

## ACTIVITY DESCRIPTION

<b>Trampolining</b>	Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
<b>Badminton</b>	Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
<b>Netball</b>	Aimed to help improve movement around the court whilst learning new skills that can be used in a game setting.
<b>Fitba Focus</b>	This fun football session works on skills through drills with plenty of time for games as well.
<b>Junior Climbing</b>	An instructed session to gain confidence and skill in Climbing. Push yourself to try new and harder routes each week.
<b>Climbing Come &amp; Try</b>	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.
<b>Pre-School 1</b>	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.
<b>Pre-School 2</b>	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.
<b>Pre-School 3</b>	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.
<b>Swim Skills Swim</b>	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.
<b>Club Ready Swim</b>	This class aims to improve and maintain stroke technique over distance and to develop basic training and race skills.

West Mainland Leisure Centre

Tuesday 9th January 2024

# Junior Activities



## Bookable Now

Tel: 01595 807713 | E-mail: [wmlc@srt.org.uk](mailto:wmlc@srt.org.uk) | Web: [www.srt.org.uk](http://www.srt.org.uk)



West Mainland Leisure Centre



Junior Dry Activities						
	Time	Start Date	End Date	No of weeks	Age / Class	Price
<b>Monday</b>						
Trampolining	1545-1645	15 Jan	25 Mar	11	P1-S4	£39.60
<b>Tuesday</b>						
Badminton P1 - S4	1545-1630 1630-1715 1715-1800	9 Jan	26 Mar	12	Novice Improver Advanced	£43.20
<b>Wednesday</b>						
Netball P4 - P7	1600-1700	10 Jan	27 Mar	12	P4-P7	£43.20
Junior Climbing	1600-1700 1700-1800	10 Jan	27 Mar	12	8yrs + 8yrs +	£43.20
<b>Thursday</b>						
Fitba Focus	1600-1645	11 Jan	28 Mar	12	P4-P7	£43.20
<b>Sunday</b>						
Climbing Family come and try	1245-1345 1400-1500	14 Jan	31 Mar	Pay weekly	P1 +	J £6.05 A £9.60

Junior Pool Activities						
	Time	Start Date	End Date	No of weeks	Age / Class	Price
Tuesday						
Pre-School Swim 1	1330 - 1400	9 Jan	26 Mar	12	3-5yrs	£55.20
Pre-School Swim 2	1400 - 1430					
Pre-School Swim 3	1430 - 1500					
Swim Skills 1A (C)	1600 - 1630				5+yrs	
Swim Skills 1B	1630 - 1700					
Swim Skills 2	1700 - 1730					
Swim Skills 3	1730 - 1800					
Wednesday						
Pre-School Swim 1	1330-1400	10 Jan	27 Mar	12	3-5yrs	£55.20
Pre-School Swim 2	1400-1430					
Thursday						
Swim Skills 1A (C)	1600-1630	11 Jan	28 Mar	12	5+yrs	£55.20
Swim Skills 1A (NC)	1630-1700					
Swim Skills 3	1700-1730					
Swim Skills 4	1700-1730					
Club Ready Swim	1730-1800					
Sunday						
Swim Skills 1A (C)	1000-1030	14 Jan	31 Mar	12	5+yrs	£55.20
Swim Skills 1A (NC)	1030-1100					
Swim Skills 1B	1100-1130					
Swim Skills 2	1130-1200					

**Swim Skills 1A (NC)** - For children who are **NOT CONFIDENT** in the water by themselves and require assistance whilst swimming.  
An instructor will be in the water for this session.

**Swim Skills 1A (C)** - For children who are **CONFIDENT** in the water on their own and do not need any assistance whilst swimming.