



# CHILDRENS ACTIVITIES

# ACTIVE NATION

## CHORLEY JUNIOR TIMETABLE Valid from January 2010

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY |
|--|--|---|--|--|--|--------|
| STREET DANCE<br>4.00PM – 5.00PM<br>6 + YEARS                 | CHEERLEADING<br>4.00PM – 5.00PM<br>6 + YEARS           | TAP DANCE<br>4.00PM – 4.45PM<br>3 + YEARS                 | TRAMPOLINING (6 WEEKS)<br>5.00PM – 6.00PM<br>6 – 10 YEARS  | PARENT & BABY BALLET<br>10.15AM – 11.00AM<br>2 – 4 YEARS | BADMINTON<br>9.30AM – 11.00AM<br>10 – 15 YEARS               |        |
| BASKETBALL<br>4.00PM – 5.00PM<br>10 – 15 YEARS               | BASKETBALL<br>4.00PM – 5.00PM<br>7 – 13 YEARS          | FOOTBALL COACHING<br>4.30PM – 5.30PM<br>5 – 7 YEARS       | TRAMPOLINING (6 WEEKS)<br>6.00PM – 7.00PM<br>8 – 14 YEARS  | BRAZILIAN FOOTBALL<br>5.00PM – 6.00PM<br>5 – 7 YEARS     | SQUASH<br>10.00AM – 11.00AM<br>7 – 14 YEARS                  |        |
| COUGAR'S JUNIOR BADMINTON<br>4.00PM – 6.00PM<br>8 – 14 YEARS | STREET DANCE<br>5.00PM – 6.00PM<br>6 + YEARS           | BALLET<br>4.45PM – 5.30PM<br>3+ YEARS                     | TRAMPOLINING (6 WEEKS)<br>7.00PM – 8.00PM<br>10 – 16 YEARS |  | JUDO BEGINNERS<br>10.30AM – 11.45AM<br>5 + YEARS             |        |
| BRAZILIAN FOOTBALL<br>5.00PM – 6.00PM<br>8 – 12 YEARS        | BADMINTON (6 WEEKS)<br>5.00PM – 6.00PM<br>6 – 16 YEARS | BADMINTON<br>5.00PM – 6.00PM<br>10 – 15 YEARS             |  |  | JUDO INTERMEDIATE<br>11.45AM – 1.30PM<br>9 + YEARS           |        |
| TRAMPOLINING (6 WEEKS)<br>5.00PM – 6.00PM<br>4 – 7 YEARS     | AEROBICS/CIRCUITS<br>6.00PM – 7.00PM<br>6 – 16 YEARS   | TRAMPOLINING (6 WEEKS)<br>5.00PM – 6.00PM<br>7 – 14 YEARS |  |  | SATURDAY AFTERNOON ALIVE<br>1.00PM – 3.00PM<br>11 – 16 YEARS |        |
| AEROBICS/CIRCUITS<br>6.00PM – 7.00PM<br>6 – 16 YEARS         | TIMEOUT SESSION<br>6.00PM – 8.00PM<br>6 – 15 YEARS     | FOOTBALL COACHING<br>5.30PM – 6.30PM<br>8 – 11 YEARS      |  |  | SATURDAY NIGHT ALIVE<br>6.00PM – 8.00PM<br>11 – 16 YEARS     |        |
| TRAMPOLINING (6 WEEKS)<br>6.00PM – 7.00PM<br>10 – 16 YEARS   |  | CHEERLEADING<br>5.30PM – 6.15PM<br>4 + YEARS              |  |  |  |        |
|  |  | TRAMPOLINING (6 WEEKS)<br>6.00PM – 7.00PM<br>7 – 14 YEARS |  |  |  |        |
|  |  | AEROBICS/CIRCUITS<br>6.00PM – 7.00PM<br>6 – 16 YEARS      |  |  |  |        |

- ALL SEASONS
- CLAYTON GREEN

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion. Please consider the environment before printing this timetable.

### ALL SEASONS LEISURE CENTRE OPENING TIMES

|                 |                  |
|-----------------|------------------|
| Monday - Friday | 7.00am - 11.00pm |
| Saturday        | 7.00am - 10.00pm |
| Sunday          | 7.00am - 11.00pm |

### CLAYTON GREEN SPORTS CENTRE OPENING TIMES

|                   |                  |
|-------------------|------------------|
| Monday - Friday   | 8.30am - 11.30pm |
| Saturday & Sunday | 9.30am - 9.00pm  |

[WWW.ACTIVENATION.ORG.UK](http://WWW.ACTIVENATION.ORG.UK)

Please view our website for our booking and cancellation policy

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### CHORLEY JUNIOR TIMETABLE Valid from January 2010

#### BADMINTON

Fun coaching to improve stroke play, court agility, co-ordination and team work.

#### BALLET

A friendly introduction to ballet to help learners with little or no experience. A great way to improve technique, ability and flexibility.

#### BASKETBALL

As well as learning to work as a team the children learn how to communicate with each other and develop their co-ordination. The session involves learning specific skills, learning the rules of basketball, techniques and then putting them into practice by playing small games through out the session.

#### BRAZILIAN FOOTBALL

An amazingly skilful variant of football, that teaches coordination, tricks and control. If you want to be as good as Ronaldo, this class is a must!

#### JUDO

Get involved with the Japanese Art of Judo. A Modern Olympic sport which improves fitness, discipline and confidence.

#### JUNIOR CIRCUITS

An intense but fun circuit of exercises to focus on fitness levels, stamina and strength.

#### PARENT AND BABY BALLET

Put on your dancing shoes, have some fun and get involved learning the steps.

#### SATURDAY AFTERNOON ALIVE

Spend the afternoon getting involved with a number of cool activities such as trampolining, dodgeball, rock-it-ball, street dance and more!

#### SATURDAY NIGHT ALIVE

It's the best way to spend your Saturday night with a range of cool activities that include DJ Mixing, Archery, Wii gaming and more!

#### SQUASH

The perfect way to learn the skills of squash whilst having fun and getting Active.

#### STREET DANCE

It's time to get into the groove and get funky. Impress your friends with a cool set of street dance moves!

#### TAP DANCE

A class which works on technique and ability to help complete beginners to those with more experience.

#### TRAMPOLINING

Coaching for all abilities from beginners to more experienced trampoliners. Sessions focus on technique and building confidence.

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