

JUNIOR ACTIVITY PROGRAMME

May to August 2014

Time	Activity	Ages	Cost
MONDAY			
9.30 - 10.30	Fit Tots	2-5 yrs	Free
16.00 - 18.00	Teen Gym	11-15 yrs	Free
16.15 - 17.00	Mini Tennis (Red)	4-8 yrs	Cost
16.30 - 17.30	Karate	6-16 yrs	Free
17.00 - 18.00	Mini Tennis (Orange)	7-9 yrs	Cost
17.00 - 18.00	Mini Tennis (Green)	8-10 yrs	Cost
TUESDAY			
16.00 - 17.00	Kids Music Time	2-8 yrs	Free
16.00 - 18.00	Teen Gym	11-15 yrs	Free
16.15 - 17.00	Mini Tennis (Red)	4-8 yrs	Cost
17.15 - 17.45	Teen Spin	9-15 yrs	Free
17.00 - 18.00	Mini Tennis (Orange)	7-9 yrs	Cost
18.00 - 19.00	Junior Tennis	11+ yrs	Cost
WEDNESDAY			
9.30 - 10.30	Fit Tots	2-5 yrs	Free
16.00 - 18.00	Teen Gym	11-15 yrs	Free
16.00 - 17.00	Big Cook, Little Cook	2-8 yrs	Free
16.00 - 17.00	Footy Tots	4-6 yrs	Cost
16.15 - 17.00	Mini Mini Tennis (Red)	3-4 yrs	Cost
17.00 - 18.00	Football Coaching	7-11 yrs	Cost
17.30 - 18.25	Family Zumba	11+ yrs	Free
THURSDAY			
16.00 - 17.00	Big Cook, Little Cook	2-8 yrs	Free
16.00 - 18.00	Teen Gym	11-15 yrs	Free
16.15 - 17.00	Mini Mini Tennis (Red)	3-4 yrs	Cost
17.00 - 18.00	Mini Tennis (Red)	4-8 yrs	Cost
FRIDAY			
16.00 - 18.00	Teen Gym	11-15 yrs	Free
16.15 - 17.00	Mini Tennis (Red)	4-8 yrs	Cost
17.00 - 18.00	Mini Tennis (Orange)	7-9 yrs	Cost
18.00 - 19.00	Mini Tennis (Green)	8-10 yrs	Cost
18.00 - 19.00	Junior Tennis	11+ yrs	Cost
SATURDAY			
9.15 - 10.00	Young Tigers Golf (alt w/ends)	Under 10's	Cost
9.30 - 10.30	Messy Play Activity	2-8 yrs	Free
10.00 - 11.00	Elite Golf Junior Passport Group	7+ yrs	Cost
11.00 - 12.00	Junior Golf Passport Grp (alt w/ends)	7+ yrs	Cost
10.00 - 12.00	Teen Gym	11-15 yrs	Free
12.00 - 13.00	Junior Golf Passport Grp (alt w/ends)	7+ yrs	Cost
12.15 - 13.00	Mini Tennis (Red)	4-8 yrs	Cost
13.00 - 14.00	Mini Tennis (Orange)	7-9 yrs	Cost
13.30 - 14.15	Young Tigers Golf	Under 10's	Cost
14.30 - 15.30	Family Splash	Any	Free
SUNDAY			
10.00 - 10.45	Young Tigers Golf (alt weekends)	Under 10's	Cost
10.00 - 11.00	Golf Junior Passport Group	7+ yrs	Cost
10.00 - 12.00	Teen Gym	11-15 yrs	Free
11.00 - 12.00	Family Splash	Any	Free
14.00 - 14.45	Family Circuit	7-15 yrs	Free

Big Cook, Little Cook - a step up from Toddler Cooking. This activity provides children with independence in the cooking experience.

Fit Tots - these sessions are fun and educational, whilst developing different aspects of fitness through a wide range of exciting exercises.

Family Splash - splash sessions are during family times where large floats are available for the children to enjoy. Children must be supervised by an adult.

Family Zumba - dance inspired cardio class for adults and children aged 11 and above

Footy Tots - an exciting and fun hour of activity introducing the basic skills required for the game of football.

Junior Golf - personal tuition designed to teach your child from a basic to a professional level. Our Junior Passport Group on Saturdays and Sundays include group tuition covering all aspects of the game. Call 01787 223961.

Karate - martial arts introduction for children. No uniform required.

Kids Music Time - a fun filled musical hour using play equipment teaching your child rhythm and co-ordination.

Messy Play - join in the fun with sand, water, play dough and much more.

Mini Tennis - working on hand/eye coordination skills and the core tennis shots. From the core shots that the students will learn, they will progress on to learning to rally and then towards fun competition.

Teen Gym - a supervised session for kids who want to learn how to use the gym and have someone on hand who can give guidance and advice. They will have use of the cardiovascular equipment which will hopefully encourage them to keep on exercising.

Teen Spin - a fun, motivational way of calorie burning, increasing general fitness levels and improving speed and endurance.