

ACTIVITY DESCRIPTION

- Trampolining** Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
- Badminton** Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
- Netball** Aimed to help improve movement around the court whilst learning new skills that can be used in a game setting.
- Fitba Focus** This fun football session works on skills through drills with plenty of time for games as well.
- Junior Climbing** An instructed session to gain confidence and skill in Climbing. Push yourself to try new and harder routes each week.
- Climbing Come & Try** Family fun sessions allows up to 6 to this come and try session. Equipment and supervision provided by our Climbing Instructor. An adult must be present to provide assistance.

Pre-School 1

For 3-5 year olds who lack confidence in the water and need to wear armbands.
Aimed to encourage water confidence and develop core aquatic skills through fun games and activities.
These lessons will have a teacher in the water.

Pre-School 2

For 3-5 year olds who are confident in the water with no armbands.
Aimed to understand and develop core aquatic skills to build confidence to swim without any aids.
These lessons will have a teacher in the water.

Pre-School 3

For 3-5 year olds who are confident swimmers without any aids.
Aimed to understand, develop and improve on core aquatic skills to get them swim skills ready.
These lessons will have a teacher in the water.

Swim Skills Swim

Work towards achieving the 4 Learn to Swim awards.
These levels help to develop a safer swimmer by further developing water confidence, core aquatic skills, basic stroke technique, achieving triple S standard (Deep end test) and then multi aquatic and basic lifesaving skills.

Club Ready Swim

This class aims to improve and maintain stroke technique over distance and to develop basic training and race skills.

West Mainland Leisure Centre

Monday 15th April 2024

Junior Activities



Bookable from Friday 22nd March

Tel: 01595 807713

Web: www.srt.org.uk



West Mainland Leisure Centre



Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Trampolining	1545-1700	22 April	10 Jun	8	P1-S4	£30.40
Tuesday						
Badminton P1 - S4	1545-1630 1630-1715 1715-1800	16 April	25 Jun	11	Novice Improver Advanced	£41.80
Wednesday						
Netball P4 - P7	1600-1700	17 April	26 Jun	11	P4-P7	£41.80
Junior Climbing	1600-1700 1700-1800 1800-1900	17 April	26 Jun	11	5-7 Yrs 8yrs + 8yrs +	£53.35
Thursday						
Fitba Focus	1600-1645	18 April	27 Jun	11	P4-P7	£41.80
Sunday						
Climbing Family come and try	1245-1345 1400-1500	21 April	30 Jun	Pay weekly	P1 +	A £10.10 J £6.40

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price				
Tuesday										
Pre-School Swim 1 Pre-School Swim 2 Pre-School Swim 3	1330-1400 1400-1430 1430-1500	16 April	25 Jun	11	3-5yrs	£53.35				
Swim Skills 1A Swim Skills 1A Swim Skills 1B	1600-1630 1630-1700 1700-1730									
Swim Skills 2 Swim Skills 3	1730-1800 1800-1830									
Wednesday										
Pre-School Swim 1 Pre-School Swim 2 Pre-School Swim 3	1330-1400 1400-1430 1430-1500				17 April		26 Jun	11	3-5yrs	£53.35
Thursday										
Swim Skills 1A Swim Skills 1A Swim Skills 2 Swim Skills 4 Swim Skills 1B Club Ready Swim	1600-1630 1630-1700 1700-1730 1700-1730 1730-1800 1800-1830	18 April	27 Jun	11	5+yrs	£53.35				

