

Sevenoaks Leisure Centre



Trampolining

Our qualified coaches will help you progress, learn new skills and get lots of enjoyment out of this fun activity.

Day of activity	Time	Member	Non-Member
<i>Kids (6 week Courses)</i>			
Wednesday - 1 hour sessions	4.00pm to 6.00pm	£27.00	£33.00
Saturday	11.00am to 12.00pm		
<i>Ladies Only</i>			
Monday	9.45am to 10.45am	£4.40	£5.55
Friday	9.45am to 10.45am		

Aikido

For men and women of all ages and fitness. Aikido is a non-competitive 'complete' martial art, which teaches co-ordination, stress management, improved posture and body alignment.

Monday & Wednesday	8.00pm to 9.30pm	£4.80	£5.95
Sunday	9.00am to 10.30am		

Badminton Courses (6 week course)

Develop your badminton skills with our qualified and experienced coach. Improve your speed and agility whilst having fun in this session.

Wednesday	- Junior	5.30pm to 6.30pm	£22.80	£28.80
	- Adults	6.30pm to 7.30pm	£26.40	£38.40
		7.30pm to 8.30pm		

Badminton Night

Come along and meet friends whilst have a good session of Badminton. All standards welcome.

Sunday	5.30pm to 7.00pm	£4.40	£5.55
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Basketball

Come along and try this fast moving session with our qualified instructor. Improve your speed, agility and skills.

Sunday	14-16 years	7.00pm to 8.30pm	£3.40	£3.95
	16+		£4.40	£5.55

Football – Charlton Challenge (12 week course)

This well organised programme of soccer skills assessment and coaching runs over a period of 12 weeks. It's an amazing chance to have fun whilst improving your soccer skills

Tuesday - 1 hour sessions 5 – 7 years	4.30pm to 6.30pm	£46.20	£58.20
Tuesday - 1 hour sessions 8 – 13 years	6.30pm to 7.30pm		
Thursday - 1 hour sessions 5 – 7 years	4.30pm to 6.30pm		
Friday - 5 – 7 years	4.00pm to 5.00pm		
Friday - 8 – 13 years	5.00pm to 6.00pm		

Gymnastics (6 week course)

Children are introduced to a wide range of gymnastics activities whilst improving their posture, balance, poise and suppleness. There is also the opportunity to go for badges.

Sunday - 5 – 7 years	9.00am to 10.00am	£27.00	£33.00
Sunday - 8 - 15 years	10.00am to 11.00am		
Sunday - advanced	11.00am to 12 noon		

Karate

Take up this exciting, martial, taught by an experienced Karate instructor, and get the chance to build self-confidence, improve your concentration and stamina, whilst becoming stronger and more supple.

Monday Adults	8.30pm to 9.30pm	£4.40	£5.55
Wednesday - Junior	6.30pm to 7.30pm	£3.80	£4.35
Wednesday - Adult	7.00pm to 8.25pm	£4.40	£5.55

Kickboxing

An exhilarating, light contact class, where our qualified instructor teaches you Kickboxing skills in a safe environment. You get the chance to learn all the moves and techniques of this sport and at the same time receive a high aerobic workout and improve your co-ordination. Minimum age 14 years.

Monday - 14-16 years	7.00pm to 8.20pm	£3.80	£4.35
Wednesday - Adult	8.30pm to 9.45pm	£4.40	£5.55

Fencing (6 week course)

Take up this amazing sport. Practice parring, thrusting and many more moves with our experienced coach.

Monday - Junior 8 – 15 years	5.00pm to 6.00pm	£27.00	£33.00
- Junior 8 – 15 years	6.00pm to 7.00pm	£27.00	£33.00
- Adult 16+ years	7.00pm to 8.00pm	£28.80	£40.80