



Little Sports at The Quays

ACTIVE NATION

What is Little Sports?

Little Sports is an activity offering young children the opportunity to develop their physical skills to maximise their potential in whatever sport they may choose to pursue in the future. The curriculum for the sessions has been developed in conjunction the Southampton Diving Programme and Chamberlayne Gymnastics Clubs with influence from coaches operating up to the Olympic level!

Who is aimed at?

Little Sports is an activity designed for children aged for 12 months to 4 years and children need to be accompanied by an adult to each session. We want to shape your stars of the future!

When does it take place?

Little Sports takes place one day per week, term times only, and there is usually a choice of two time options. We have not yet announced our next Little Sports dates, so please check back here over the coming weeks. Alternatively, you can complete this form to register your interest in a [FREE TASTER SESSION](#) and we will contact you as soon as we have our next Taster Session and Little Sports dates.

We would be delighted to offer you a [FREE TASTER SESSION](#) to see how you get on*!

For more information or to book your free taster session, please contact: 023 8072 0906 or email: divingatthequays@activenation.org.uk