks must be worn.



UNDER 5s

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|---|--|-------------------|---------------|------------|
| FUN & BOUNCE** There's plenty of fun in this session, with trampolining, soft play equipment and our bouncy castle. | Friday 31 st July 7 th August 14 th August 21 st August 28 th August | 10:30 – 12:00 | Walking – 5 years | £5.00 | £6.00 |
| TODDLER GYM Supervised session of free play and gymnastics, promoting balance, co-ordination, mobility and fitness, with the use of the gym and soft play equipment. | Wednesday 29 th July | 11:00 – 12:00 | 2 – 4 years | £4.00 | £5.00 |
| CRÈCHE There are lots of toys to keep little ones amused and occupied and activities such as soft play, creative arts and a wide range of stimulating activities and games, provided by our friendly, qualified and experienced staff. | EVERY Monday – Friday (excluding bank holidays) | 09:15 – 11:15 | Birth – 5 years | £3.50 | £4.50 |
| TREASURE ISLAND <i>Open all year round</i> A magical soft play area for toddlers and children. Designed for safety, enjoyment and above all fun. Treasure Island has been created to appeal to all ages, from toddlers embarking on a whole new world of discovery to the more discerning and inquisitive youngster. | Monday – Friday Saturday Sunday | 10:00 – 13:00 13:30 – 16:30 09:15 – 11:30 09:15 – 13:30 | 0 – 12 years | £4.00 | £5.00 |

**Parents must act as spotters around the trampoline for all children under 8. Socks must be worn.

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|--------------------------------------|-----|---------------|---------------|
| INFLATABLE FUNTIME A public swimming session featuring our giant pool inflatable and floats - fun for all the family. Under 8s swimming policy applies. | EVERY Monday, Wednesday & Friday during our School Holiday Programme | 10:00 – 12:00 | ALL | £2.35 Junior | £3.35 Junior |
| | (excluding bank holidays) | | | | |
| SWIMMING & FLUMES Water slides have never been this much fun, join us for excitement, thrills and spills on our three giant flumes. Grab a ring and ride down the 122m Whale Whirler, glide down the 94m twists and turns of the Dolphin Glide or if you are brave enough, try the mighty Shark Shocker with its white knuckle 56m plunge. | EVERY Monday–Thursday | 11:00 – 16:30 | ALL | £4.85 Junior | £5.85 Junior |
| | Friday | 11:00 – 18:00 | | £8.50 Adult | £10.30 Adult |
| | Saturday | 13:00 – 16:15 | | £18.20 Family | £22.00 Family |
| | Sunday | 10:00 – 13:00 | | | |
| | Sunday | 13:30 – 15:30 Family Only Session | | | |

SWIMMING COURSES

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---|---------------|----------|---------------|------------|
| NON-SWIMMER <i>Teaching Pool</i> For children who have never had swimming lessons or who lack confidence in the water. (Octopus 1) | Monday 27 th July – Friday 31 st July | 09:00 – 09:30 | 3+ years | £32.00 | £37.00 |
| | Monday 3 rd August – Friday 7 th August | | | | |
| | Monday 10 th August – Friday 14 th August | | | | |
| | Monday 17 th August – Friday 21 st August | | | | |
| | Monday 24 th August – Friday 28 th August | | | | |
| BEGINNER <i>Teaching Pool</i> For children who are non-swimmers, but are aware of the basics and may be able to swim a few strokes unaided. (Octopus 2 & 3) | Monday 27 th July – Friday 31 st July | 09:30 – 10:00 | 5+ years | £32.00 | £37.00 |
| | Monday 3 rd August – Friday 7 th August | | | | |
| | Monday 10 th August – Friday 14 th August | | | | |
| | Monday 17 th August – Friday 21 st August | | | | |
| | Monday 24 th August – Friday 28 th August | | | | |

SWIMMING COURSES CONTINUED... WHITE OAK LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|--|---------------|----------|---------------|------------|
| SWIMMER <i>Teaching Pool</i> For children who are able to swim 5 - 10m unaided. (Goldfish 1 - 3) | Monday 27 th July – Friday 31 st July | 10:00 – 10:30 | 5+ years | £32.00 | £37.00 |
| | Monday 3 rd August – Friday 7 th August | | | | |
| | Monday 10 th August – Friday 14 th August | | | | |
| | Monday 17 th August – Friday 21 st August | | | | |
| | Monday 24 th August – Friday 28 th August | | | | |
| IMPROVER <i>Teaching Pool</i> For children who are able to swim 10 – 15m on their front and back and demonstrate a basic understanding of breast stroke. (Angelfish 1 & 2) | Monday 27 th July – Friday 31 st July | 10:00 – 10:30 | 5+ years | £32.00 | £37.00 |
| | Monday 3 rd August – Friday 7 th August | | | | |
| | Monday 10 th August – Friday 14 th August | | | | |
| | Monday 17 th August – Friday 21 st August | | | | |
| | Monday 24 th August – Friday 28 th August | | | | |

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SWIMMING COURSES CONTINUED...

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|---|--|---------------|----------|---------------|------------|
| ADVANCED <i>Main Pool</i> For children who are able to swim 25m comfortably on front and back, these classes will be held in deep water. This course includes an introduction to and improvement of diving and turns. | Monday 27 th July – Friday 31 st July | 10:30 – 11:00 | 5+ years | £32.00 | £37.00 |
| | Monday 3 rd August – Friday 7 th August | | | | |
| | Monday 10 th August – Friday 14 th August | | | | |
| | Monday 17 th August – Friday 21 st August | | | | |
| | Monday 24 th August – Friday 28 th August | | | | |
| JUNIOR LIFEGUARD ACADEMY A fun packed programme offering the chance to learn lifeguarding skills and first aid whilst having fun. Children MUST be able to swim 50m continuously, unaided and be confident in deep water. | Monday 27 th July – Friday 31 st July | 10:30 – 11:15 | 8+ years | £32.00 | £37.00 |
| | Monday 24 th August – Friday 28 th August | | | | |

SWIMMING COURSES CONTINUED... WHITE OAK LEISURE CENTRE

| Activity | Date | Time | Age | Sencio Member | Non-Member |
|--|---|---------------|---------------------|---------------|------------|
| 1-2-1 LESSON 30 minute 1-2-1 sessions with our qualified instructors to give your child that individual attention. Non-swimmer to advanced. | Contact reception for details. | - | 4 years - Adults | £22.25 | £23.25 |
| DIVING A lesson designed to improve your diving. Working on fundamental aspects of diving such as posture, jumping, balance and rotation. Children MUST be able to swim 50m unaided in the diving pit. | Wednesday 5th August 12th August | 09:30 – 10:30 | 6+ years | £6.40 | £7.40 |



SWIMMING

senCIO



STA SENCIO SWIM ACADEMY

WHAT MAKES OUR ACADEMY SPECIAL?

Firstly, our swim teachers are professionally trained. Secondly, we follow the STA's International Learn to Swim Programme - one of the most successful learn to swim and aquatic courses in the UK. Above all, we make learning to swim FUN, SAFE, and AFFORDABLE.

THIS MEANS EVERYBODY IS:

- ENCOURAGED TO ENJOY THEMSELVES.
- MOTIVATED TO IMPROVE - BUT WITHIN THEIR OWN CAPABILITIES.
- TAUGHT STEP BY STEP WITH 'REWARDS' AT EVERY LEVEL.
- SUPERVISED WITHIN A SAFE ENVIRONMENT.
- GIVEN THE OPPORTUNITY TO DEVELOP ALL FOUR SWIMMING STROKES.

PLEASE CONTACT YOUR LOCAL CENTRE
TO FIND OUT MORE ABOUT OUR 10 WEEK
COURSES AND 1-2-1 LESSONS.

CHILDREN'S SWIMMING LESSON COURSES

SEVENOAKS
LEISURE CENTRE

EDENBRIDGE
LEISURE CENTRE

WHITE OAK
LEISURE CENTRE

www.sencio.org.uk



SUMMER SHAPE UP



3 MONTHS'
MEMBERSHIP FOR
JUST £99

1 MONTH'S MEMBERSHIP
FOR JUST £44

OUR ALL-IN-ONE MEMBERSHIP PACKAGE INCLUDES:

- FRIENDLY TEAM TO GUIDE AND SUPPORT YOU
- UNLIMITED USE OF THE GYM, SWIMMING POOLS AND EXERCISE CLASSES
- BADMINTON, SQUASH AND TABLE TENNIS COURT HIRE
- 7 DAY ADVANCED BOOKING FOR CLASSES
- COMPLIMENTARY USE OF ALL THREE OF OUR CENTRES

T&CS APPLY: OFFER VALID 01/06/15 - 31/08/15, NOT IN CONJUNCTION WITH ANY OTHER OFFER. SOME EXERCISE CLASSES CARRY A SUPPLEMENTARY CHARGE, SWIMMING DURING PUBLIC SWIM SESSIONS, RACQUET SPORTS DURING OFF PEAK TIMES AND VARY PER CENTRE



BIRTHDAY PARTIES

FROM POOL PARTIES TO BOUNCY CASTLES THERE IS PLENTY TO CHOOSE FROM IN OUR RANGE OF FUN PACKED AND FULLY CATERED BIRTHDAY PARTIES

Pick up a party list and enquiry form from reception.



PARTIES
sencio

SEVENOAKS
LEISURE CENTRE

EDENBRIDGE
LEISURE CENTRE

WHITE OAK
LEISURE CENTRE

WILDERNESSE
SPORTS CENTRE

TERMS AND CONDITIONS

- To avoid disappointment all sessions must be booked in advance
- We reserve the right to refuse admission to children who are not within the stated age range
- We reserve the right to amend the NR-Gize activity programme or cancel sessions if required
- Swimming: we operate a parent accompanied swimming policy for children under 8 - please ask at reception for details
- Appropriate clothing must be worn to all sessions, please ask at reception for details
- Before attending a full or half day camp, children must be registered with a NR-Gize instructor
- Children must be signed in and out of all sessions
- If your child is not collected on time you will be charged £5.00 for every half hour period of delay
- We operate in relation to the guidelines of the Children's Act 1989 (amended 2004). A referral will be made to Social Services if there is concern about a child's safety.

ADMISSION POLICY

- Children under 5 must be accompanied in the activity by an adult (excluding the crèche)
- Children under 8 must have an adult present in the building (excluding day camps), unless the activity description specifically states no supervision is required
- A family ticket constitutes 2 adults and 2 children OR 1 adult and 3 children

EDENBRIDGE LEISURE CENTRE

Stangrove Park, Edenbridge, Kent TN8 5LU
01732 865665 | elc@sencio.org.uk

SEVENOAKS LEISURE CENTRE

Buckhurst Lane, Sevenoaks, Kent TN13 1LW
01732 470700/01 | slc@sencio.org.uk

WHITE OAK LEISURE CENTRE

Hilda May Avenue, Swanley, Kent BR8 7BT
01322 662188 | wolc@sencio.org.uk