

JUNIOR ACTIVITIES

North Mainland Leisure Centre



28/07/25 - 19/07/25

DEEP END COURSE	A 3 session block designed to help gain confidence in the deep end, whether this be someone who has newly passed their deep end or for those looking to work towards passing the test.
PRIVATE LESSONS	30 minute 1-to-1 swimming lesson or 2-to-1 for similar abilities. For any ages and ability, working towards any goal.
LASER TAG	Join us for a team battle with our Laser tag guns.
FUNDAY	7 hours of activities including games, swimming, sports, adventure and crafts. You will need to bring swimming kit, rubber boots a drink and a packed lunch. This activity must be booked 24hrs in advance
SOFT PLAY	Book a session and come along for fun with the soft play, slides, ride on cars & bouncers in our multi-purpose room.
GAMES CLUB	Join us for a variety of games and activities. A great way to try out different sports whilst having lots of fun!
TODDLER ZONE	Choose to spend time having a splash in the pool with some floats and our coloured lights or having fun in the soft play. Or you can choose to split the time between both activities and have twice the fun!
ZORBS	Come have a go of the giant Zorb balls! Sessions will run in 15 minute slots, 1.4m minimum height required
STROKE DEVELOPMENT	This hour session is aimed at those in Level 3 & 4 of the Learn to Swim programme to help improve their technique before the next term of lessons. Each week focusing on one of the 4 main strokes.

WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28/07/25	<u>PRIVATE LESSONS</u> 1200. 1230. 1300 £20.15	<u>FUNDAY</u> 0900 - 1600 £25.00	<u>PRIVATE LESSONS</u> 0930. 1000. 1030. 1100. 1500. 1530. 1600 £20.15	<u>FUNDAY</u> 0900 - 1600 £25.00	<u>TODDLER ZONE</u> 0900 - 1100 £4.00
	<u>LASER TAG</u> 1545 - 1615 £3.50	<u>SOFT PLAY</u> 1545 - 1645 £3.50	<u>GAMES CLUB</u> 1445 - 1530 £3.50	<u>STROKE DEVELOPMENT</u> BACK STROKE 1600 - 1700 £4.00	<u>PRIVATE LESSONS</u> 1100. 1130 £20.15
		<u>PRIVATE LESSONS</u> 1700. 1730 £20.15			
04/08/25	<u>PRIVATE LESSONS</u> 1200. 1230. 1300 £20.15	<u>FUNDAY</u> 0900 - 1600 £25.00	<u>PRIVATE LESSONS</u> 0930. 1000. 1030. 1100. 1500. 1530. 1600 £20.15	<u>FUNDAY</u> 0900 - 1600 £25.00	<u>TODDLER ZONE</u> 0900 - 1100 £4.00
	<u>LASER TAG</u> 1545 - 1615 £3.50	<u>SOFT PLAY</u> 1545 - 1645 £3.50	<u>GAMES CLUB</u> 1445 - 1530 £3.50	<u>ZORBS</u> 1300 -1330 . 1330 - 1400 £3.50	<u>PRIVATE LESSONS</u> 1100. 1130 £20.15
		<u>PRIVATE LESSONS</u> 1700. 1730 £20.15		<u>STROKE DEVELOPMENT</u> BREAST STROKE 1600 - 1700 £4.00	
11/08/25	<u>DEEP END COURSE</u> 0930 - 1000 £16.05	<u>DEEP END COURSE</u> 0930 - 1000 £16.05	<u>DEEP END COURSE</u> 0930 - 1000 £16.05	<u>FUNDAY</u> 0900 - 1600 £25.00	<u>TODDLER ZONE</u> 0900 - 1100 £4.00
	<u>PRIVATE LESSONS</u> 1200. 1230. 1300 £20.15	<u>FUNDAY</u> 0900 - 1600 £25.00	<u>PRIVATE LESSONS</u> 1000. 1030. 1100. 1500. 1530. 1600 £20.15	<u>STROKE DEVELOPMENT</u> BUTTERFLY 1600 - 1700 £4.00	<u>PRIVATE LESSONS</u> 1100. 1130 £20.15
	<u>LASER TAG</u> 1545 - 1615 £3.50	<u>SOFT PLAY</u> 1545 - 1645 £3.50	<u>GAMES CLUB</u> 1445 - 1530 £3.50		
		<u>PRIVATE LESSONS</u> 1700. 1730 £20.15			
18/08/25	<u>PRIVATE LESSONS</u> 1200. 1230. 1300 £20.15	<u>FUNDAY</u> 0900 - 1600 £25.00			
	<u>LASER TAG</u> 1545 - 1615 £3.50	<u>SOFT PLAY</u> 1545 - 1645 £3.50			
		<u>PRIVATE LESSONS</u> 1700. 1730 £20.15			