



## CHILDRENS ACTIVITIES

# ACTIVE NATION

## YARBOROUGH LEISURE CENTRE Valid from September 2009

### UNDER 3

#### PARENT & TODDLER £3.80

Instructor swimming lessons where parents can accompany children in the pool. For ages 1 – 4 years.

Several times and days available throughout the week.

#### TODDLER YOGA £3.00 MON 1.00PM–1.45PM

A really unique session that allows you to enjoy the benefits of yoga with your toddler. Sessions work on stretching, moving and relaxing to improve stability and strength.

#### LITTLE FINS £4.50 THUR 12.00PM–1.00PM

An exciting introduction to swimming for babies aged 0-12 months.

### 3 - 4 YEARS

#### TODDLER YOGA £3.00 MON 1.45PM–2.30PM

A really unique session that allows you to enjoy the benefits of yoga with your toddler. Sessions work on stretching, moving and relaxing to improve stability and strength.

#### TRAMPOLINING/GYMNASTICS £3.65 MON 5.00PM–5.45PM

#### £4.30 MON 5.45PM–6.45PM

A mixture of Trampoline and Gymnastics for those that are learning for the first time to those who want to brush up on their techniques.

#### TRAMPOLINING £3.65 FRI 4.30PM–5.15PM

Pike, Tuck and Straddle as you build techniques and confidence to go higher and improve your skills. Coaching to accommodate all skill abilities and ages.

#### GYMNASTICS BEGINNERS £3.65 FRI 4.30PM–5.15PM

A great introduction to the techniques and coordination of Gymnastics. Sessions introduce all the basic moves and help your child to build confidence in their abilities.

### 3 YEARS AND UPWARDS

#### TRAMPOLINING/GYMNASTICS £4.30 MON 6.45PM–7.45PM

A mixture of Trampoline and Gymnastics for those that are learning for the first time to those who want to brush up on their techniques.

#### TRAMPOLINING £4.30 TUES 5.30PM–6.30PM

#### £4.30 TUES 6.30PM–7.30PM

#### £4.30 WED 5.15PM–6.15PM

#### £6.00 FRI 5.15PM–6.45PM

Pike, Tuck and Straddle as you build techniques and confidence to go higher and improve your skills. Coaching to accommodate all skill abilities and ages.

### 5 YEARS AND UPWARDS

#### JUNIOR TENNIS £3.00 SAT 9.00AM–10.00AM

Coaching sessions to improve on technique, court agility and coordination. Step onto the court for game, set and match! Ideally suited for 5-9 year olds.

#### WATER POLO £4.00 THUR 4.30PM–5.15PM

A really fun, team water sport!

#### SYNCHRONISED SWIMMING £4.00 THUR 4.30PM–5.15PM

A fantastic water sport which massively develops co-ordination and technique. Get a group of friends together and have some fun. Great activities for 5 to 14 year olds.

#### JUNIOR BASKETBALL £3.25 SAT 11.00AM–12.00PM

Lots of fun learning the skills, drills and techniques, which can then be put into practice in small team games. A perfect chance for 8 to 11 year olds to shoot some hoops!

#### JUNIOR BADMINTON £6.35 THURS 5.00PM–7.00PM

A fun approach to coaching the rules of badminton, building knowledge of techniques and shot types, but also helping to focus on the fitness, agility and co-ordination of 8 to 16 year olds.

#### JUNIOR TENNIS £3.00 SAT 10.00AM–11.00AM

Coaching sessions to improve on technique, court agility and coordination. Step onto the court for game, set and match! For the aspiring 9 to 14 year olds.

#### JUNIOR BASKETBALL £4.50 SAT 12.00PM–1.30PM

Lots of fun learning the skills, drills and techniques, which can then be put into practice in small team games. Perfect training for 12 to 16 year olds to practice their lay-ups and jump stops!

### OTHER ACTIVITIES

#### PERSONAL SURVIVAL £4.70 MON 4.30PM

This course teaches the essentials for swimming safety, improving techniques, confidence in the water and ability.

#### ROOKIE LIFEGUARD £4.70 THUR 4.30PM–5.15PM

Learn to become a lifeguard! Fun and safe training is delivered through a series of exciting classes.

#### YARBOROUGH LEISURE CENTRE OPENING TIMES

Monday–Friday	6.30am–11.00pm
Saturday	7.00am–9.00pm
Sunday	7.45am–10.15pm

#### BIRCHWOOD LEISURE CENTRE OPENING TIMES

Monday–Friday	9.00am–10.00pm
Saturday	9.00am–8.30pm
Sunday	9.00am–8.00pm

## WWW.ACTIVENATION.ORG.UK

Please view our website for our booking and cancellation policy

Active Nation working in partnership with

