

MONDAY			
Time	Class	Age	Location
4.00pm - 5.00pm	Soccer Skills	3 - 4 years	Main Hall
4.30pm - 5.30pm	Netball Tots	3 - 6 years	Main Hall
4.30pm - 5.30pm	Netball	7 - 11 years	Main Hall
5.00pm - 6.00pm	Soccer Skills	5 - 6 years	Main Hall

WEDNESDAY			
Time	Class	Age	Location
4.00pm - 5.00pm	Rugby Cubs	3 - 6 years	Main Hall
6.15pm - 7.00pm	Girl's Spin	12 - 16 years	Dance Studio

FRIDAY			
Time	Class	Age	Location
4.30pm - 5.30pm	Racquet Sports Spectacular	7 - 14 years	Main Hall & Squash Court
5.30pm - 6.30pm	Fiday Night Madness	7 - 11 years	Main Hall

TUESDAY			
Time	Class	Age	Location
4.30pm - 5.30pm	Boys and Girls Football	7 - 11 years	Main Hall
7.00pm - 8.00pm	Clubfit for Girls	12 - 16 years	Dance Studio

"Girls sessions £2.20
Block bookings for all
FitKidz sessions £22.00
See overleaf for details"



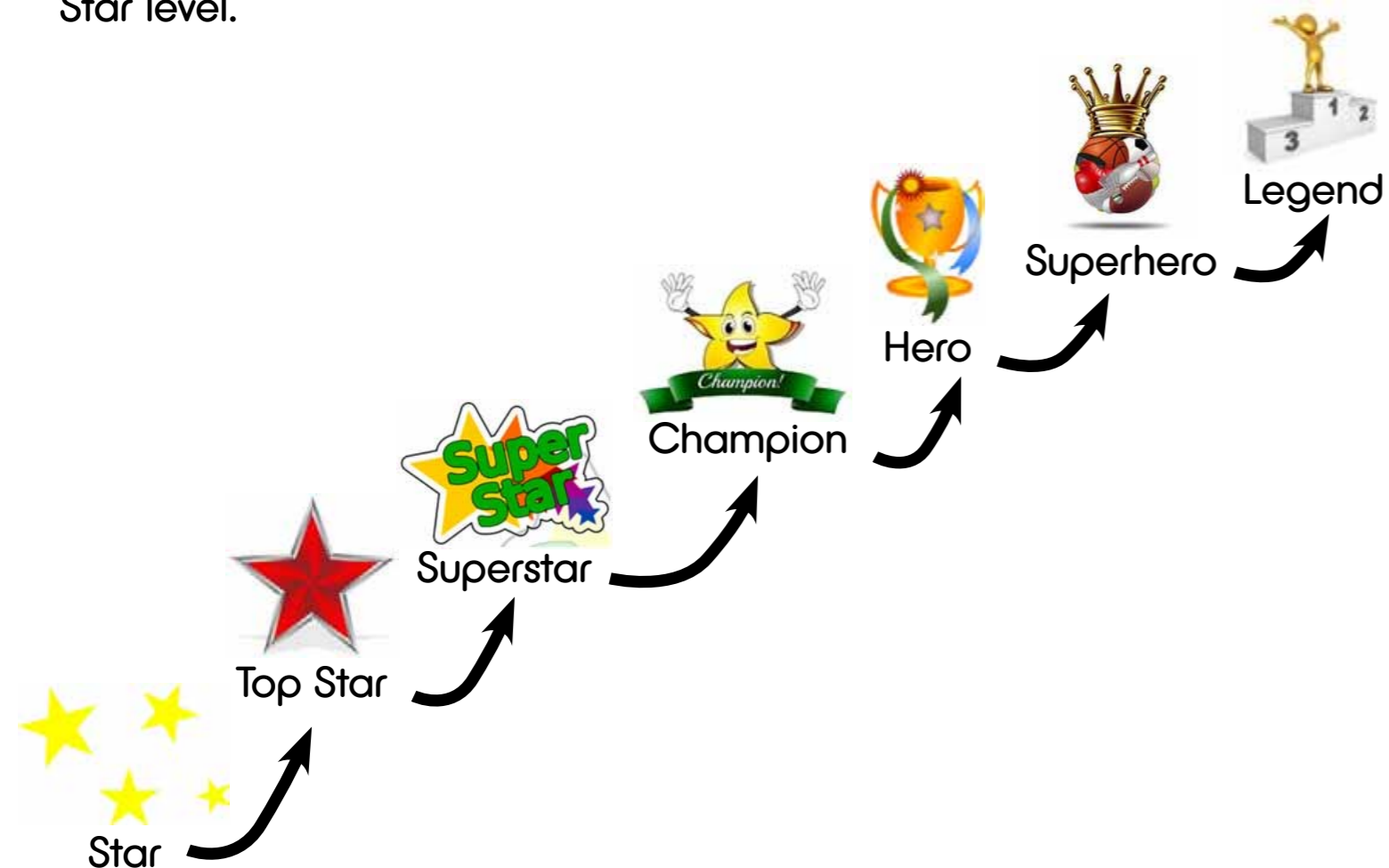
Fit Kidz Programme

Fit Kidz Sessions: Soccer Skills, Netball and Rugby

The Fit Kidz programme offers a wide range of sessions and opportunities that are based on safe, enjoyable fun activities. The sessions provide children with the basic physical literacy skills needed for participation and progression in sport, alongside teaching the basic skills and drills and an understanding of the sport.

Block bookings £22.00 for 10 sessions.

Progress through the stages from a FitKidz Star to a FitKidz Legend by learning a variety of skills - certificates will be given to every child as they pass through the stages. Badges also available from FitKidz Top Star level.



ClubFit for girls

Join us for this fun new workout that will feel more like a party! Our instructor will teach dance routines to some classic anthems in a dark room with disco lights. Glow sticks Provided! £2.20 per session.

Girl's Spin

This 40 minute indoor cycling class will be both fun and challenging, using a stationary bike to get the heart pumping.

Please note: The intensity for this class is adapted to the age of the participants (12-16 years). Height restrictions apply. £2.20 per session.

Friday Night Madness

This session gives children the chance to take part in any sport of their choice.

Racquet Sports Spectacular

Children will have the chance to try different racquet sports, such as Tennis, Short Tennis, Badminton, Squash and Table Tennis.

If your child attends every week of the 10 week block, they will receive their test badge FREE.