



CHILDRENS ACTIVITIES

ACTIVE NATION

PRE-SCHOOL

CREEPY CRAWLIES

TUES 10.00AM–11.30AM
WED 10.30AM–12.00PM
FRI 10.30AM–12.00PM

A fun and safe play environment, activities includes soft play, bouncy castle and a selection of toys and games.

TODDLER FOOTBALL

AGES 3 - 4 YEARS

WED 4.00PM - 4.30PM
THURS 3.30PM - 4.00PM

Lots of fun to learn the basics of the game. All sessions and courses are taken by FA qualified coaches.

TODDLER TENNIS

TUES 1.15PM-1.45PM

A drop in session for ages 2 – 4, working on the basic techniques and rules of the game.

PARENT & BABY BALLET

WED 1.15PM – 1.45PM

Put on your dancing shoes and get involved learning the steps. For ages up to 3 years old.

TODDLER BALLET

WED 1.45PM – 2.15PM

All the basics of Ballet for ages 3 to 5 years.

PARENT & BABY DISCO

THURS 1.30PM – 2.00PM

Get into the groove and have fun with some cool disco moves. For ages up to 3 years.

5 - 8 YEARS

TRAMPOLINING (BEGINNERS)

SAT 1.00PM - 2.00PM

A friendly introduction to trampolining for beginners who want to build confidence. For ages 5 years up to 16 year olds.

FOOTBALL

THURS 4.00PM - 5.00PM

Lots of great drills and skills to build fitness levels and techniques. The coaches promote working as a team to improve communication, listening skills, and coordination.

STREET DANCE

TUES 5.00PM - 6.00PM

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

CHEERLEADING CLASS

THURS 5.00PM - 6.00PM

Lots of fun for you and your friends, so grab you cheerleader kit, get your pom poms and learn some great routines.

8 - 16 YEARS

CHEERLEADING CLASS

AGES 5 – 14

ANY AGE 15+

THURS 5.00PM - 6.00PM

THURSDAY 6.00PM - 7.00PM

Lots of fun and energy for you and your friends, so get up grab your cheerleader kit, shake your pom poms and start to dance.

STREET DANCE

TUES 6.00PM - 7.00PM

If you want to learn a cool set of dance moves to impress your mates this is definitely the place to be seen! For any age 15+.

BADMINTON

AGES 8-11

AGES 12-16

MON 5.00PM - 6.00PM

TUES 5.00PM - 6.30PM

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

TRAMPOLINING (BEGINNERS)

SAT 1.00PM - 2.00PM

A friendly introduction to trampolining for beginners who want to build confidence. For ages 5 years up to 16 year olds.

TRAMPOLINING (IMPROVERS)

SAT 2.00PM - 3.00PM

If you're a bit more confident with seat drops, front drops and back drops then this is class for you! For ages 7 years upwards.

TRAMPOLINING (MIXED ABILITY)

TUES 5.30PM - 6.30PM

TUES 6.30PM - 7.30PM

SAT 3.00PM - 4.00PM

These sessions cater for a range of abilities, working on improving technique. For ages 8-16.

BASKETBALL

8-11 YEAR OLDS

12-15 YEAR OLDS

12-14 YEAR OLDS

WED 4.00PM - 5.00PM

WED 5.00PM - 6.00PM

SAT 8.30AM - 10.00AM

As well as learning to work as a team the children learn how to communicate with each other and coordination. 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.

FAMILY FITNESS

AGES 11-15

MON TO FRI 3.30PM - 5.00PM

SAT + SUN 11.00AM - 5.00PM

A fun family fitness session for adults and children. All children must be accompanied by an adult and have had an initial introduction to the gym before attending.

TEEN FITNESS

AGES 11-15

MON TO FRI 4.00PM - 5.00PM

SAT + SUN 12.00PM - 1.00PM

SAT + SUN 2.00PM - 3.00PM

SAT + SUN 6.00PM - 7.00PM

A fun fitness session children supervised by fitness staff. Parents signature is required for the health form which must be completed prior to the child's introduction to the gym.

CENTRE OPENING TIMES

Monday - Saturday 6.30am - 10.30pm
The pool closes at 6pm on Saturday
Sunday 7.00am - 10.30pm

CRÈCHE OPENING TIMES

Monday - Friday 9.00am - 4.00pm
Saturday 9.30am - 12.30pm

WWW.ACTIVENATION.ORG.UK

Please view our website for our booking and cancellation policy

Managed on behalf of
Vale of White Horse District
Council by Active Nation

