

# NRG

Fun-fuelled holiday activities

20th July - 2nd September 2009

excluding bank holidays and weekends



**sencio**  
community leisure

This summer, Sencio leisure centres have an exciting range of fun-filled activities to keep all ages amused and active during the long summer holidays.

Across the district we have day camps, inflatable fun, swimming, crash courses, dance attack, cheerleading, heeley sessions, kiddie karts, drama classes, trampolining courses, football and many more activities to fill your time.

For those of you who are a bit more creative the programme includes arts and crafts, fun with food, finger and foot painting, you can even design your own rocket.

For our younger ones the programme includes no mess cooking, baby ballet, baby disco, toddler gym sessions and mini dribblers for those little footy fans .... the list is endless.

Look out for our surprise special sessions too!

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CREEPY CRAWLIE SHOW



# HIGH SCHOOL MUSICAL

ROCKET MADNESS

**Dance attack**  
the interactive dance experience

# MAMMA MIA!

**Circus Skills**

# HANNAH MONTANA





# How to book, terms and conditions

- Priority booking for Sencio Card holders from 29th June 2009.
- General bookings will be taken from 6th July 2009.
- Bookings can be taken in person at the centre or by telephone using all major credit cards and debit cards (excluding American Express)
- Activities can only be booked at the participating centre.
- Payment is required at the time of booking.
- Cheques made payable to: SENCIO COMMUNITY LEISURE
- Refunds are only given at the Manager's discretion with at least 24 hours notice prior to the day of the activity.

**ABOUT YOUR BOOKING:** Please ensure that your child(ren) attend the correct age range as detailed on each activity. The centre reserves the right to refuse admission if siblings of the incorrect age are also brought to the activity.

## TO AVOID DISAPPOINTMENT ALL SESSIONS MUST BE BOOKED IN ADVANCE UNLESS STATED OTHERWISE.

Each centre reserves the right to amend their programme or cancel sessions where there are low numbers booked.

## SENCIO POLICIES

Full and half day camps: Before starting the camp, each child must be registered with one of the NR-Gize instructors and must be signed in and out of all sessions (not applicable at Sevenoaks Leisure Centre). Children not collected on time will incur an additional fee of £5.00 per half hour when booked on day camps.

All venues operate in relation to the guidelines of the Childrens Act 1989. A referral will be made to Social Services if there is any concern about a child's safety.

OUR SWIMMING POLICY APPLIES TO ALL SWIMMING AND WATER BASED SESSIONS: Children under the age of 8 years must be accompanied into the water by a responsible adult. Our swimming policy applies to ALL swimming sessions advertised in the programme.

APPROPRIATE CLOTHING: must be worn to all sessions including trampolining, gymnastics and football, cooking, arts and crafts. Please check with the centre at the time of booking to ensure that your child arrives with the appropriate kit.

ADMISSION POLICY: 1) All children under 5 years must be accompanied in the activity by an adult. 2) All children under 8 years must have an adult present in the building, unless they are booked into a day camp, or the activity description specifically states no supervision required.

TRAMPOLINING For all children under 8, parents must act as spotters around the trampoline. Socks must be worn

FAMILY TICKETS: where available a family ticket includes 2 adults and 2 children or 1 adult and 3 children.

Please note it is advisable to book all sessions to avoid disappointment of classes being full on the day.

## Day Camps

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>DAY CAMPS*</b> Come and join us for an action packed day to include arts and crafts, team games, swimming and a variety of sports such as football, basketball, badminton, cricket and more. We also offer roller skating sessions, so if you have them bring them along.	Monday 20 <sup>th</sup> July - Friday 28 <sup>th</sup> August  (Excluding Thursday 13 <sup>th</sup> , Friday 14 <sup>th</sup> , and Monday 17 <sup>th</sup> – Friday 21 <sup>st</sup> August)	8.45am - 4.00pm	5 - 12 years	£14.50	£16.50
<b>HALF DAY CAMP*</b>	As Above	9.00am - 12.00 noon 1.00pm - 4.00pm	5 - 12 years	£9.00	£10.00

### Additional information, terms and conditions.

\*Please bring swimming costumes.

Before starting the Camp, each child must be registered with one of the NR-Gize instructors and must be signed in and out of all sessions. Children not collected on time will incur an additional fee of £5.00 per half hour when booked on day camps. Our Camps are registered with Ofsted.

## Special Events

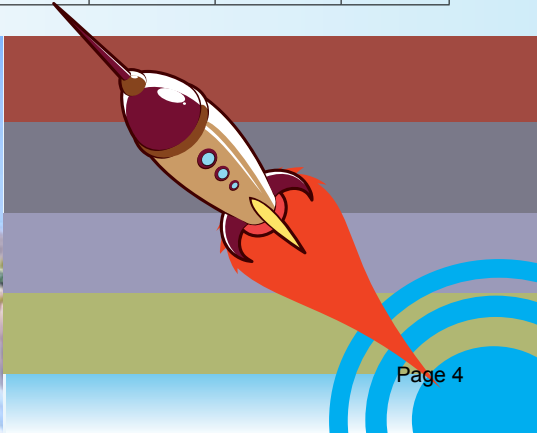
Activity	Date	Time	Age	Member (Sencio Card)	Non Member	Day Camp Children
<b>POLICE DOG HANDLER*</b> Come and meet Saxon, one of Kent's highly trained Police Dogs and his handler. You will get the chance to see all the equipment they use and a demonstration of what they can do.	Wednesday 22 <sup>nd</sup> July	1.00pm - 2.00pm	All	£1.00	£1.75	Free
<b>KIDDI OLYMPIX</b> An exhilarating, specially designed inflatable course to challenge your child's agility, speed and endurance. Includes penalty shoot out, curling, hoops, javelin and balance beam activities. Play in teams and see who wins.	Tuesday 11 <sup>th</sup> August	10.00am - 11.00am 11.00am - 12.00noon 12.00noon - 1.00pm	7 - 12 years	£6.00	£6.75	N/A
<b>DANCE ATTACK</b> Come and have fun on our new state-of-the-art interactive dance mats. Challenge your friends to a 'dance off'. Large visual, easy to follow screen with levels for all abilities.	Every Wednesday throughout the holidays	2.00pm - 3.00pm 3.00pm - 4.00pm 4.00pm - 5.00pm	6+ years	£3.50	£4.25	£2.20
<b>FUN WITH FOOD* **</b> Come and have fun discovering all about different foods. Play a variety of games about food designed to encourage healthy eating and exercise. Qualified Nutritionist from the Get Sorted team.	Friday 31 <sup>st</sup> July Friday 14 <sup>th</sup> August	1.00pm - 3.00pm	3 - 8 years	<b>FREE</b>	<b>FREE</b>	N/A

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>ROLLER SKATING**</b> Fed up with not being able to Heeley anywhere! Come and skate with your friends to some music in the Sports Hall.	Friday 24 <sup>th</sup> July Friday 7 <sup>th</sup> August Wednesday 12 <sup>th</sup> August Wednesday 26 <sup>th</sup> August	3.00pm - 4.00pm	5 - 12 years	£4.05	£4.80
<b>TRAMPOLINING*</b> Come and experience the joys of trampolining with our qualified instructor.	Thursday 23 <sup>rd</sup> July Thursday 27 <sup>th</sup> August	1.00pm - 2.00pm	5 - 8 years	£4.05	£4.80
<b>TRAMPOLINING*</b> Come and experience the joys of trampolining with our qualified instructor.	Thursday 23 <sup>rd</sup> July Thursday 27 <sup>th</sup> August	2.00pm - 3.00pm	8+ years	£4.05	£4.80
<b>FLIP 'N' FUN</b> This is an introduction to diving session. Dry side gymnastic work including stretching and controlled jumping will be given followed by work in the pool.	Tuesday 25 <sup>th</sup> August	9.00am - 10.30am	8+ years Or confident at swimming 25 metres	£6.00	£6.75
<b>WATER WALKERZ</b> Come and have a go in our inflatable pool balls. Lots of fun for everyone.	Monday 20 <sup>th</sup> July Monday 27 <sup>th</sup> July Monday 3 <sup>rd</sup> August Monday 10 <sup>th</sup> August Monday 17 <sup>th</sup> August Monday 24 <sup>th</sup> August	1.00pm - 2.00pm 2.00pm - 3.00pm	Over 8's	£2.75	£3.50
<b>INFLATABLE FUN SESSION</b> Wet, weird, wild, wonderful inflatable fun! – Normal pool rules apply (Inflatable for those that can swim only and subject to staff availability) Toys in the small pool for our beginners.	Thursday 23 <sup>rd</sup> July Thursday 30 <sup>th</sup> July Thursday 6 <sup>th</sup> August Thursday 13 <sup>th</sup> August Thursday 20 <sup>th</sup> August Thursday 27 <sup>th</sup> August  Every Sunday throughout the year	1.00pm - 2.00pm  10.30am - 11.30am	8 + Years	£1.80	£2.55
<b>TAE KWON DO</b> Kid Power! Come and have a go at this Korean Martial Art which helps develop concentration, self-esteem, focus and respect. Qualified coach.	Monday 20 <sup>th</sup> July Monday 27 <sup>th</sup> July Monday 17 <sup>th</sup> August	3.00pm - 4.00pm	5 - 12 years	£4.05	£4.80
<b>MAMMA MIA DANCE</b> Have you seen the film? Come and sing and dance to your favourite Abba tunes with a qualified instructor from Pure Dance.	Thursday 30 <sup>th</sup> July	2.00pm - 3.00pm	6 - 12 years	£4.05	£4.80
<b>CHEERLEADING</b> Learn how to do cheers, chants and cheer dance. Shake those pom poms to the latest tunes. Qualified instructor from Pure Dance	Thursday 30 <sup>th</sup> July	3.00pm - 4.00pm	6 - 12 years	£4.05	£4.80

**MAMMA MIA!**

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>HANNAH MONTANA DANCE</b> You've seen her on T.V now come and dance with your friends to the sound track. Qualified instructor from Pure Dance.	Thursday 13 <sup>th</sup> August	2.00pm - 3.00pm	6 - 12 years	£4.05	£4.80
<b>HIP HOP DANCE</b> A fun and funky class where you can learn to dance like the pop stars. Great for confidence, co-ordination and fitness. Qualified instructor from Pure Dance.	Thursday 13 <sup>th</sup> August	3.00pm - 4.00pm	6 - 12 years	£4.05	£4.80
<b>HIGH SCHOOL MUSICAL DANCE</b> If you love the films, you'll know the music and love this themed dance session with our qualified Pure Dance instructor.	Thursday 27 <sup>th</sup> August	2.00pm - 3.00pm	6 - 12 years	£4.05	£4.80
<b>WEST END SHOW STOPPERS</b> Come and dance to the music from the famous West End shows. Qualified Pure Dance instructor.	Thursday 27 <sup>th</sup> August	3.00pm - 4.00pm	6 - 12 years	£4.05	£4.80
<b>BELLY DANCING</b> Come and have a go at this fun form of dance with our qualified instructor. Bring your own scarf.	Tuesday 28 <sup>th</sup> July Tuesday 11 <sup>th</sup> August	2.00pm - 3.00pm	5 - 12 years	£4.05	£4.80
<b>ROCKET MADNESS</b> Come and discover the power of Rockets. Design and make your own Rocket and then have fun launching it on its maiden voyage.	Friday 14 <sup>th</sup> August	10.00am - 12noon	5 - 12 years	£4.05	£4.80
<b>ERUPTING VOLCANOES</b> Ever thought about the science behind Volcanoes erupting? Come and design a Volcano, add the special ingredients and watch it blow.	Wednesday 19 <sup>th</sup> August	10.00am - 12noon	5 - 12 years	£4.05	£4.80

ROCKET MADNESS



## Crash Courses

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>Swimming Week One</b> Teaching Pool Weak Swimmer	Monday-Friday 10 <sup>th</sup> -14 <sup>th</sup> August	8.30am - 9.00am	3 - 6 years	£22.25	£27.25
Teaching Pool Swimmer	Monday-Friday 10 <sup>th</sup> -14 <sup>th</sup> August	9.00am - 9.30am	3 - 6 years	£22.25	£27.25
Teaching Pool Non Swimmer	Monday-Friday 10 <sup>th</sup> -14 <sup>th</sup> August	9.30am - 10.00am	3 - 6 years	£22.25	£27.25
Teaching Pool Swimmer	Monday-Friday 17 <sup>th</sup> -21 <sup>st</sup> August	8.30am - 9.00am	3 - 6 years	£22.25	£27.25
Teaching Pool Non Swimmer	Monday-Friday 17 <sup>th</sup> -21 <sup>st</sup> August	9.00am - 9.30am	3 - 6 years	£22.25	£27.25
Teaching Pool Weak Swimmer	Monday-Friday 17 <sup>th</sup> -21 <sup>st</sup> August	9.30am - 10.00am	3 - 6 years	£22.25	£27.25
<b>TRAMPOLINING CRASH COURSE*</b> Come along and experience the joy of trampolining. Learn from the basic skills to impressive moves and routines.	Monday-Friday 10 <sup>th</sup> -14 <sup>th</sup> August	3.00pm - 4.00pm  4.00pm - 5.00pm	5 - 7 years  8+ years	£23.50	£28.50
<b>2 DAY CRICKET COURSE</b>	Monday 27 <sup>th</sup> & Tuesday 28 <sup>th</sup> July	9.00am - 10.30am	8 - 12 years	£12.00	£14.00

### Additional information, terms and conditions

\*Socks must be worn, long hair tied back and 5 – 7 year olds must be accompanied by an adult. Also Courses Term Time!

\*\* All abilities welcome. Please bring your own skates if you have them. We do not supply Heeleys.

## SWIMMERS REQUIRED FOR SWIMMING TEACHER TRAINING

We have a swimming teachers training course running at Edenbridge Leisure Centre and we require pupils over 5 years of age and also adults to help us train these swimming teachers.

The teacher training course require all swimming ability levels to teach:

Non swimmers, Beginners, Improvers and Advanced.

It's only a **2 day course**

**Thursday 6th August and Friday 7th August at 9.00am – 11.00am**

The trainee teachers will be under the supervision of Maggie Crowe (ASA Tutor) at all times.

The 2 day course is only £5.10 per pupil so don't miss out give reception a call and book yourself or your child onto the course (places will be limited and it will be done on a first come bases)



## Under 5's

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>TODDLER SPORT*</b> Ball pond, bouncy castle, trikes, bikes and soft play, let them run wild and burn up energy with our friendly staff to keep them entertained and you relaxed.	Every Wednesday & Friday  Sunday	10.30am - 12.00noon  9.30am - 11.00am	Under 5's	£2.75	£3.50
<b>BABY DISCO</b> A fun and lively class learning little routines to some of your favourite songs.	Thursday 13 <sup>th</sup> August	1.30pm - 2.00pm	2 - 5 years	£2.25	£3.00
<b>BABY BALLET</b> A fun class for all little ballerinas. Learn some classic ballet footwork with our qualified dance teacher.	Thursday 30 <sup>th</sup> July	1.30pm - 2.00pm	2 - 5 years	£2.25	£3.00
<b>DISNEY DANCE WORKSHOP</b> A fun and lively class learning little routines to some of your favourite songs.	Thursday 27 <sup>th</sup> August	1.30pm - 2.00pm	2 - 5 years	£2.25	£3.00
<b>MINI DRIBBLERS</b> A special session for little football fans. Come and learn some basic skills from dribbling a ball and passing to penalty shoot outs.	Monday 3 <sup>rd</sup> August	9.00am - 9.45am	3 - 5 years	£4.05	£4.80
<b>SPLISH SPLASH*</b> Fun swim sessions in the teaching pool with toys and floats.	Sundays & Mondays	10.00am - 12.00noon	Under 5's	Adult - £1.35 Child - 90p	Adult - £2.00 Child - £1.30

## CRECHE OPENING TIMES

Monday	09:30 - 13:00
Tuesday	09:30 - 12:00
Wednesday	09:30 - 12:00
Thursday	09:30 - 12:00
Friday	09:30 - 12:00
Saturday	09:30 - 12:00
Sunday	CLOSED

Crèche Spaces are £2.70 for 60 minutes.  
Members can book 7 days in advance.





## Swimming Crash Course

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>5 DAY SWIMMING COURSE</b> <b>Angelfish 1</b> <b>Octopus 1</b> <b>Octopus 2</b> <b>Octopus 3</b> <b>Goldfish 1</b>	Monday -Friday 27 <sup>th</sup> July to 31 <sup>st</sup> July 3 <sup>rd</sup> August to 7 <sup>th</sup> August 10 <sup>th</sup> August to 14 <sup>th</sup> August 17 <sup>th</sup> August to 21 <sup>st</sup> August 24 <sup>th</sup> August to 28 <sup>th</sup> August	8.30am - 9.00am 9.00am - 9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am	4+ years	£27.50	£32.50
<b>PARENT AND BABY TASTER SWIMMING LESSONS</b> Starfish 1&2 Starfish 3&4 Starfish 5+6 Stanley 2	Wednesday 29 <sup>th</sup> July & 5 <sup>th</sup> August & 12 <sup>th</sup> August & 19 <sup>th</sup> August & 26 <sup>th</sup> August	1.00pm - 1.30pm 1.30pm - 2.00pm 2.00pm - 2.30pm 2.30pm - 3.00pm	(5-12 months) (12-24 months) (24-36 months ) 2-4 years	£5.50	£6.25
<b>DIVING</b> For children who wish to learn diving skills. Children must be able to swim 50 metres.	Wednesday 29 <sup>th</sup> July & 5 <sup>th</sup> August & 12 <sup>th</sup> August & 19 <sup>th</sup> August & 26 <sup>th</sup> August	11.00am - 11.30am 11.30am - 12noon	All ages	£5.50	£6.25
<b>INFLATABLE FUN/ WATER FUN TIME</b> Come and join the splashing fun with toys, floats and a giant inflatable in the main pool.	Wednesday 22 <sup>nd</sup> & 29 <sup>th</sup> July & 5 <sup>th</sup> & 12 <sup>th</sup> & 19 <sup>th</sup> & 26 <sup>th</sup> August  Saturday 25 <sup>th</sup> July & 1 <sup>st</sup> & 8 <sup>th</sup> & 15 <sup>th</sup> & 22 <sup>nd</sup> & 29 <sup>th</sup> August  & Sunday 26 <sup>th</sup> July & 2 <sup>nd</sup> & 9 <sup>th</sup> & 16 <sup>th</sup> & 23 <sup>rd</sup> & 30 <sup>th</sup> August	4.15pm - 5.15pm  2.00pm - 3.00pm	Over 8 years	£1.80	£2.55
<b>WATER WALKERZ</b> Walk on water with this new crazy and thrilling activity for children	Tuesday 28 <sup>th</sup> July & 4 <sup>th</sup> & 11 <sup>th</sup> & 18 <sup>th</sup> & 25 <sup>th</sup> August  Thursday 23 <sup>rd</sup> & 30 <sup>th</sup> July & 6 <sup>th</sup> & 13 <sup>th</sup> & 20 <sup>th</sup> & 27 <sup>th</sup> August  Sunday 26 <sup>th</sup> July & 2 <sup>nd</sup> & 9 <sup>th</sup> & 16 <sup>th</sup> & 23 <sup>rd</sup> & 30 <sup>th</sup> August	2.00pm - 3.00pm  12noon - 1.00pm  12noon - 1.00pm	Over 8 years	£2.75	£3.50

## Swimming Crash Courses

**Angelfish1-** for children able to swim 15 metres front crawl, backstroke and breaststroke

**Octopus 1-** for children with no confidence

**Octopus 2-** able to swim with floats

**Octopus 3-** able to swim 3 metres

**Goldfish 1-** must be able to swim 10 metres front and back

## Parent and Baby Taster Swimming lessons

**Starfish 1+2** Introducing babies to water. Teaching parents techniques to build babies confidence in water.

**Starfish 3+4** Continuing as Starfish 1+2. Can be a starter class for older babies.

**Starfish 5+6** Continuing as Starfish 3+4. Introducing slow independence away from parent/guardian.

**Stanley 2** Must be able to stand on their own in all areas of the teaching pool. Parent/guardian still in water

**Diving** Children must be able to swim 50 metres



## Under 5's

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>2 DAY TRAMPOLINING COURSE</b> <b>Monday and Wednesday</b> This course is led by a qualified instructor.	Monday 3 <sup>rd</sup> & Wednesday 5 <sup>th</sup> August Monday 10 <sup>th</sup> & Wednesday 12 <sup>th</sup> August Monday 17 <sup>th</sup> & Wednesday 19 <sup>th</sup> August	9.45am - 10.30am 10.30am - 11.30am	2 - 4 years 5+ years	£10.40 £12.40	
<b>PAINT POTS</b> Let the kids make a mess(out of the house)and experiment with paint, glue and other materials.	Tuesday 21 <sup>st</sup> & 28 <sup>th</sup> July & 4 <sup>th</sup> & 11 <sup>th</sup> & 18 <sup>th</sup> & 25 <sup>th</sup> August	10.00am - 10.35am 10.45am - 11.20am	2 - 4 years	£3.65	£4.40
<b>TODDLER GYMNASTICS</b> Supervised session of free play & gymnastics, promoting balance, co-ordination, mobility & fitness with use of gym equipment.	Monday 20 <sup>th</sup> & 27 <sup>th</sup> July & 3 <sup>rd</sup> & 10 <sup>th</sup> & 17 <sup>th</sup> & 24 <sup>th</sup> August Thursday 23 <sup>rd</sup> & 30 <sup>th</sup> July & 6 <sup>th</sup> & 13 <sup>th</sup> & 20 <sup>th</sup> & 27 <sup>th</sup> August	9.30am - 11.00am 9.30am - 11.45am	Under 4	£3.65	£4.40
<b>TODDLER PLAY TIME</b> Children will love the array of equipment including bouncy castle, soft play, gym equipment and trampoline. Socks must be worn.	Monday 20 <sup>th</sup> & 27 <sup>th</sup> July & 3 <sup>rd</sup> & 10 <sup>th</sup> & 17 <sup>th</sup> & 24 <sup>th</sup> August Wednesday 22 <sup>nd</sup> & 29 <sup>th</sup> July & 5 <sup>th</sup> & 12 <sup>th</sup> & 19 <sup>th</sup> & 26 <sup>th</sup> August	1.00pm - 3.00pm	Under 4	£3.65	£4.40
<b>TODDLER BOUNCY FUN</b> With bouncy castle, soft play cars, bikes and painting. Socks must be worn.	Thursday 23 <sup>rd</sup> & 30 <sup>th</sup> July & 6 <sup>th</sup> & 13 <sup>th</sup> & 20 <sup>th</sup> & 27 <sup>th</sup> August	1.00pm - 3.00pm	Under 4	£3.65	£4.40
<b>BABY DISCO</b> A fun a lively class learning little routines to some of your favourite songs. Improves fitness, confidence and co-ordination.	Tuesday 28 <sup>th</sup> July & 11 <sup>th</sup> August & 25 <sup>th</sup> August	2.30pm - 3.00pm	2 - 5years	£3.85	£4.60
<b>MUSICAL THEATRE</b> Imagine yourself on a west end stage, singing, dancing and acting – then try musical theatre! From Grease, the Lion King, Mamma Mia and Annie, are some of the examples of the material we use; you can truly be the X-Factor of musical theatre.	Thursday 6 <sup>th</sup> & 13 <sup>th</sup> & 20 <sup>th</sup> & 27 <sup>th</sup> August	4.15pm - 4.45pm	3 - 5 years	£3.85	£4.60



## Special Sessions

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>HIGH SCHOOL MUSICAL DANCE WORKSHOP</b> Calling all you Troys and Gabriellas! Come and have fun in this themed workshop with our qualified dance teacher.	<b>HIGH SCHOOL MUSICAL</b> Tuesday 11 <sup>th</sup> & 25 <sup>th</sup> August	4.00pm - 5.00pm	6 - 11 years	£3.85	£4.60
<b>MAMMA MIA</b> Dance along to your favourite Mamma Mia songs.	Tuesday 28 <sup>th</sup> July & 11 <sup>th</sup> August	4.00pm - 5.00pm 3.00pm - 4.00pm	6 - 11 years	£3.85	£4.60
<b>BALLET</b> An introduction to this popular dance.	Thursday 6 <sup>th</sup> & 13 <sup>th</sup> & 20 <sup>th</sup> & 27 <sup>th</sup> August	3.45pm - 4.15pm	3 - 5 years	£3.85	£4.60
<b>HANNAH MONTANA DANCE WORKSHOP</b> Dance along to your favourite Hannah Montana songs.	Tuesday 28 <sup>th</sup> July & 25 <sup>th</sup> August	3.00pm - 4.00pm	6 - 11 years	£3.85	£4.60
<b>HIP HOP JAZZ</b> Hip Hop Jazz is an energetic and fun way to learn to Dance. By using a mixture of pop and up to date music the choreography used within the session will make you imagine you were dancing with the likes of the Sugar Babes and Girls Aloud.	Thursday 6 <sup>th</sup> & 13 <sup>th</sup> & 20 <sup>th</sup> & 27 <sup>th</sup> August	4.45pm - 5.15pm	6-11 years	£3.85	£4.60
<b>POTTERY</b> Try your hand with clay. Create and paint your own design ready to take home.	Friday 31 <sup>st</sup> July & 14 <sup>th</sup> & 28 <sup>th</sup> August	2.30pm - 3.30pm 3.30pm - 5.00pm	4 - 5 years 6 - 11years	£4.70 £6.40	£5.55 £7.15
<b>THE CREEPY CRAWLIE SHOW</b> Live animal show including handling of reptiles, spiders, and lots of other insects.	Tuesday 25 <sup>th</sup> August	2.00pm - 3.00pm	All	£4.20 Child £2.20 Adult £10.40 Family	£4.95 Child £3.55 Adult £13.45 Family
<b>MR TOPPLES</b> Mr Topples presents a super show of circus skills, Punch and Judy and balloon modelling	Tuesday 18 <sup>th</sup> August	2.00pm - 3.00pm	All	£4.20 Child £2.20 Adult £10.40 Family	£4.95 Child £3.55 Adult £13.45 Family
<b>SCOTTY'S CIRCUS WORKSHOP</b> Try your hand at Plate Spinning, diabolos, juggling, fun wheels and balancing games.	Tuesday 11 <sup>th</sup> August	2.45pm - 4.00pm	4 - 12 years	£4.00	£4.75
<b>SCOTTY'S FUN SHOW</b> A super show of circus tricks, magic and balloon modelling featuring Bertie the Bear.	Tuesday 11 <sup>th</sup> August	2.00pm - 2.30pm	2 - 7 years	£3.00 Adults FREE	£3.75 Adults FREE
<b>TRAMPOLINING TASTER SESSIONS.</b> This session is led by a qualified instructor. Socks must be worn.	Monday 3 <sup>th</sup> & 10 <sup>th</sup> & 17 <sup>th</sup> August Wednesday 5 <sup>th</sup> & 12 <sup>th</sup> & 19 <sup>th</sup> August	11.30am - 12.15pm 11.30am - 12.30pm	2 - 4 years 5+ years	£3.65 £5.20	£4.65 £6.20
<b>DANCE ATTACK</b> Don't miss out on the state-of-the-art interactive dance fun. Challenge your friends to 'get fit' and to 'dance off'. Large visuals, easy to follow screen with levels for all abilities.	Thursday 30 <sup>th</sup> July & 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> August & Friday 31 <sup>st</sup> July & 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> August	3.15pm - 4.15pm 4.15pm - 5.15pm	6+ years	£3.50	£4.25

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>CHARLTON CHALLENGE</b> A week long course to practice all day skills and play plenty of matches. Call Charlton Athletic on 020 8850 2866 for a booking form	Monday 27 <sup>th</sup> July-Friday 31 <sup>st</sup> July Monday 3 <sup>rd</sup> August-Friday 7 <sup>th</sup> August Monday 10 <sup>th</sup> August-Friday 14 <sup>th</sup> August Monday 17 <sup>th</sup> August- Friday 21 <sup>st</sup> August Monday 24 <sup>th</sup> August-Friday 28 <sup>th</sup> August	10.00am - 3.00pm	5 - 15 years	£45	£45

See additional information, terms and conditions

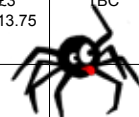


## Tunbridge Wells High School Sports Centre

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>JUNIOR ATHLETICS</b> A fun introduction to athletics build up co-ordination, mobility and fitness for track and field.	Thursday 23 <sup>rd</sup> & 30 <sup>th</sup> July & 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> August	1.30pm - 3.30pm	6 - 14 years	£4.75	£4.75
<b>MORRIS DANCING</b> Come and try England's very own 500 year old dance. Steeped in history, combat and tradition this taster session is fun for all the family.	Tuesday 18 <sup>th</sup> August	10.30am - 11.30am	6+ years	£4.75	£4.75
<b>CREEPIE CRAWLIES</b> Get up close and personal with giant snails spiders and millipedes at this exciting and informative 1 hour show.	Tuesday 25 <sup>th</sup> August	10.30am - 11.30am	6+ years	Child £4.70 Adult £3 Family £13.75	TBC
<b>DANCE ATTACK</b> Don't miss out on the state-of-the-art interactive dance action fun. Challenge your friends to 'get fit' and to 'dance off'. Large visuals, easy to follow screen with levels for all abilities.	Every Wednesday	4.00pm - 5.00pm & 6.00pm - 7.00pm	6 - 14 years	£3.50	£4.25
<b>CIRCUS STUFF</b> <b>SCOTTY'S FUN SHOW</b> A super show of circus tricks, magic and balloon modelling featuring Bertie the Bear.	Tuesday 11 <sup>th</sup> August	10.30am - 11.00am	5 - 12 years	£3.50	£4.25
<b>SCOTTY'S CIRCUS WORKSHOP</b> Try your hand at Plate Spinning, diabolos, juggling, fun wheels and balancing games.		11.15am - 12:30pm		£4.50	£5.25
<b>TENNIS TASTER</b>	Friday 31 <sup>st</sup> July & 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> August	TBC	5 - 12 years	£4.75	£5.50

**Dance attack**  
the interactive dance experience

**Circus Skills**





Activity	Date	Time	Age	Price
Junior coaching	Monday 27 <sup>th</sup> July Wednesday 29 <sup>th</sup> July	2.00pm - 3.00pm	6 - 12 years	£3.50 per head

## Junior Membership now available

18 yrs  
and under



**Unlimited Golf, access to tournaments  
and expert teaching available.**

Details in Pro-shop

**sencio**

**GOLF**

Lullingstone Park Golf Course  
Park Gate, Chelsfield, Orpington,  
Kent BR6 7PX 01959 533793

## LULLINGSTONE PARK GOLF COURSE

### JUNIOR GOLF DEVELOPMENT CENTRE

Provided in association with Lullingstone Park Golf Club.

Our professional team are delighted to boast one of the most enjoyable, fun and interactive junior golf sections in the local area.

Why not join us for regular Saturday morning events including:

Regular coaching sessions –  
(Acorns and Oaks sections)  
18 and 9 hole Ladder competitions

Skills Challenges:

Driving Range  
Chipping Skills  
Putting  
Bunkers

Summer competitions:

- Junior V's Senior members
- Father and Son
- Generation Pairs
- Acorns V's Oaks

Junior memberships available, ask at the pro-shop for more details.



# White Oak Leisure Centre

## Under 5's

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>FUN BOUNCE##</b> There will be plenty of fun in this trampoline and bouncy castle session led by a qualified instructor, followed by a session in treasure island.	Thursday 30 <sup>th</sup> July, 6 <sup>th</sup> , 13 <sup>th</sup> 20 <sup>th</sup> & 27 <sup>th</sup> August	10.00am - 12.00noon	Walking - 5 years	£3.45	£4.20
<b>NO MESS COOKING##</b> Ready, steady, cook! Create a variety of fun and tasty treats. You keep the food – we keep the mess.	Monday 3 <sup>rd</sup> & 17 <sup>th</sup> August	11.00am - 12.00noon	3 - 5 years	£3.45	£4.20
<b>MINI DRIBBLERS##</b> A special session for budding football stars. Come and learn some basic skills from dribbling a ball and passing, to penalty shoot outs and mini matches.	Wednesday 5 <sup>th</sup> & 19 <sup>th</sup> August	1.30pm - 2.30pm	3 - 5 years	£3.45	£4.20
<b>KIDDIE KARTS##</b> A session for all those budding F1 stars. Let them experience the excitement of racing within a safe and supervised environment.	Thursday 30 <sup>th</sup> July & Thursday 20 <sup>th</sup> August	12.00noon - 1.00pm	4 - 5 years	£4.30	£5.00
<b>MINI MAKERS##</b> Get crafty and let your creativity run wild in these themed sessions. (Don't forget old clothes or an apron)	Monday 27 <sup>th</sup> July & Friday 14 <sup>th</sup> & 28 <sup>th</sup> August	12.00noon - 1.00pm	3 - 5 years	£3.45	£4.20
<b>TODDLER FUNTIME##</b> Children will love this session full of fun and activities. From bouncy castle, soft play equipment, face painting, trikes and bikes. Let them run wild and burn up some energy.	Tuesday 4 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> August	10.00am - 12.00 noon	2 - 4 years	£3.45	£4.20
<b>CATERPILLAR MUSIC##</b> Exciting puppets, colourful percussion instruments, fun music making, favourite songs provide a captivating class for babies and young children.	Wednesday 12 <sup>th</sup> August	2.00pm - 2.45pm	0 - 4 years	£4.25	£5.00
<b>CRECHE</b> Catering for children aged 12 weeks to 4 years and for a period of up to two hours in any one day, we guarantee a splendid time for your child. There's lots of toys to keep all ages amused and occupied and activities such as soft play, creative arts and a wide range of stimulating activities and games for the older ones, provided by our friendly, qualified and experienced staff.	Monday - Friday (excluding Monday 31 <sup>st</sup> August)	9.30am - 10.30am  10.30am - 11.29am	0 - 4 years	£2.35	£2.35
<b>TODDLER PLAY##</b> Fun activities to maximise your toddler's potential. Skill building activities encouraging toddler's creativity and foster their independence building a basis for a lifetime of learning. There are active physical games for strengthening growing muscles and improving co-ordination as well as quieter role playing games for stimulating imagination and developing early language skills.	Monday 3 <sup>rd</sup> & 24 <sup>th</sup> August	2.00pm - 3.00pm	Walking - 5 years	£3.45	£4.20
<b>TODDLER GYM##</b> Supervised session of free play and gymnastics, promoting balance, co-ordination, mobility and fitness, with the use of the gym and soft play equipment.	Tuesday 28 <sup>th</sup> July & 11 <sup>th</sup> August	10.00am - 11.00am	Walking - 5 years	£3.45	£4.20
<b>MUSIC &amp; MOVEMENT##</b> Providing fun music, singing and movement classes for children. A class led by an experienced instructor giving children the gift of music appreciation, body confidence, emotional expression and lots of fun.	Tuesday 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> August	2.00pm - 3.00pm	Walking - 5 years	£3.45	£4.20





# Treasure Island

Try our magical soft play area.  
It's exciting, colourful,  
entertaining  
and educational but most  
important of all it's FUN!

Let children capture all the  
adventure of a seafaring life  
with the captain!

A perfect port of call for  
birthday parties and special  
occasions.

With sessions throughout the  
day, seven days a week, we  
offer the perfect venue for  
budding energetic sailors and  
pirates to celebrate a BIG day!

FREE PARKING







# White Oak Leisure Centre

## Special sessions

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>TREASURE ISLAND##</b> 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, Tuesday & Thursday  Wednesday & Friday  Saturday Sunday	10.00am - 1.00pm 1.30pm - 4.10pm  10.00am - 1.00pm 1.30pm - 4.10pm  9.15am - 11.30am 9.15am - 1.30pm	0 - 12 years	£3.10	£3.85
<b>ARCHERY</b> Come and join in these new sessions. Including safety talks, learning basic skills and shooting targets. Enjoy a new and exciting sport in a safe environment with a fully qualified member of staff whilst developing your co-ordination and focus.	Tuesday 11 <sup>th</sup> & 25 <sup>th</sup> August	1.30pm - 2.30pm 2.30pm - 3.30pm	8+ years	£5.10	£5.85
<b>DANCE ATTACK</b> Don't miss out on state-of-the-art interactive dance fun. Challenge your friends to 'get fit' and to 'dance off'. Large visual, easy to follow screen with levels for all abilities.	Friday 31 <sup>st</sup> July 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> August	1.30pm - 2.30pm 2.30pm - 3.30pm	8 - 12 years 12 - 14 years	£3.50	£4.25
<b>HIGH SCHOOL MUSICAL DANCE WORKSHOP##</b> Want to learn to dance like Troy & Gabriella?? Well get your head in the game and join in this dance session to learn the moves.	Tuesday 4 <sup>th</sup> August	3.00pm - 4.00pm	6 - 12 years	£3.45	£4.20
<b>HANNAH MONTANA DANCE##</b> You've seen her on TV, now come and dance with your friends to the soundtrack.	Tuesday 11 <sup>th</sup> August	3.00pm - 4.00pm	6 - 12 years	£3.45	£4.20
<b>MAMMA MIA DANCE##</b> Have you seen the film? Come and sing and dance to your favourite Abba tunes.	Tuesday 4 <sup>th</sup> August	3.00pm - 4.00pm	6 - 12 years	£3.45	£4.20
<b>CHEERLEADING##</b> Learn how to do cheer dance. Shake those pom poms to the latest tunes.	Tuesday 25 <sup>th</sup> August	3.00pm - 4.00pm	6 - 12 years	£3.45	£4.20
<b>DAY CAMPS</b> Let our staff take care of entertaining your children with fun filled activities which vary each day including swimming, flumes, arts + crafts, trampolining and the new and exciting craze of DANCE MATS.	Thursday 23 <sup>rd</sup> July - Wednesday 2 <sup>nd</sup> September	9.15am - 11.00am 9.00am - 12.15pm 12.45pm - 5.00pm 9.00am - 5.00pm	5 - 7 years 8 - 13 years 8 - 13 years 8 - 13 years	£3.40 £4.70 £8.50 £12.50	£4.15 £5.45 £9.25 £13.25
<b>TRAMPOLINE COURSE##</b> <b>3 DAYS</b> Experience the fun of trampolining under the instruction of a qualified coach. Learn from basic moves to impressive routines.	Monday 27 <sup>th</sup> - Wednesday 29 <sup>th</sup> July  Monday 3 <sup>rd</sup> - Wednesday 5 <sup>th</sup> August  Monday 10 <sup>th</sup> - Wednesday 12 <sup>th</sup> August  Monday 17 <sup>th</sup> - Wednesday 19 <sup>th</sup> August  Monday 24 <sup>th</sup> - Wednesday 26 <sup>th</sup> August	10.00am - 11.00am	6 + years	£11.85	£14.85
<b>KIDDIE KARTS##</b> A session for all those budding F1 stars. Let them experience the excitement of racing within a safe and supervised environment.	Thursday 30 <sup>th</sup> July & Thursday 20 <sup>th</sup> August	1.00pm - 2.00pm  2.00pm - 3.00pm	5 - 6 years  6 - 8 years	£4.30	£5.00

HANNAH  
MONTANA

MAMMA MIA!

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>KIDDIE OLYMPIX##</b> An exhilarating specially designed inflatable course to challenge your child's agility, speed and endurance includes penalty shoot out, curling, hoops, javelin and balance beam activities. Play in teams and see who wins.	Friday 14 <sup>th</sup> August	10.00am - 11.00am 11.00am - 12.00noon 12.00noon - 1.00pm	6+ years	£6.00	£6.75
<b>GYMNASTICS##</b> A fun introduction to using the gymnastics equipment aiming to build up co-ordination, mobility and fitness.	Tuesday 28 <sup>th</sup> July & 11 <sup>th</sup> August	11.00am - 12.00 noon	6 - 11 years	£3.45	£4.20
<b>CREEPLY CRAWLY SHOW##</b> Live animal show including the handling of reptiles, spiders and lots of other insects	Tuesday 18 <sup>th</sup> August	2.00pm - 3.00pm	5 - 12 years	£4.50	£5.25
<b>SCOTTY'S WORKSHOP##</b> Try your hand at plate spinning Diablo's juggling fun wheels and balancing games.	Tuesday 4 <sup>th</sup> August	2.45pm - 4.00pm	4 - 12 years	£5.75	£6.50
<b>SCOTTY'S FUN SHOW##</b> A super show of circus tricks, magic and balloon modelling featuring Bertie the Bear. <b>(Book Scotty's circus workshop and come and see the fun show for free)</b>	Tuesday 4 <sup>th</sup> August	2.00pm - 2.30pm	4 - 12 years	£2.00	£2.75
<b>STREET HOCKEY</b> Let Street Warriors Skater Hockey take you through the fundamental skills of Street Hockey. Learn basic skills, neat tricks and join in fun games and penalty shoot outs. <i>(Bring your own skates and safety equipment if you have them, equipment can be provided on the day)</i>	Wednesday 29 <sup>th</sup> July, 12 <sup>th</sup> & 26 <sup>th</sup> August	10.00am - 12 noon	8+ years	£2.50	£3.25
<b>ERUPTING VOLCANOES##</b> Ever thought about the science behind Volcanoes erupting? Come and design a Volcano, add the special ingredients and watch it blow.	Friday 7 <sup>th</sup> August	2.00pm - 4.00pm	5 - 12 years	£4.05	£4.80

Additional information, terms and conditions.

\* Held in the teaching pool with an assistant in the water for additional learning support

\*\* Held in the teaching pool. All children will be subject to a swim test on their first lesson to ascertain that they are in the correct class.

\*\*\* Must be able to swim 50 metres unaided and be confident in deep water

# Subject to staff and pool availability (no booking required)

##Children under 8 years old must be accompanied by an adult.

## flumes

Do you dare ride the:

shark shocker,  
whale whirler or  
dolphin glider!?





# White Oak Leisure Centre

## Swimming courses

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
<b>NON-SWIMMER*</b> <b>5 DAYS</b> Children who are non-swimmers / who have never had swimming lessons on their own/or children who lack confidence in the water.	Monday 27 <sup>th</sup> July – Friday 31 <sup>st</sup> July Monday 3 <sup>rd</sup> August – Friday 7 <sup>th</sup> August Monday 10 <sup>th</sup> August – Friday 14 <sup>th</sup> August Monday 17 <sup>th</sup> August – Friday 21 <sup>st</sup> August Monday 24 <sup>th</sup> August – Friday 28 <sup>th</sup> August	9.30am - 10.00am	5+ years	£17.40	£21.40
<b>BEGINNER**</b> <b>5 DAYS</b> Children who are non-swimmers, but are aware of the basics and may be able to swim a few strokes unaided.	Monday 27 <sup>th</sup> July – Friday 31 <sup>st</sup> July Monday 3 <sup>rd</sup> August – Friday 7 <sup>th</sup> August Monday 10 <sup>th</sup> August – Friday 14 <sup>th</sup> August Monday 17 <sup>th</sup> August – Friday 21 <sup>st</sup> August Monday 24 <sup>th</sup> August – Friday 28 <sup>th</sup> August	10.00am - 10.30am	5+ years	£17.40	£21.40
<b>IMPROVER**</b> <b>5 DAYS</b> Children who are able to swim 5 to 10 metres unaided.	Monday 27 <sup>th</sup> July – Friday 31 <sup>st</sup> July Monday 3 <sup>rd</sup> August – Friday 7 <sup>th</sup> August Monday 10 <sup>th</sup> August – Friday 14 <sup>th</sup> August Monday 17 <sup>th</sup> August – Friday 21 <sup>st</sup> August Monday 24 <sup>th</sup> August – Friday 28 <sup>th</sup> August	10.30am - 11.00am	5+ years	£17.40	£21.40
<b>SNORKELLING***</b> A great introduction to snorkelling. Including water safety techniques, swimming and snorkelling skills.	Thursday 27 <sup>th</sup> August	10.45am - 11.45am	8 - 12 years	£4..95	£5.70
<b>DIVING***</b> A lesson designed to improve your diving, working on the fundamental aspects of diving such as posture, jumping, balance and rotation.	Tuesday 28 <sup>th</sup> July & 18 <sup>th</sup> & 25 <sup>th</sup> August	4.00pm - 5.00pm	5+ years	£4.95	£5.70
<b>INFLATABLE FUN SESSION#</b> Have a splashing time on the floats, and walk the gauntlet on our large pool inflatable.	Wednesdays & Fridays	10.00am - 12.00noon	5 + years	£1.80	£2.55

Passport to  
Leisure

Some activities at White Oak Leisure Centre can receive a discount if you hold a Passport to Leisure - please enquire at time of booking.

If you would like more information about Passport to Leisure please contact Ann O'Reiley or Liz Davies at Swanley Town Council on 01322 665855 for full details.

## Summer select menu

*Summer Salad specials*

*Sandwich and Wrap  
lunch offers*

*Coffee and Cake*

*Delicious Smoothies and  
Frappes*

*Kids lunch boxes*

See in centre for special offers

*Paninis*



*Hot & Cold Drinks*



*Danish*



*Hot meals*



*Lunch boxes*



For Kids lunch boxes: Please book and pay for selected lunch choices at reception on the day. Meals must be booked daily at the start of each day.



## **SEVENOAKS LEISURE CENTRE**

Buckhurst Lane  
Sevenoaks  
Kent TN13 1LW  
Tel: 01732 470700  
[slc@sencio.org.uk](mailto:slc@sencio.org.uk)

## **EDENBRIDGE LEISURE CENTRE**

Stangrove Park  
Edenbridge  
Kent TN8 5LU  
Tel: 01732 865665  
[elc@sencio.org.uk](mailto:elc@sencio.org.uk)

## **WHITE OAK LEISURE CENTRE**

Hilda May Avenue  
Swanley  
Kent BR8 7BT  
Tel: 01322 662188  
[wolc@sencio.org.uk](mailto:wolc@sencio.org.uk)

## **TUNBRIDGE WELLS HIGH SCHOOL SPORTS CENTRE**

Blackhurst Lane  
Tunbridge Wells  
Kent TN2 4PY  
Tel: 01892 538404  
[twhs@sencio.org.uk](mailto:twhs@sencio.org.uk)

## **WILDERNESSE SPORTS CENTRE**

Seal Hollow Road  
Sevenoaks  
Kent TN13 3SL  
Tel: 01732 451437  
[wild@sencio.org.uk](mailto:wild@sencio.org.uk)

To book,  
call now!

**[www.sencio.org.uk](http://www.sencio.org.uk)**

**sencio**  
community leisure

