



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. During the school holiday session times may vary.

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. This course is instructed 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. These sessions run term-time only.

TODDLER SPLASH

TUE 10.30AM – 11.00AM

FRI 10.00AM – 10.30AM

An informal session with one of our instructors for guidance and advice. Toys and floats to play and have fun.

TODDLER BALLET

TUE 11.45AM – 12.15PM

The basics of ballet and classical music with a few extra exercises to bring out your child's ability to dance alone. Ages 3-5.

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 years.

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.

KIDS BOXERCISE

THURS 5.00PM - 6.00PM

For ages 5 up to 16 years. Sessions aim to develop hand-eye coordination, balance, timing. A chance to let the kids burn off some energy!

8 - 16 YEARS

KIDS BOXERCISE

THURS 5.00PM - 6.00PM

For ages 5 up to 16 years. Sessions aim to develop hand-eye coordination, balance, timing. A chance to let the kids burn off some energy!

BADMINTON

AGES 8-11

MON 5.00PM - 6.00PM

AGES 12-16

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

WED 4.00PM - 5.00PM

12-15 YEAR OLDS

WED 5.00PM - 6.00PM

12-14 YEAR OLDS

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 - 5.30PM

WED & FRI 8.00PM - 9.30PM

SAT & SUN 10.00AM - 7.00PM

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 - 5.30PM

SAT & SUN 10.00AM - 11.00AM

SAT & SUN 3.00PM - 4.00PM

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

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

