

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.
- Jnr Yogacise** Yoga for flexibility, strength and relaxation. Compliments sporting activities and promotes wellbeing. Suitable for all abilities.
- 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 7th January 2019

BAIRNS AT WMLC



Bookable from Tuesday 11th December (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	7 January	11 February	6	P1-S4	£17.40
Peerie Rant Aroond	1600-1645	7 January	11 February	6	Nursery - P2	£2.50 Pay weekly
Tuesday						
Badminton	1600-1645 1645-1730	8 January	12 February	6	P3-P5 P6-S2	£17.40
Wednesday						
Peerie Kickers	1600-1645	9 January	13 February	6	P1-P3	£17.40
Fitba Focus	1645-1730	9 January	13 February	6	P4-P7	£17.40
Jnr Yogacise	1800-1900	9 January	13 February	6	P3-S4	£17.40
Thursday						
Parent & Toddler	1000-1200	10 January	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	10 January	14 February	6	P1-S4	£17.40
Jnr Climbing	1600-1700 1715-1815	10 January	14 February	6	4-7yrs 8yrs +	£22.50
Friday						
Fun & Games	1410-1500	11 January	15 February	6	P3-P7	£17.40
Sunday						
Jnr Climbing	1200-1300 1315-1415	13 January	17 February	6	4-7yrs 8yrs +	£22.50

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Pre-School	1130-1200 1200-1230	7 January	25 March	12	3-5yrs	£45.00
Tuesday						
Swim Skills 1A	1600-1630	8 January	26 March	12	5+yrs	£45.00
Swim Skills 1B	1630-1700					
Swim Skills 3	1700-1730					
Swim Skills 4	1730-1800					
Wednesday						
Pre-School	1345-1415 1415-1445	9 January	27 March	12	3-5yrs	£45.00
Thursday						
Swim Skills 1A	1600-1630	10 January	28 March	12	5+yrs	£45.00
Swim Skills 1B	1630-1700					
Swim Skills 2	1630-1700					
Swim Skills 2	1700-1730					
Swim Skills 4	1700-1730					
Club Ready	1730-1800					
Saturday						
Swim Skills 1A	1215-1245	12 January	30 March	12	5+yrs	£45.00
Swim Skills 2	1245-1315					
Swim Skills 3	1315-1345					
Swim Skills 4	1345-1415					

EXISTING CUSTOMERS: Booked from Tuesday 11th December 2018 from 9.15am in person or 11.30am over the phone.

NEW CUSTOMERS: Booked from Friday 14th December 2018 from 9.15am.

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