

ACTIVITY DESCRIPTIONS

- Trampolining** Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
- Peerie Rant Aroond** 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.
- Jnr Climbing** Junior climbing course which teaches the fundamentals of climbing in a fun and controlled setting.
- 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.

West Mainland Leisure Centre

From Monday 15th April 2019

BAIRNS AT WMLC



Bookable from Wednesday 27th March (see details inside leaflet)

01595 807713

Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Trampolining	1600-1700	15 April	20 May	6	P1-S4	£18.30
Tuesday						
	1600-1645				Novice	
Badminton	1645-1730	16 April	21 May	6	Improver	£18.30
	1730-1815				Advanced	
Wednesday						
Trampolining	1600-1700	17 April	22 May	6	P1-S4	£18.30
Thursday						
Parent & Toddler	1000-1200	18 April	Ongoing	-	Pre-school	£2.95* Pay weekly
* Price is for one adult and one child. Any extra child or adult is £1						
Peerie Kickers	1600-1645	18 April	23 May	6	P1-P3	£18.30
Fitba Focus	1645-1730	18 April	23 May	6	P4-P7	£18.30
Jnr Climbing	1600-1700 1715-1815	18 April	23 May	6	4-7yrs 8yrs +	£23.40
Friday						
Fun & Games	1410-1500	19 April	24 May	6	P3-P7	£18.30
Sunday						
Jnr Climbing	1200-1300 1315-1415	21 April	26 May	6	4-7yrs 8yrs +	£23.40

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Pre-School	1130-1200 1200-1230	15 April	1 July	12	3-5yrs	£46.80
Tuesday						
Swim Skills 1A	1600-1630					
Swim Skills 1B	1630-1700	16 April	2 July	12	5+yrs	£46.80
Swim Skills 2	1700-1730					
Swim Skills 3	1730-1800					
Wednesday						
Pre-School	1345-1415 1415-1445	17 April	3 July	12	3-5yrs	£46.80
Thursday						
Swim Skills 1A	1600-1630					
Swim Skills 2	1630-1700					
Swim Skills 1B	1630-1700	18 April	4 July	12	5+yrs	£46.80
Swim Skills 4	1700-1730					
Club Ready	1730-1800					
Saturday						
Swim Skills 1A	1215-1245					
Swim Skills 2	1245-1315	20 April	6 July	12	5+yrs	£46.80
Swim Skills 3	1315-1345					
Swim Skills 4	1345-1415					
EXISTING CUSTOMERS: Booked from Wednesday 27th March 2019 from 9.15am in person or 10.30am over the phone.						
NEW CUSTOMERS: Booked from Friday 29th March 2019 from 9.15am.						
Tel: 01595 807713 E-mail: wmlc@srt.org.uk Web: www.srt.org.uk						