



PRICES AND TIMES



ACTIVE NATION

JUMP IN & MAKE A SPLASH!

SWIMMING LESSONS!

We are passionate about teaching swimming; we have lessons to learn, improve or excel available for all ages. You can join our courses at any time and progress through the stages at your own pace, so all you need to do now is grab your swimming hat and make a splash!

Swimming Lessons	Ages 5+	Quays, Bitterne
Learn to Swim Intensive Courses	Ages 3+	Quays, Bitterne
Parent & Baby Lessons	Ages 3 – 5	Quays, Bitterne
Swim Tots	Ages 3 – 5	Quays, Bitterne

DIVE!

If you are ready to take the plunge we have got a great range of diving courses to choose from!

We love to teach Diving! With lesson for all ages and abilities there are opportunities for everyone to learn this incredibly detailed and coordinated sport.

Taster Sessions	Ages 6 - 13 & 14 - 17	Quays
Diving Lessons	Ages 6 - 13	Quays
Intensive Lessons	Ages 6+	Quays
Olympic Master classes	Ages 6 - 13	Quays

JUMP!

If you're feeling full of energy, grab your gym kit and join us for a range of junior gym activities! We have courses for all ages and abilities and an extensive progression route to help you work through the stages.

TUMBLEBUGS

Tumblebugs is aimed at pre-school children from 18 months to 4 years old. This is a great introduction to gymnastics. Children under 3 years must be accompanied by an adult. Available at Bitterne Leisure Centre.

SOFT PLAY

This is a session of games and soft play activities with a big bouncy castle. For children aged up to 5 years old. Available at Bitterne Leisure Centre.

BOBTAILS

Learn basic gymnastic skills and achieve your B.A.G.A (British Amateur Gymnastics Association) badges and certificates. Class open to children aged 4 to 6 years old. Run alongside the school term. Available at Bitterne Leisure Centre.

GYM CLUB

Too old for bobtails? Join our gym club and continue to improve your gymnastics skills! Class open to children over six years old. Available at Bitterne Leisure Centre.

YOGA BUGS

Weaving classical yoga postures into exciting stories and games. Excellent exercise for children's limbs, lungs and minds. Class open to children aged 3 to 5 years old. Available at The Quays.

MINI MONKEYS - COMING SOON!

For information please contact Annie Clewlow at: annie.clewlow@activenation.org.uk

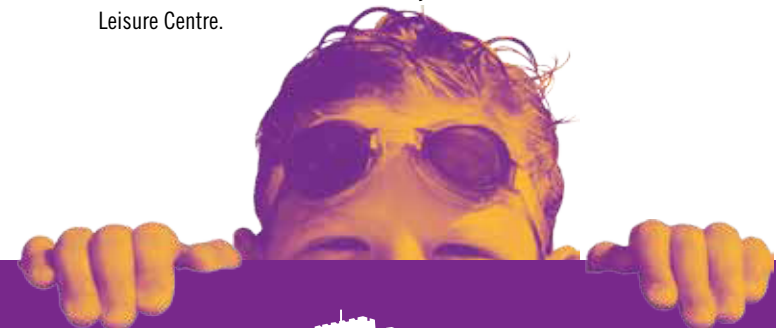
Available at The Quays.

TRAMPOLINING

This is great fun and a very good form of exercise. Bookable as a course during term time only. Available at Bitterne (6 to 15 year olds) and Chamberlayne Leisure Centre (5 to 12 year olds).

BABY MASSAGE

This class promotes loving communication and encourages bonding between parents and their children. The exercises practised during the session can help your baby to sleep, soothe and relax. Available at The Quays and Bitterne Leisure Centre.



BITTERNE LEISURE CENTRE OPENING TIMES

Monday–Thursday	7.30am–10.00pm
Friday	7.30am–8.30pm
Saturday–Sunday	8.30am–6.00pm

CHAMBERLAYNE LEISURE CENTRE OPENING TIMES

Monday – Thursday	7.30am–10.00pm
Friday	7.30am–9.00pm
Saturday	9.00am–6.00pm
Sunday	9.00am–10.00pm

THE QUAYS 'EDDIE READ' SWIMMING & DIVING COMPLEX OPENING TIMES

Monday–Friday	7.30am–9.00pm
Saturday–Sunday	9.00am–6.00pm



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PADDLE! (AVAILABLE AT WOODMILL OUTDOOR ACTIVITIES CENTRE)

INTRODUCTION TO PADDLESORT

A great course to learn how to paddle. Our coaches will introduce you to the fun and freedom of being afloat while looking after your safety.

PADDLEPOWER

If you think paddling is the sport for you, sign up for the BCU (British Canoe Union) Paddlepower Passport Scheme. This is designed for young people aged 14 years and under. Beginners welcome.

BCU STAR AWARDS

Sign up for the BCU Star Awards. The 1 Star Award is an ideal introduction for those with little or no experience in kayaking and canoeing. The 2 Star Award is an improvement award that helps participants to develop their existing skills. From 16 years old.

ACTION ADVENTURE DAYS & WEEKS

An action packed day of mixed water and land activities for young people aged 8 to 16 years. These are run in Summer holidays and Autumn half term. Beginners welcome.

SAIL! (AVAILABLE AT SOUTHAMPTON WATER ACTIVITIES CENTRE)

SAILING TASTER SESSIONS

If you have never been sailing before this 2 hour group session is for you! You will sail in one of our larger two person dinghies with an instructor on board and safety cover on the water. Sessions run from May to September.

ROYAL YACHTING ASSOCIATION YOUTH SAILING SCHEME

Sign up for the RYA Stages 1, 2, 3 or 4. From a safe and fun filled introduction to sailing (Stage 1) to crewing and seamanship (Stage 4) you will spend as much time as possible afloat. Each Stage takes two days to complete.

DINGHY WEEK

Course held during Summer holidays providing a thorough introduction to dinghy sailing. During this four or five day programme you will practice all the basics ashore and afloat whilst having lots of fun and games along the way.

SWAC SAILING CLUB

If you have already reached Stage 3 in sailing and would like to improve your skills, join the club! Under 14s must be accompanied by an adult. Club runs from May to September.

SAILABILITY!

A specialist club offering those with learning and physical disabilities a chance to participate in sailing. We have specialised boats to suit everyone. Runs from April to October. Beginners welcome.

PARTY!

Got a birthday coming up? Bespoke parties are available at SWAC and Woodmill. Activities include sailing, powerboating, kayaking, canoeing, archery, trapeze and much more! For 8 to 16 yrs. All party bookings are for a minimum of six people.





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SPAR, DANCE & FLEX!

MARTIAL ARTS

Learn self-defence techniques, improve your body's coordination and discover how to control your strength and energy. Karate and Kung Fu available at Bitterne Leisure Centre.

DISCO DANCE

Become the star of the dance floor! Come along with your friends and dance to all your favourite funky tunes! Classes are open to children aged 5 to 8 years. During term time only. Available at Chamberlayne Leisure Centre.

STREET DANCE

Slide your baseball cap backwards and get down the funkiest beats around! Dance to pop, funk, hip hop and R&B.

Chamberlayne Leisure Centre	Ages 8 - 14
The Quays Swimming & Diving Complex	Ages 11 - 15
Bitterne Leisure Centre	Ages 5 - 10 & 11 - 15

YOUTH FITNESS ACADEMY

Grab your mates and head for the gym for the ultimate workout! Our team of exercise coaches will guide you through a range of sport and exercise activities.

Chamberlayne Leisure Centre	Ages 12 - 16
The Quays Swimming & Diving Complex	Ages 12 - 16
Bitterne Leisure Centre	Ages 12 - 16

