

ACTIVITY DESCRIPTIONS

- Trampolining** Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
- Peerie rant around** A fun, supervised session for toddlers. Soft play, toy cars, parachute and much more will be available for an exciting 45 minutes! This session is pay weekly. All children must be accompanied by an adult aged 16 or over.
- Badminton** Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
- Peerie Kickers** Build up your coordination, skills and techniques through various fun games and drills.
- Football Focus** This fun football session works on skills through drills with plenty of time for games as well.
- Parent & Toddler** This two hour session consists of soft play and toys in the main hall and exclusive access to the pool from 10 –12. This is an ideal chance to burn off some energy and catch up.
- Fun & Games** Fun games to keep you entertained and on the move. Good session for developing hand eye co-ordination and working in a team.

Pre-School Swim These classes for children aged 3-5 years old aim to encourage water confidence and develop core aquatic skills through fun games and activities.

Swim Skills Swim Work towards achieving the 4 Learn to Swim awards. These levels begin developing 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.



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West Mainland Leisure Centre



West Mainland Leisure Centre

From Wednesday 31st October 2018

BAIRNS AT WMLC



Bookable from Wednesday 10th October (see details inside leaflet)

01595 807713



Find Us On Facebook:
West Mainland Leisure Centre



Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Trampolining	1600-1700	5 November	17 December	7	P1-S4	£20.30
Peerie Rant Around	1600-1645	5 November	17 December	7	Nursery - P2	£2.50 Pay weekly
Tuesday						
Badminton	1600-1645	6 November	18 December	7	P3-P5	£20.30
Badminton	1645-1730	6 November	18 December	7	P6-S2	£20.30
Wednesday						
Peerie Kickers	1600-1645	31 October	12 December	7	P1-P3	£20.30
Fitba Focus	1645-1730	31 October	12 December	7	P4-P7	£20.30
Thursday						
Parent & Toddler	1000-1200	1 November	Ongoing	-	Pre-school	£2.80* Pay weekly
* Price is for one adult and one child. Any extra child or adult is £1						
Trampolining	1600-1700	1 November	13 December	7	P1-S4	£20.30
Friday						
Fun & Games	1410-1500	2 November	14 December	7	P3-P7	£20.30

EXISTING CUSTOMERS can be booked from Wednesday 10th October 2018 from 10.30am in person or 1.30pm over the phone.

NEW CUSTOMERS can book from Friday 12th October 2018 from 10.30am.

Tel: 01595 807713 E-mail: wmlc@srt.org.uk Web: www.srt.org.uk

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Pre-School	1130-1200 1200-1230	5 November	17 December	7	3-5yrs	£26.25
Tuesday						
Swim Skills 1A	1600-1630	6 November	18 December	7	5+yrs	£26.25
Swim Skills 1B	1630-1700					
Swim Skills 3	1700-1730					
Swim Skills 4	1730-1800					
Wednesday						
Pre-School	1345-1415 1415-1445	31 October	12 December	7	3-5yrs	£26.25
Thursday						
Swim Skills 1A	1600-1630	1 November	13 December	7	5+yrs	£26.25
Swim Skills 1B	1630-1700					
Swim Skills 2	1630-1700					
Swim Skills 1B	1700-1730					
Swim Skills 2	1700-1730					
Swim Skills 4	1730-1800					
Club Ready	1730-1800					
Saturday						
Swim Skills 1A	1215-1245	3 November	15 December	7	5+yrs	£26.25
Swim Skills 1B	1245-1315					
Swim Skills 2	1315-1345					
Swim Skills 3	1345-1415					