



CHILDRENS ACTIVITIES

ACTIVE NATION

CHORLEY JUNIOR TIMETABLE Valid from September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYMNASTICS 11.30AM – 12.15PM 18 MONTHS - 4 YEARS	PRE-SCHOOL GYMNASTICS 10.30AM – 11.30AM PRE-SCHOOL AGE	ADULT BADMINTON 10.00AM – 12.00PM 15+ YEARS	PARENT & BABY BALLETT 10.15AM – 11.00AM 1 – 4 YEARS	PARENT & BABY BALLETT 10.15AM – 11.00AM 1 – 4 YEARS	BADMINTON 9.00AM – 11.00AM 6+ YEARS	
GYMNASTICS (6 WEEKS) 4.00PM – 5.00PM 5 - 8 YEARS	FOOTBALL MULTI SKILLS 4.00PM – 5.00PM 6 - 10 YEARS	TAP DANCE 4.00PM – 4.45PM 3+ YEARS	TRAMPOLINING (6 WEEKS) 5.00PM – 6.00PM 6 – 10 YEARS	TRAMPOLINING 5.00PM – 6.00PM 6 – 16 YEARS	JUDO BEGINNERS (6 WEEKS) 10.30AM – 11.45AM 5+ YEARS	
TRAMPOLINING (6 WEEKS) 5.00PM – 6.00PM 4 – 6 YEARS	STREET DANCE 5.00PM – 6.00PM 6+ YEARS	MINI SOCCER 4.15PM – 5.00PM 3 – 6 YEARS	TRAMPOLINING (6 WEEKS) 6.00PM – 7.00PM 8 – 14 YEARS		TRAMPOLINING 11.15AM – 12.15PM 6 - 16 YEARS	
JUNIOR CIRCUITS 6.00PM – 7.00PM 6+ YEARS	BADMINTON (6 WEEKS) 5.00PM – 6.00PM 6+ YEARS	TRAMPOLINING (6 WEEKS) 4.30PM – 5.30PM 8 – 14 YEARS	TRAMPOLINING (6 WEEKS) 7.00PM – 8.00PM 10 – 16 YEARS		JUDO INTERMEDIATE 11.45AM – 1.15PM	
TRAMPOLINING (6 WEEKS) 6.00PM – 7.00PM 10 – 16 YEARS	JUST DANCE 5.00PM – 5.45PM 4-7 YEARS	BALLETT 4.45PM – 5.30PM 3+ YEARS			SATURDAY ALIVE 3.30PM – 5.30PM 11 – 16 YEARS	
	TIME OUT 6.00PM – 8.00PM 8 - 15 YEARS	BASKETBALL 5.00PM – 6.00PM 6+ YEARS			SKATING 6.00PM – 8.00PM 5 – ADULT	
	JUST DANCE 6.00PM – 6.45PM 8 - 12 YEARS	FOOTBALL COACHING 5.15PM – 6.15PM 7 – 11 YEARS			SATURDAY NIGHT ALIVE 6.00PM – 8.00PM 11 – 16 YEARS	
		TRAMPOLINING (6 WEEKS) 5.30PM – 6.30PM 8 – 14 YEARS				
		AEROBICS 6.00PM – 7.00PM 6+ YEARS				
		TIME OUT 6.00PM – 8.00PM 8 - 15 YEARS				
		ADULT BADMINTON 8.00PM – 9.00PM 15+ YEARS				

■ ALL SEASONS
■ CLAYTON GREEN

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion.

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

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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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Please view our website for our booking and cancellation policy

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