



A BH Live Experience

KIDS PROGRAMME

Monday 5 January-Sunday 19 April 2015





A BH Live Experience

Opening Times

Monday to Friday	6.00am - 10.00pm
Saturday	7.30am - 7.00pm
Sunday	7.30am - 8.30pm
Bank Holidays	8.00am - 6.00pm
Bank Holiday Sat/Sun	8.00am - 6.00pm

**Littletdown Centre, Chaseside,
Bournemouth, Dorset. BH7 7DX**
01202 417600
littledowncentre@bhlive.co.uk
www.littledowncentre.co.uk



The Centre is situated north east of Bournemouth town centre close to the junction of Wessex Way A338 and Castle Lane (A3060). Yellow Buses service to Littletdown: 2a, 2b, 2c, 3, 4b, 21 & 39. Yellow Buses Information Hotline 01202 636060 or www.bybus.co.uk



FREE Car Parking facilities (T&C's apply) and we accept most major Credit Cards.

Large text copies of this brochure are available within 5 days on request from customer service.



BH Live manages and operates our Bournemouth venues in partnership with Bournemouth Borough Council and our Portsmouth venue in partnership with Portsmouth City Council. BH Live is a leisure and cultural trust, established as a non profit distributing organisation for public benefit to promote participation in leisure, arts, culture and heritage. We contribute to the health, well being, cultural and economic prosperity of our local community, businesses and visitors through the provision and promotion of award winning facilities and services. Visit: www.bhlive.co.uk for more information about us.

Bournemouth venues:
 Bournemouth International Centre (BIC)
 Bournemouth Pavilion
 Littletdown Centre
 Pelhams Park Leisure Centre
 Stokewood Leisure Centre
 Sir David English Sports Centre
Portsmouth venue:
 Pyramids Centre



BOOKING ACTIVITIES

Members may book 7 days in advance, payment required at the time of booking for activities not covered by membership.

Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

Cancellations For activities included in membership, members are required to give a minimum of one hours notice to cancel a class in order not to incur full payment. This can be done:

- **By telephoning 01202 417600**
- In person at Customer Service
- Email using the members only online class cancellation form, accessible from the front page of our website: www.littledowncentre.co.uk
- **Text us on 07537 404682** with your full name, membership number, date, time and name of the class you are cancelling

Refunds For courses and sessions, refunds will only be considered on production of a valid Doctor's Certificate. On courses, children will be removed from the course for the rest of the term in order for the refund to be issued.

Non Members may book 7 days in advance, payment required at the time of booking. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

BH Live Experience Card

To make any activity bookings, you need a **Free BH Live Experience Card**, available from Customer Service.

This will enable you to pre book the following:

- Exercise Classes ● Swimming Lessons ● Courses - Littletdown Juniors, Trampoline etc
- Main Hall Courts - Badminton, 5-a-side etc. ● Artificial Pitches ● Crèche

Child Protection Policy

The Littletdown Centre is committed to creating and maintaining the safest environment for children whilst they are engaged in activities within the Littletdown Centre complex and associated park.

Children under 8 years of age must be accompanied by a responsible person over 16 years of age at all times. The responsible adult must accompany them to all activities and stay within the activity area. It is still recommended that a responsible adult accompanies their child over 8 to any organised activity that takes place at the Littletdown Centre.



Celebrate your Child's Special Occasion with a fun packed activity

- **Soft Play** - Fantastic party fun for children aged under 5yrs in our new soft play area in the Terrace Cafe
- **Altitude** - High Ropes Adventure at Littletdown Park, the ultimate action party. Are you ready to rise to the challenge?
- **Wet & Wacky** - pool fun time with inflatable pool toys, waterslides and music
- **Football** - outside on the artificial football pitches
- **Crazy Creatures** - many amazing creatures from reptiles to insects, invertebrates to amphibians to see, admire and handle
- **Go Karts** - exciting, fun and lots of action

After your activity enjoy a party meal in the Terrace Café.

Contact Customer Service for details.

Junior Pay & Play Prices

Applies Weekdays 9.00am – 6.00pm and Weekends 9.00am to close, book at Customer Service.

Badminton (55 mins)	£6.45
Table Tennis (55 mins)	£5.60

Artificial Training Pitches

6-a-side football pitch (Includes floodlights if required, 55 min booking)	
Weekdays 9.30am – 5.30pm	£24.00
Mon-Thur 5.30pm – 10.30pm	£53.50
Friday 5.30pm – 10.30pm	£32.00
Saturday 9.30am – 7.30pm	£24.00
Sunday 9.30am – 8.30pm	£24.00

Half Main Hall

5-a-side football court (55 min booking)	
Weekdays 9.00am – 6.00pm	£36.00
Weekdays 6.00pm – 10.00pm	£56.00
Saturday 9.00am – 7.00pm	£36.00
Sunday 9.00am – 8.00pm	£36.00



Wet & Wacky

Family Fun Sessions

Have fun in the pool with inflatable swimming pool toys, giant play mats and lots of other fun equipment. Also ride the two giant waterslides, the Green Scream and Rainbow River. Background music to add to the atmosphere!

Advance booking is recommended as places are limited, bookable 7 days in advance with payment at time of booking.

Saturday & Sunday Session 1 11.50 - 1.00pm
Saturday & Sunday Session 2 1.20 - 2.30pm
Saturday & Sunday Session 3 2.50 - 4.00pm

Under Fives FREE Juniors £3.90 Adults £4.95
Family £16.50 max 2 adults/max 3 children (5-15 yrs.)

Normal pool rules and regulations apply.
No lane swimming available during these sessions.

(No Wet & Wacky Family Fun Sessions on:
Sat 21 & Sun 22 Feb, Sat 28 Feb &
Sun 1 March, Sat 28 & Sun 29 March,
due to swimming galas)

Extra Wet & Wacky Sessions run in the school holidays see page 13



Swimming Pools Closed
 due to Swimming Galas
Sat 21 & Sun 22 Feb,
Sat 28 Feb & Sun 1 Mar
Sat 28 & Sun 29 Mar

Pool Opening Times

MAIN POOL

Monday - Friday	7.00am - 10.00pm Public Swimming 7.00am - 9.00am Adults Only (14+ years) 9.00pm - 10.00pm Adults Only (14+ years)
Saturday & Sunday	9.00am - 11.30am Public Swimming 11.50am - 4.00pm Wet & Wacky <i>No public swimming during Wet & Wacky sessions</i> 4.15pm - 6.00pm Public Swimming
Bank Holidays	9.00am - 6.00pm Public Swimming

SWIMMING PRICES

Under Fives	FREE
Junior	£3.45
60+	£3.75
Adult	£4.50
Swim as 2nd Activity	£3.65
Waterslides	FREE
Family Ticket	£12.50*

*max 2 adults/max 3 children (5-15 years)

Teacher Training Days

Juniors swim for £2.50
 between 9.00am - 3.00pm when your school is closed for a teacher training day.

SWIMMING GUIDELINES

- Under 5's **swim FREE** during general sessions.
- FREE Waterslides** with every swim (check slide opening times)
- Children under 8 years must be accompanied in the water by an adult (**16+ yrs**)
- Maximum ratio allowed is two children under 8 yrs to one adult.

NAPPY POLICY

Children or babies who are not toilet trained must wear a swim nappy under their swimwear (available from **Sportmax** in the Main Foyer.)

FORGOTTEN SOMETHING?

You can purchase a range of costumes, goggles, and armbands at affordable prices from **Sportmax** in the Main Foyer.



SCHOOL HOLIDAYS

Teaching Pool & Waterslides

Monday 16-Sunday 22 February (Half Term)
 Friday 3-Sunday 19 April (Easter)
Teaching Pool
 Mon, Wed & Fri 9.00am - 10.30am (part pool) Public Swimming
 10.30am - 9.00pm Public Swimming

Tues & Thur 9.00am - 10.30am (part pool) Public Swimming
 10.30am - 11.30am Public Swimming

Feb Half Term 11.50am - 4.00pm Wet & Wacky
 4.15pm - 9.00pm Public Swimming

Easter Hols 11.50am - 2.30pm Wet & Wacky
 2.45pm - 9.00pm Public Swimming

Sat & Sun 9.00am - 11.30am Public Swimming
 11.50am - 4.00pm Wet & Wacky
 4.15pm - 6.00pm Public Swimming

Bank Holidays 9.00am - 6.00pm Public Swimming
No public swimming during Wet & Wacky sessions

Waterslides

Mon, Wed, Fri 11.00am - 6.00pm Public Swimming

Tue & Thur
Feb Half Term 11.50am - 4.00pm Wet & Wacky
 4.15pm - 9.00pm Public Swimming

Easter Hols 11.50am - 2.30pm Wet & Wacky
 2.45pm - 9.00pm Public Swimming

Sat & Sun 11.50am - 4.00pm Wet & Wacky
 4.15pm - 6.00pm Public Swimming

Bank Holidays 11.00am - 6.00pm Public Swimming
No public swimming during Wet & Wacky sessions

TERM TIME

Teaching Pool & Waterslides

Monday 5 January-Thursdays 2 April
 (Excluding Monday 16-Sunday 22 February (Half Term))

Teaching Pool

During some opening times the teaching pool will be shared with swimming lessons. There will either be part pool or the whole pool available for public swimming.

		Availability
Mon	10.00am - 3.45pm	part pool (Teaching pool closed 3.45 - 6.15pm)
	6.15pm - 9.00pm	whole pool
Tues	10.30am - 3.45pm	part pool (Teaching pool closed 3.45 - 6.15pm)
	6.15pm - 9.00pm	whole pool
Wed	10.30am - 3.45pm	part pool (Teaching pool closed 3.45 - 6.15pm)
	6.15pm - 9.00pm	whole pool
Thur	10.30am - 3.45pm	part pool (Teaching pool closed 3.45 - 6.15pm)
	6.15pm - 9.00pm	whole pool
Fri	9.30am - 1.30pm	part pool (Teaching pool closed 1.30 - 2.30pm)
	2.30pm - 3.45pm	part pool (Teaching pool closed 3.45 - 6.15pm)
	6.15pm - 9.00pm	whole pool
Sat & Sun	10.00am - 10.30am	part pool
	10.30am - 11.30am	whole pool
	11.50am - 4.00pm	Wet & Wacky whole pool
	4.15pm - 6.00pm	whole pool

Waterslides

Sat & Sun	11.50am - 4.00pm	Wet & Wacky
	4.15pm - 6.00pm	Public Swimming

WATERSLIDES SAFETY

Single riders only No non swimmers

Early Years Swi

12 week courses, promoting water co

FREE SWIM

Children may enjoy a FREE swim before or after their lesson, subject to pool opening times, providing they are accompanied in the water by a paying adult over 16 years old.

Enrol Now!



Pre-School Swimming (4 mths – 4 ½ yrs)

PAY AS YOU GO SESSIONS

(Maximum 2 children to 1 adult).

Adult & Baby (age 12 months and under) see page 8 for session times and days.

Adult & Under 4½ yrs – see page 8 for session times & days. (Recommended from 9 months).

COURSE PROGRESSION

Have fun and enjoy the water and group activities, whilst you build the basic skills for independent swimming and develop water confidence. All floats and swimming aids are provided.

***The following courses require a parent/carer in the water.**

***Adult & Baby Course (age 3 - 9 months & 9 - 15 months)**

Structured courses that develop water confidence for parent and baby through progressive practices. Covers early skills through songs and movement.

***Adult & Toddler (age 15 months - 2yrs)** Structured course to increase water confidence and develop water awareness through play. Helps develop co-ordination, mobility, language and social skills through regular fun approach to swimming.

***Adult & Child (age 2 - 3½ yrs)** Structured course in the Splash Pool to develop independent swimming skills through play, songs and movement in a small group.

***Pre-School 1 with parent/carer in the water (age 2 yrs 9 months - 4 yrs)** Covers pre school 1 criteria with parent/carer accompanying child in the water. When they have reached 3 years of age they can go into pre-school 1 or 2 without accompanying adult.

Pre-School (age 3 - 4½ yrs) These courses are also for Reception Year children and are run without a parent/carer in the water.

Pre-School 1 Course promotes water confidence and develops swimming skills. The children will be encouraged to swim on their own with appropriate teaching aids, which will be reduced as they progress.

Pre-School 2 A progression from pre-school 1, for children who are water confident, can jump in, submerge and are able to swim on their fronts and backs confidently with reduced aids.

Pre-School 3 For children who are water confident, can jump in, submerge and have the ability to swim one width of the Teaching Pool on their front and back without any teaching aids. They will progress through the three main swimming strokes, learning breathing skills and stroke development.

Is your child (age 4+) starting school next term?

Please ask their swimming teacher to recommend their next class level.

As a rule Pre-School 1 & 2 move to Stage 2, Pre-School 3 move to Stage 3 depending on ability.

Course Fees

12 week term £67.20

11 week term £61.60

No lessons during Half Term:

Monday 16-Sunday 22 February

For booking details please contact Customer Service.

Nappy Policy – Remember if you have a child or baby who is not toilet trained, they must wear a swim nappy under their swimming costume/trunks available from Sportmax in the Main Foyer

SWIMMING LESSONS ENROLMENT PROCEDURE

We have classes for all abilities; follow our guidelines to choose the best one for your child.

Course progression

Towards the end of the course your child will be given details of which class to book for next term. Please speak to your teacher if you do not receive a form.

Priority Enrolment 1 – For swimmers recommended to stay in their current class on the same day and time. **Booking from 8.00am Monday 24 November to 6.00pm Sunday 7 December.**

Priority Enrolment 2 – For swimmers recommended to move up to the next stage and customers wishing to change the day or time of their current class. **Booking from 8.00am Tuesday 9 December to 6.00pm Sunday 14 December.**

General Enrolment – Open to anyone wishing to join the swimming lesson programme. **Booking from Monday 15 Dec after 8.00am.**

Please contact Customer Service for availability and full details. NB: Course fees must be paid at the time of enrolment.

Customers can book onto lessons after these dates but spaces cannot be guaranteed.

Class Size – The teacher to pupil ratio is: 1:6 teaching pool (except Parent & Child Classes and Stage 3, 1:8), 1:8 splash pool, 1:10 main pool.

Lesson Duration – Lessons are 30 minutes in duration, however the teacher will take the class register during this time.

Assistant Teachers – We have an extra teacher with some junior classes, working with the teacher's guidance. This is normally provided in classes where a child has been identified as needing extra support.

Course Cancellation – Courses will be subject to cancellation if there is insufficient enrolment.

Swimming Relocation – If a swimmer is in the wrong ability course then an alternative course will be allocated if available.

Staff Changes/ Cover Teachers – Due to sickness, staff training or circumstances beyond our control, it may be necessary for your child's teacher to change. We will endeavour to inform you of any changes, but this is not always possible at short notice.

Refunds – These will only be considered on production of a valid Doctor's Certificate. Your child will be removed from the course for the rest of the term, in order for the refund to be issued.



Swimming Lessons

Confidence and developing swimming skills

Learn to swim with us
and you'll have a gift for life!

THE BENEFITS OF SWIMMING

- Swimming – a skill for life for everyone.
- A progressive and motivational Learn to Swim Programme that creates good competent swimmers.
- ASA National Swimming Plan, recognised by Ofsted, a model of good practice. A Borough wide scheme incorporating skill achievements and continual assessments from adult and child to pre-competitive swimmers.
- Links to Swim Bournemouth fast tracking children keen to swim competitively.
- Delivered by fully qualified teachers, who continue to update their training and knowledge.



Monday 5 January – 30 March (12 Weeks) No lessons 16 February (Half Term)

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 3 (TP)	11.00 - 11.30am	Angela Medley	Pre-School 1	1.30 - 2.00pm	Jo Sands
Pre-School 1	9.30 - 10.00am	Maggie Greco	Adult & Baby 3-9 mths (SP)	11.00 - 11.30am	Gaynor Brown	Pre-School 2	2.00 - 2.30pm	Liz Goodall
Pre-School 2	9.30 - 10.00am	Gaynor Brown	Pre-School 2	11.00 - 11.30am	Maggie Greco	Pre-School 1	2.00 - 2.30pm	Jo Sands
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Adult & Child (TP)	11.30 - 12.00pm	Maggie Greco	Pre-School 1	2.30 - 3.00pm	Liz Goodall
Pre-School 1	10.00 - 10.30am	Angela Medley	Pre-School 1 (with adult)	11.30 - 12.00pm	Gaynor Brown	Adult & Child	2.30 - 3.00pm	Annette Roycroft
Pre-School 2	10.00 - 10.30am	Maggie Greco	Pre-School 2	1.00 - 1.30pm	Jo Sands	Adult & Baby 9-15 mths (SP)	3.15 - 3.45pm	Sharon Mayall
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Adult & Toddler (SP)	1.30 - 2.00pm	Annette Roycroft			
Pre-School 1	10.30 - 11.00am	Maggie Greco	Pre-School 3	1.30 - 2.00pm	Liz Goodall			

Tuesday 6 January – 31 March (12 Weeks) No lessons 17 February (Half Term)

Pre-School 2	10.30 - 11.00am	Lisa Salamon	Adult & Toddler	12.30 - 1.00pm	Rachel Matthews	Pre-School 1	1.30 - 2.00pm	Rachel Matthews
Pre-School 1	11.00 - 11.30am	Lisa Salamon	Pre School 1	12.30 - 1.00pm	Maggie Greco	Pre-School 2	2.00 - 2.30pm	Maggie Greco
Adult & Toddler (SP)	11.00 - 11.30am	Sharon Mayall	Pre-School 3	1.00 - 1.30pm	Maggie Greco			
Pre-School 1 with adult	11.30 - 12.00pm	Lisa Salamon	Pre-School 1	1.00 - 1.30pm	Rachel Matthews			
Adult & Baby 9-15mths (SP)	12.00 - 12.30pm	Rachel Matthews	Pre-School 2	1.30 - 2.00pm	Maggie Greco			

Wednesday 7 January – 1 April (12 Weeks) No lessons 18 February (Half Term)

Pre-School 1	10.30 - 11.00am	Rachel Matthews	Pre-School 2	1.30 - 2.00pm	Liz Goodall
Adult & Toddler (TP)	11.00 - 11.30am	Maggie Greco	Pre-School 1 (with adult)	2.00 - 2.30pm	Liz Goodall
Pre-School 2	11.00 - 11.30am	Rachel Matthews	Pre-School 2 (SP)	2.00 - 2.30pm	Susan Skinner
Adult & Child (SP)	1.00 - 1.30pm	Susan Skinner	Adult & Toddler	2.30 - 3.00pm	Susan Skinner
Pre-School 1	1.00 - 1.30pm	Liz Goodall	Pre-School 1	2.30 - 3.00pm	Liz Goodall
Pre-School 1	1.30 - 2.00pm	Susan Skinner			



Thursday 8 January – 2 April (12 Weeks) No lessons 19 February (Half Term)

Adult & Baby 3-9 mths	10.30 - 11.00am	Annette Roycroft	Pre-School 3	1.00 - 1.30pm	Sharon Mayall
Pre-School 1	10.30 - 11.00am	Jo Sands	Pre-School 1	1.30 - 2.00pm	Sharon Mayall
Pre-School 2	11.00 - 11.30am	Jo Sands	Pre-School 1	1.30 - 2.00pm	Gaynor Brown
Adult & Toddler (TP)	11.00 - 11.30am	Annette Roycroft	Adult & Child (SP)	2.00 - 2.30pm	Gaynor Brown
Pre-School 1	12.30 - 1.00pm	Gaynor Brown	Pre-School 2	2.00 - 2.30pm	Sharon Mayall
Pre-School 2	1.00 - 1.30pm	Gaynor Brown	Adult & Baby 9-15 mths (SP)	2.30 - 3.00pm	Sharon Mayall

Friday 9 January – 27 March (11 Weeks) No lessons 20 February (Half Term)

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 1	10.30 - 11.00am	Angela Medley	Pre-School 1 (with adult)	1.00 - 1.30pm	Angela Medley
Pre-School 1	9.30 - 10.00am	Gaynor Brown	Pre-School 1	11.00 - 11.30am	Angela Medley	Pre-School 1	1.30 - 2.00pm	Angela Medley
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Pre-School 2	11.00 - 11.30am	Cathy Naylor	Pre-School 1	2.15 - 2.45pm	Sally St. Clair
Pre-School 1 (with adult)	10.00 - 10.30am	Cathy Naylor	Adult & Toddler (SP)	11.00 - 11.30am	Gaynor Brown	Pre-School 2	3.45 - 4.15pm	Ann McGrath
Pre-School 2	10.00 - 10.30am	Angela Medley	Pre-School 2	11.30 - 12.00pm	Gaynor Brown			
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Pre-School 1	1.00 - 1.30pm	Sally St. Clair			

Saturday 10 January – 28 March (11 Weeks) No lessons 21 February (Half Term)

Pre-School 1	8.00 - 8.30am	Cesar Mateus
--------------	---------------	--------------



Sunday 11 January – 29 March (11 Weeks) No lessons 22 February (Half Term)

Pre-School 2	8.00 - 8.30am	Gabriella Kindl	Pre-School 2	9.00 - 9.30am	Emma Dobson	Adult & Child (SP)	10.30 - 11.00am	Emma Dobson
Pre-School 1	8.30 - 9.00am	Emma Dobson	Adult & Toddler (SP)	10.00 - 10.30am	Emma Dobson			

Bournemouth Swimming Academy also offer swimming lessons at Pelhams Park Leisure Centre (01202 437801) and Stokewood Leisure Centre (01202 437840).

School Years Sw

Enrol Now!

FULL
DETAILS OF
ENROLMENT
SEE PAGE
4

Junior Courses (4+years)

The junior swim lessons are for children 4 years and over. Our swimming lesson programme runs in stages allowing your child to become competent, confident and safe in the water. At each of the stages, children will be working to achieve the ASA National Plan Awards and progress through onto the next stage.

Stage 2 – Incorporates Stage 1 - **For children who are unable to swim one width on their backs and fronts confidently.** Develops basic safety awareness, movement skills and water confidence. Includes safe entries into the water, jumping in, floating, independent travel and rotation unaided to regain upright positions. Swimmers may use aids which will be reduced as they progress and gain confidence.

Stage 2 (8+ yrs) – A class especially for those aged eight and over who are unable to swim one width on their backs and fronts confidently in basic paddle.

Stage 3 – **For children who can confidently swim one width of the teaching pool unaided on their front and back and are water confident.** They will develop skill techniques in the main strokes, safe entries including submersion, progress rotation skills and water safety knowledge.

Stage 3 (8+ yrs) – A class especially for those aged eight and over who can confidently swim one width of the teaching pool unaided on their front and back and are water confident.

Stage 4 – In the Splash Pool - **for children who can swim ten metres showing basic skills in front crawl, backstroke and breaststroke.** They will develop the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and developing technique and stamina.

Stage 5 – **For children who can swim half a length of the main pool in basic front crawl, backstroke and breaststroke.** Course includes introduction to sculling, treading water and somersaults as well as progressing stroke and stamina development.

Stage 6 – **For children who can swim one length front crawl, backstroke and breaststroke.** They will develop effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise. Stroke development continues with stamina being improved.

Stage 7 – **For children who can swim two lengths front crawl, backstroke and breaststroke.**

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop starts (diving) and turns. Combines a variety of skills accomplished throughout stages 1 – 7.

Stage 8 – **For children who can swim 100 metres on all three strokes confidently and consistently.**

Continues to improve stroke technique and stamina, development of starts (diving) and turns and introduction of timed sets.

Stage 9 – **For children who can swim 200 metres on all three strokes confidently and consistently.** Timed sets incorporating turns learnt previously. Development of stamina and starts for all four strokes.

Junior Pre Club – Stage 5 & above (recommendation by assessment only)

For children aged 6 to 8 years who have been 'talent spotted' by the Bournemouth Swimming Academy teachers. As they progress and acquire more skills and stroke efficiency, they will be given the opportunity to attend a taster session with Swim Bournemouth Swimming Club. For more details please contact Bobby Storrie on 01202 436800

Junior Swim Fit – For those children who are aged nine and above who have completed Stage 7 of the new National Plan Awards or Level 10 of the previous National Swim Awards. Focuses on fitness, involves swimming lengths to develop stamina and drills to give stroke correction. Other areas covered include personal survival and challenge swimming awards.

Swim Fit Open Session – (For swimmers able to swim 100 metres in 3 basic strokes) For Adults & Juniors (age 9 and above) every Sunday 8.00 – 9.00am. Swimming sessions focusing on improving stamina and general fitness including basic stroke correction.



Course Fees

12 week term £67.20

11 week term £61.60

No lessons during Half Term:

Monday 16-Sunday 22 February

For booking details please contact Customer Service.

Swim Fit open Session

Sunday 8.00 – 9.00am (Last admission 8.05am)

This is a 'Pay as You Go' open session.

Adults £6.00

Juniors £4.55

Private Swimming Lessons

Learn to swim or improve your swimming strokes and skills whatever your ability.

One pupil to one teacher £21.00
for 30min.

Two pupils to one teacher £30.00
for 30min.

Book and pay for a block of 5 private lessons in advance and you will get the 6th lesson free.

Please contact Bobby Storrie – Swimming Administration on (01202) 436800 for more details.



Bournemouth Swimming Academy also offer swimming lessons at Pelhams Park Leisure Centre (01202 437801) and Stokewood Leisure Centre (01202 437840).

Swimming Lessons

WEEKLY TIMETABLE



Monday 5 January–30 March (12 Weeks) No lessons 16 February (Half Term)

Stage 2	3.45 – 4.15pm	Sarah Miles	Stage 5	4.15 – 4.45pm	Liz Goodall	Stage 3	5.15 – 5.45pm	Sharon Mayall
Stage 2	3.45 – 4.15pm	Sharon Mayall	Stage 8	4.15 – 4.45pm	Sally St Clair	Stage 4	5.15 – 5.45pm	Ruth Trach
Stage 3	3.45 – 4.15pm	Annie Craven	Stage 2	4.45 – 5.15pm	Sarah Miles	Stage 5	5.15 – 5.45pm	Liz Goodall
Stage 4	3.45 – 4.15pm	Ruth Trach	Stage 2	4.45 – 5.15pm	Annie Craven	Stage 7	5.15 – 5.45pm	Annette Roycroft
Stage 6	3.45 – 4.15pm	Sally St Clair	Stage 3	4.45 – 5.15pm	Sharon Mayall	Swim Fit	5.15 – 5.45pm	Sally St Clair
Stage 5	3.45 – 4.15pm	Annette Roycroft	Stage 4	4.45 – 5.15pm	Ruth Trach	Stage 2	5.45 – 6.15pm	Annie Craven
Stage 2	4.15 – 4.45pm	Annie Craven	Stage 6	4.45 – 5.15pm	Liz Goodall	Stage 3	5.45 – 6.15pm	Sarah Miles
Stage 2	4.15 – 4.45pm	Sharon Mayall	Stage 9	4.45 – 5.15pm	Annette Roycroft	Stage 2	5.45 – 6.15pm	Sharon Mayall
Stage 3	4.15 – 4.45pm	Sarah Miles	Pre Club	4.45 – 5.15pm	Sally St Clair	Stage 4	5.45 – 6.15pm	Liz Goodall
Stage 4	4.15 – 4.45pm	Ruth Trach	Stage 2	5.15 – 5.45pm	Sarah Miles			
Stage 7	4.15 – 4.45pm	Annette Roycroft	Stage 3	5.15 – 5.45pm	Annie Craven			

Tuesday 6 January–31 March (12 Weeks) No lessons 17 February (Half Term)

Stage 2	3.45 – 4.15pm	Fran Haber	Stage 8	4.15 – 4.45pm	Bobby Storrrie	Stage 4	5.15 – 5.45pm	Ann McGrath
Stage 2	3.45 – 4.15pm	Angela Medley	Stage 2	4.45 – 5.15pm	Fran Haber	Stage 5	5.15 – 5.45pm	Chelsea Bailey
Stage 3	3.45 – 4.15pm	Gabriella Kindl	Stage 2	4.45 – 5.15pm	Gabriella Kindl	Stage 8	5.15 – 5.45pm	Liz Goodall
Stage 4	3.45 – 4.15pm	Ann McGrath	Stage 3	4.45 – 5.15pm	Angela Medley	Stage 6	5.15 – 5.45pm	Bobby Storrrie
Stage 5	3.45 – 4.15pm	Chelsea Bailey	Stage 4	4.45 – 5.15pm	Ann McGrath	Stage 2	5.45 – 6.15pm	Angela Medley
Stage 2	4.15 – 4.45pm	Fran Haber	Stage 7	4.45 – 5.15pm	Liz Goodall	Stage 3	5.45 – 6.15pm	Gabriella Kindl
Stage 2	4.15 – 4.45pm	Gabriella Kindl	Stage 5	4.45 – 5.15pm	Chelsea Bailey	Stage 3	5.45 – 6.15pm	Fran Haber
Stage 3	4.15 – 4.45pm	Angela Medley	Pre Club	4.45 – 5.15pm	Bobby Storrrie	Stage 4	5.45 – 6.15pm	Bobby Storrrie
Stage 5	4.15 – 4.45pm	Chelsea Bailey	Stage 2	5.15 – 5.45pm	Angela Medley			
Stage 4	4.15 – 4.45pm	Ann McGrath	Stage 3	5.15 – 5.45pm	Fran Haber			
Stage 6	4.15 – 4.45pm	Liz Goodall	Stage 3	5.15 – 5.45pm	Gabriella Kindl			

Wednesday 7 January–1 April (12 Weeks) No lessons 18 February (Half Term)

Stage 2	3.45 – 4.15pm	Matt Cole	Stage 5	4.15 – 4.45pm	Julie Shirley	Stage 3	5.15 – 5.45pm	Maggie Greco
Stage 2	3.45 – 4.15pm	Lisa Salamon	Stage 8	4.15 – 4.45pm	Sherre Norris	Stage 4	5.15 – 5.45pm	Chelsea Bailey
Stage 3	3.45 – 4.15pm	Maggie Greco	Stage 2	4.45 – 5.15pm	Matt Cole	Stage 5	5.15 – 5.45pm	Julie Shirley
Stage 4	3.45 – 4.15pm	Sally St Clair	Stage 2	4.45 – 5.15pm	Maggie Greco	Stage 6	5.15 – 5.45pm	Sally St Clair
Stage 5	3.45 – 4.15pm	Julie Shirley	Stage 3	4.45 – 5.15pm	Lisa Salamon	Stage 7	5.15 – 5.45pm	Sherre Norris
Stage 6	3.45 – 4.15pm	Sherre Norris	Stage 4	4.45 – 5.15pm	Chelsea Bailey	Stage 2	5.45 – 6.15pm	Matt Cole
Stage 2	4.15 – 4.45pm	Matt Cole	Stage 5	4.45 – 5.15pm	Julie Shirley	Stage 2(8+yrs) (SP)	5.45 – 6.15pm	Lisa Salamon
Stage 2	4.15 – 4.45pm	Lisa Salamon	Stage 6	4.45 – 5.15pm	Sally St Clair	Stage 2	5.45 – 6.15pm	Maggie Greco
Stage 3	4.15 – 4.45pm	Maggie Greco	Stage 9	4.45 – 5.15pm	Sherre Norris			
Stage 4	4.15 – 4.45pm	Chelsea Bailey	Stage 2	5.15 – 5.45pm	Lisa Salamon			
Stage 7	4.15 – 4.45pm	Sally St Clair	Stage 3	5.15 – 5.45pm	Matt Cole			

Thursday 8 January–2 April (12 Weeks) No lessons 19 February (Half Term)

Stage 2	3.45 – 4.15pm	Matt Cole	Stage 6	4.15 – 4.45pm	Liz Goodall	Stage 2	5.15 – 5.45pm	Matt Cole
Stage 2	3.45 – 4.15pm	Gabriella Kindl	Stage 8	4.15 – 4.45pm	Annette Roycroft	Stage 4	5.15 – 5.45pm	Sharon Mayall
Stage 3	3.45 – 4.15pm	Emma Dobson	Stage 2	4.45 – 5.15pm	Emma Dobson	Stage 5	5.15 – 5.45pm	Bobby Storrrie
Stage 4	3.45 – 4.15pm	Sharon Mayall	Stage 2	4.45 – 5.15pm	Gabriella Kindl	Stage 6	5.15 – 5.45pm	Annette Roycroft
Stage 5	3.45 – 4.15pm	Bobby Storrrie	Stage 3	4.45 – 5.15pm	Matt Cole	Stage 8	5.15 – 5.45pm	Liz Goodall
Stage 6	3.45 – 4.15pm	Annette Roycroft	Stage 4	4.45 – 5.15pm	Sharon Mayall	Stage 2	5.45 – 6.15pm	Gabriella Kindl
Stage 2	4.15 – 4.45pm	Matt Cole	Stage 5	4.45 – 5.15pm	Bobby Storrrie	Stage 2	5.45 – 6.15pm	Emma Dobson
Stage 2	4.15 – 4.45pm	Gabriella Kindl	Stage 7	4.45 – 5.15pm	Liz Goodall	Stage 3 (8+yrs) (SP)	5.45 – 6.15pm	Liz Goodall
Stage 3	4.15 – 4.45pm	Emma Dobson	Stage 9	4.45 – 5.15pm	Annette Roycroft			
Stage 4	4.15 – 4.45pm	Sharon Mayall	Stage 3	5.15 – 5.45pm	Gabriella Kindl			
Stage 5	4.15 – 4.45pm	Bobby Storrrie	Stage 2	5.15 – 5.45pm	Emma Dobson			



Friday 9 January–27 March (11 Weeks) No lessons 20 February (Half Term)

Stage 2	3.45 – 4.15pm	Wayne McGrath	Stage 2	4.45 – 5.15pm	Wayne McGrath	Stage 8	5.15 – 5.45pm	Anissa Smith
Pre school 2	3.45 – 4.15pm	Ann McGrath	Stage 2	4.45 – 5.15pm	Ann McGrath	Stage 5	5.15 – 5.45pm	Liz Goodall
Stage 2	3.45 – 4.15pm	Annie Craven	Stage 3	4.45 – 5.15pm	Annie Craven	Stage 9	5.15 – 5.45pm	Bobby Storrrie
Stage 4	3.45 – 4.15pm	Chelsea Bailey	Stage 4	4.45 – 5.15pm	Chelsea Bailey	Stage 2	5.45 – 6.15pm	Ann McGrath
Stage 5	3.45 – 4.15pm	Liz Goodall	Stage 5	4.45 – 5.15pm	Liz Goodall	Stage 3	5.45 – 6.15pm	Annie Craven
Stage 2	4.15 – 4.45pm	Wayne McGrath	Stage 6	4.45 – 5.15pm	Bobby Storrrie	Stage 3 (8+yrs) (SP)	5.45 – 6.15pm	Chelsea Bailey
Stage 3	4.15 – 4.45pm	Ann McGrath	Swim Fit	4.45 – 5.15pm	Anissa Smith			
Stage 2	4.15 – 4.45pm	Annie Craven	Stage 2	5.15 – 5.45pm	Wayne McGrath			
Stage 2 (8+yrs) (SP)	4.15 – 4.45pm	Chelsea Bailey	Stage 3	5.15 – 5.45pm	Ann McGrath			
Stage 5	4.15 – 4.45pm	Liz Goodall	Stage 2	5.15 – 5.45pm	Annie Craven			
Stage 7	4.15 – 4.45pm	Bobby Storrrie	Stage 4	5.15 – 5.45pm	Chelsea Bailey			

Saturday 10 January–28 March (11 Weeks) No lessons 21 February (Half Term)

Stage 2	8.00 – 8.30am	Gabriella Kindl	Stage 2	9.00 – 9.30am	Cesar Mateus	Stage 6	9.30 – 10.00am	Chelsea Bailey
Stage 2	8.00 – 8.30am	Emily Yelland	Stage 2	9.00 – 9.30am	Gabriella Kindl	Stage 9	9.30 – 10.00am	Liz Goodall
Stage 4	8.00 – 8.30am	Sally St Clair	Stage 3	9.00 – 9.30am	Emily Yelland	Stage 2	10.00 – 10.30am	Gabriella Kindl
Stage 6	8.00 – 8.30am	Chelsea Bailey	Stage 4	9.00 – 9.30am	Sally St Clair	Stage 2	10.00 – 10.30am	Emily Yelland
Stage 2	8.30 – 9.00am	Emily Yelland	Stage 5	9.00 – 9.30am	Chelsea Bailey	Stage 4 (MP)	10.00 – 10.30am	Sally St Clair
Stage 2	8.30 – 9.00am	Cesar Mateus	Stage 8	9.00 – 9.30am	Liz Goodall	Stage 7	10.00 – 10.30am	Chelsea Bailey
Stage 3	8.30 – 9.00am	Gabriella Kindl	Stage 2	9.30 – 10.00am	Emily Yelland	Swim Fit	10.00 – 10.30am	Liz Goodall
Stage 4	8.30 – 9.00am	Sally St Clair	Stage 2	9.30 – 10.00am	Cesar Mateus	Stage 5	10.30 – 11.00am	Sally St Clair
Stage 5	8.30 – 9.00am	Chelsea Bailey	Stage 3	9.30 – 10.00am	Gabriella Kindl	Stage 6	10.30 – 11.00am	Liz Goodall
Stage 7	8.30 – 9.00am	Liz Goodall	Stage 5	9.30 – 10.00am	Sally St Clair			

Sunday 11 January–29 March (11 Weeks) No lessons 22 February (Half Term)

Stage 2	8.00 – 8.30am	Emily Yelland	Stage 3	9.00 – 9.30am	Emily Yelland	Stage 2	9.30 – 10.00am	Emma Dobson
Stage 5	8.00 – 8.30am	Chelsea Bailey	Stage 4	9.00 – 9.30am	Gabriella Kindl	Stage 3	9.30 – 10.00am	Emily Yelland
Stage 2	8.30 – 9.00am	Emily Yelland	Stage 6	9.00 – 9.30am	Chelsea Bailey	Stage 7	9.30 – 10.00am	Brigitte Fung
Stage 4	8.30 – 9.00am	Gabriella Kindl	Stage 5	9.00 – 9.30am	Brigitte Fung	Stage 8	9.30 – 10.00am	Chelsea Bailey
Stage 5	8.30 – 9.00am	Chelsea Bailey	Stage 2	9.30 – 10.00am	Gabriella Kindl	Stage 2	10.00 – 10.30am	Gabriella Kindl

Early Years Activities

Our under 5's Activities will help your child;

- Develop agility, balance, strength, speed and co-ordination
- Increase self confidence
- Enjoy exercise from an early age
- Develop social skills and meet other children
- Develop and increase concentration
- Participate in group activities

Development stages of your child at Littledown

Guidelines are taken from British Gymnastics, Amateur Swimming Association, Football Association and Schools National Curriculum. Give your child a head start by introducing sport at an early age in a structured, fun, safe environment.



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
	Spring'n'Jump (c) 15 mths - school age 9.30 - 10.15am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Kidagility (c) 15 mths - school age 9.30 - 10.15am	Soccer Starters 3 yrs - school age 8.00 - 8.55am
Mini-Gym (c) 15 mths - school age 10.25 - 11.10am	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Mini-Gym (c) 15 mths - school age 10.25 - 11.10am	Mini Movers (c) 15 mths - school age 10.25 - 11.10am ▲	Kidagility (c) 15 mths - school age 10.25 - 11.10am	
First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Spring'n'Jump (c) 15 mths - school age 10.25 - 11.10am ▲	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Mini Movers (c) 15 mths - school age 11.15am - 12 noon ▲	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	
Mini-Gym (c) 15 mths - school age 11.15 - 12 noon	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Mini-Gym (c) 15 mths - school age 11.15 - 12 noon	Trampolining Course (c) ** 3 yrs - school age 11.30 - 12.10pm ▲ (course see page 9)	Kidagility (c) 15 mths - school age 11.15am - 12 noon	
Trampolining Course ** 3 yrs - school age 1.30 - 2.10pm ▲ (course see page 9)	Spring'n'Jump (c) 15 mths - school age 11.15am - 12 noon ▲	Open Trampolining 3 yrs - school age 1.15 - 2.05pm ▲	Soccer Starters 3 yrs - school age 1.00 - 1.55pm	Pre Club Gym Courses** 3 yrs - school age 1.15 - 2.00pm ▲ (course see page 9)	Trampolining Course ** 3 yrs - school age 1.00 - 1.55pm ▲ (course see page 9)
First Splash Adult & Baby Swim Session ** 12 mths & under 2:00 - 2:30pm ▲	Pre-Club Gym** 3 yrs - school age 1.15 - 2.00pm ▲	<div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center; width: fit-content; margin: auto;"> <p>Weekly pay and play activities for Pre School Kids</p> </div>	Pre-Club Gym** 3 yrs - school age 1.15 - 2.00pm ▲	Adult & Under 4½ yrs Swim Session 1.30 - 2.30pm ▲	
Open Trampolining 3 yrs - school age 2.15 - 2.55pm ▲	Pre-Club Gym Courses** 3 yrs - school age 2.00 - 2.45pm ▲ (course see page 9)		Pre-Club Gym Courses** 3 yrs - school age 2.00 - 2.45pm ▲ (course see page 9)	Pre Club Gym** 3 yrs - school age 2.00 - 2.45pm ▲	
			Soccer Starters 3 yrs - school age 2.00 - 2.55pm ▲	First Splash Adult & Baby Swim Session** 12 mths & under 2.30 - 3.00pm ▲	

Please note Classes with this symbol ▲ are not available during school holidays. (c) Denotes Crèche Available. ** Not included in the Junior Membership

Development Stage 1

FIRST SPLASH ADULT & BABY

First steps of taking your baby in the pool. Focuses on confidence building activities for baby and carer, in a small group. Places are limited, pre-booking is recommended in pay as you go sessions. Also available as a course.

Prices per child	£4.90
Pre Club Gym Members & Non Members	£5.10
Soccer Starters	£3.60
Junior Members (0-4 years)	FREE
(Children must be accompanied by an adult)	

Development Stage 2

SPRING'N'JUMP Jumping and bouncing activities using space hoppers, trampettes, inflatable bouncer and other gymnastics and fun equipment. An ideal introduction to trampolining.

MINI MOVERS A mixture of inflatable bouncer, ball games and gymnastics equipment – great for eye-hand co-ordination!

KIDAGILITY A lively fun session of agility with inflatable bouncer, soft play, gymnastic equipment, rackets and balls and other games. Aims to develop skills for all sports.

MINI GYM Structured introduction to gymnastics, learning basic skills using actual gymnastic equipment and soft play.

ADULT & UNDER 4 ½ YRS SWIM SESSIONS

Learn through play in the water in a session designed for you and your children to experience the pool environment with toys and a group fun activity time. Teachers in attendance for advice.

Development Stage 3

OPEN TRAMPOLINING A fun introduction to trampolining. Places are limited, pre-booking is recommended.
TRAMPOLINING COURSES Structured trampolining courses teaching the basic skills of bouncing, seat landings, straddle jumps etc.

SOCCER STARTERS Learn the basic skills in this fun footy session for young dribblers and strikers.

PRE-CLUB GYM Structured gym session, a step on from mini-gym, where the accompanying adult takes a back seat. Available as 'Pay as you go' or a course.

PRE SCHOOL SWIMMING LESSONS

First step for children in the 'learn to swim' programme without a parent/carer in the water. Followed by progressive courses learning basic skills and improving. See pages 4 & 5.

Monday 5 January-Thursday 2 April

(Excluding Monday 16-Friday 20 February Half Term)

CRECHE FACILITIES

You can go and enjoy our superb facilities, knowing your children are having a great time.

Members (per morning) £6.40

Non-Members (per morning) £7.40

Monday – Friday 9.00am – 12.10pm

Age Range – Pre 5's. (Separate nursery area for under 1's)

The Crèche is registered by OFSTED and operates in accordance with the Children's Act 1989. Our fully qualified Crèche staff will keep your children happily entertained with a wide range of activities including:

• Painting • Dressing Up • Singing • Book Corner

Booking details: Please ensure that your child's Crèche place is booked before 12 noon on the previous day to secure a place. (e.g. - book before 12 noon on a Tuesday for Wednesday place)

PRE-CLUB GYM COURSES

Courses for children aged 3–5 years
(Parent/Guardians must stay within the activity area).

Courses: 12 weeks £61.20

11 weeks £56.10

Tuesday 6 Jan – 31 March (12 Weeks)

No lessons 17 February - Half Term

Tuesday 2.00–2.45pm

Thursday 8 Jan – 2 April (12 Weeks)

No lessons 19 February - Half Term

Thursday 2.00 – 2.45pm

Friday 9 Jan – 27 March (11 Weeks)

No lessons 20 February – Half Term

Friday 1.15 – 2.00pm

*Safety Note -

it is a regulation of the British Amateur Gymnastics Association that during trampolining lessons there must be an adult spotter in attendance in addition to the qualified instructor. 'A spotter being an adult who is present around the edge of the trampoline for the safe practice of this sport'. Parents will need to stay and help their child.



TRAMPOLINING COURSES

Courses for children aged 3–5 years (Parent/Guardians must stay within the activity area).

Children must wear socks during these courses. No jewellery or jeans.

12 Week Course £58.80

Monday 5 January – 30 March (12 Weeks)

No lessons 16 February - Half Term

Mondays 1.30 – 2.10pm Brigitte

10 Week Course £49.00

Saturday 17 January – 28 March (10 Weeks)

No lessons 21 February - Half Term

Saturdays 1.00 – 1.55pm Clive

12 Week Course £58.80

Thursday 8 January – 2 April (12 Weeks)

No lessons 19 February - Half Term

Thursdays 11.30 – 12.10pm Andrea



Located in the Terrace Café

Admission

Under 5 year olds only

£1.80 for one hour - payable at The Café

Opening Hours

Monday – Friday 9.30 - 5.30pm (last entry 4.30pm)

Saturday & Sunday 9.00 - 12 noon (last entry 11am)

Available for party bookings at weekends

Development Stage 4

AFTER SCHOOL AND WEEKEND COURSES AND CLUB DETAILS

TRAMPOLINING After school & weekend – school years courses. See page 10.

SWIMMING

After school & weekend – school years courses. See pages 6 & 7.

FOOTBALL

Littledown Juniors soccer stars course. See page 10.

GYMNASTICS

Boys & girls gym clubs. See back page.

CLUB LINKS

A variety of sports for all ages. See back page.

COURSE ENROLMENT PROCEDURES

Priority Re-Enrolment 1 – Current children wishing to re-enrol on a course at the same time and day. Book from 8.00am Monday 24 November to 6.00pm Sunday 7 December.

Priority Re-Enrolment 2 – Current children wishing to re-enrol on a course at a different time or day to this term. Book from 8.00am Tuesday 9 December to 6.00pm Sunday 14 December.

General Enrolment – Open to anyone wishing to join the courses. Book from Monday 15 December after 8.00am

Course Cancellation – Courses will be subject to cancellation if there is insufficient enrolment.

Refunds – These will only be considered on production of a valid Doctor's Certificate. Your child will be re-moved from the course for the rest of the term, in order for the refund to be issued. Due to sickness or staff training, it may be necessary for your child's teacher to change. We will endeavour to inform you of any changes, but this is not always possible at short notice.

School Years Activities

Trampolining Courses Work towards your badges

Trampolining Courses (For Reception to Year 11)

Fun weekly courses taken by qualified coaches working towards British Amateur Gymnastics Association Awards scheme. A great way to improve fitness, co-ordination, balance and make friends. **To book a FREE trial session, call children's programming on 01202 436865 (session subject to availability)**

Safety Note It is a regulation by the British Amateur Gymnastics Association that, during trampolining lessons, there must be adult 'spotters' in attendance in addition to the qualified instructors (a 'spotter' being an adult who is present around the edge of the trampoline for the safe practice of this sport). Children must wear socks during these courses. No jewellery or jeans.

Courses for tots see page 9 and adults see main Centre brochure

Monday 5 January–30 March (12 Weeks)

No lessons 16 February - Half Term

3.45 – 4.40pm (55mins)	Brigitte / Clive	£78.00
4.40 – 5.35pm (55mins)	Brigitte / Clive	£78.00
5.35 – 6.30pm (55mins)	Brigitte	£78.00

Thursday 8 January–2 April (12 Weeks)

No lessons 19 February - Half Term

3.45 – 4.40pm (55mins)	Pat / Nicola / Brigitte	£78.00
4.40 – 5.30pm (50mins)	Pat / Nicola / Brigitte	£70.90

Friday 9 January–27 March (11 Weeks)

No lessons 20 February - Half Term

3.45 – 4.40pm (55mins)	Brigitte / Nicola / Clive	£71.50
4.40 – 5.35pm (55mins)	Brigitte / Nicola / Clive	£71.50
5.35 – 6.30pm (55mins)	Brigitte / Nicola	£71.50 (13-17yrs)

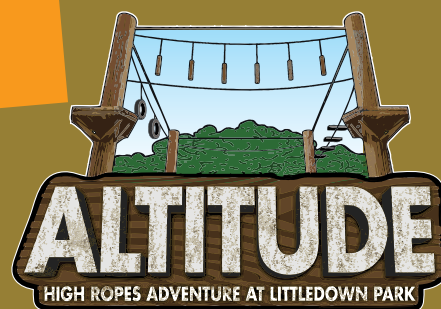
Saturday 17 January–28 March (10 Weeks)

No lessons 21 February

1.00 – 1.55pm (55mins)	Brigitte	£65.00
2.00 – 2.55pm (55mins)	Clive / Brigitte	£65.00
3.00 – 3.55pm (55mins)	Clive	£65.00



AERIAL ADVENTURE IN LITLEDOWN PARK



Reopens for the new season in April 2015, just in time for the Easter School Holidays. Contact a member of the ALTITUDE team in advance for birthday parties, school, corporate and group bookings.



In partnership with

CLOSER TO THE
EDGE
RISE TO THE CHALLENGE

Full details and action video at www.altitudehighropes.com



Like us on Facebook to hear about competitions, offers and updates



A Football Journey

for boys and girls aged 3 – 17 years

“The game first, the result second”

For further information visit www.littledowncentre.co.uk

From Littledown Juniors to Liverpool

Adam Lallana



Play from as little as £3.66 a week!

We believe that with smaller pitches and smaller sized teams it allows each player more touches and overall involvement in the game. This in turn will help develop the technical skills needed at a younger age.

key features

- Boys & girls of all abilities welcome
- No substitutes – 2 full games each week
- 7-8 players per team
- Size appropriate goals and pitches
- Kit top supplied
- League & cup matches
- End of season trophy for every player

key benefits

- More touches of the ball
- More dribbling and passing
- Helps develop technical skills
- Emphasis on learning and development
- Leads to increased enjoyment

Littledown Juniors Player Pathway

A full season of non stop action from September - April

UNDER 6s COACHING ACADEMY. ‘Pay as you go’ weekly sessions £3.60. Start your football career with coaching in small groups with FA qualified coaches. Learn the basic skills and play in small-sided games in the safe and warm environment of the sports hall.



MINI LEAGUES



To enrol your child contact 01202 417600



After School Football Coaching

Our football coaching programme will guide your child through their football development. This progressive scheme develops with them, adapting to meet each stage of their growth.

Soccer Starters ‘Pay as you go’ £3.60

Age: 3 - 4 years, Pre-School & Reception
 Thursday 1.00 – 1.55pm
 2.00 – 2.55pm
 Saturday 8.00 – 8.55am
 Coach: Martin Sheppard
 Location: Main Hall
 Information: The first step for budding footballers with ball skills, introductory drills and mini games.

FA Soccer Coaching ‘Pay as you go’ £4.90

Age: 4–7 years, Reception, Year 1 & 2
 Wednesday 4.00 – 4.55pm
 Coach: Martin Sheppard
 Location: Main Hall
 Information: Moving on to develop a range of skills both individually and as part of a team.

Martin Sheppard’s Football Academy

Per session £4.00
 (payable to Martin Sheppard, not Littledown Centre)

‘Pay as you go’ football sessions, including coaching, matches, tournaments and goalkeeping, for boys and girls aged 7 – 14 years.

Tuesday, Thursday & Friday 4.30 – 5.30pm

Sessions outside on the artificial football pitches.

Contact details: 01202 249352 / 07745 835 702.
sheppardcoaching@hotmail.com



AFC Bournemouth Ability Counts Programme

Football coaching for boys and girls with any form of physical and/or learning disabilities

Per session £3.00

First ‘Taster’ Session FREE!

Thursday 4.00 - 5.30pm (School term time only)

Ages 5-16 years (or those older with limited mobility and awareness). Indoors in the main hall (unless otherwise stated).

Just turn up, pay and play!

Phone Head Coach Kate on 07967 638960 for more information or to discuss further options for those over 16 years and adults.

School Holiday Activities



Holiday Club £7.20

5 to 11 yrs
Sessions include a mixture of sports and team activities. Children are split into age groups on the day. Activities run inside and out. Please wear appropriate clothing and footwear. Bring a drink and a snack.
9.15am – 12 noon

NEW DROP & GO MORNINGS

Let us entertain your children- No need for you to stay!

FEBRUARY HALF TERM

Tuesday 17 February
Gymnastics, Inflatable Bouncer and Team Activities

Thursday 19 February

Trampolining, Inflatable Bouncer and Team Activities

EASTER HOLIDAYS

Tuesday 7 April
Beat Urban Dance workshop, Inflatable Bouncer and Team Activities

Thursday 9 April

Trampolining, Inflatable Bouncer and Team Activities

Tuesday 14 April

Shaolin Kung Fu Workshop with Natural Elements, Inflatable Bouncer and Team Activities

Thursday 16 April

ALTITUDE and Team Activities



Please book early to avoid disappointment

Trampolining £13.00

2 day courses
Parent / Guardian must stay within the activity area to help spot - please see page 10 for safety note. No jeans and jewellery plus socks must be worn.

3 – 5 yrs 2.00pm – 2.55pm
3 – 15yrs 3.00pm – 3.55pm
6 + 4.00pm – 4.55pm

FEBRUARY HALF TERM

Thursday 19 & Friday 20 February

EASTER HOLIDAYS

Thursday 9 & Friday 10 April
Monday 13 & Tuesday 14 April

Zone & Swim £6.50

8-13 years Enjoy a work out in the Zone Gym followed by a swim and waterslides. Please check opening times



Football Focus Soccer for everyone aged 3-14



**AFC Bournemouth
Community Sports
Trust Soccer Schools**
7 to 14 yrs £10 per day

The days consist of coaching sessions on passing, control, dribbling and shooting with fun games, penalty competitions and matches.

All days 10.00am – 3.00pm, outdoors on the artificial pitches

February Half Term
Tuesday 17, Wednesday 18 & Friday 20 February

Easter Holidays
Tuesday 7 & 14 April
Wednesday 8 & 15 April
Friday 10 & 17 April

To book please contact Steve Cuss on (01202) 726342, 07973 893594 or email: steve.cuss@afcb.co.uk

Soccer Starters 3 to 4 yrs £3.60

A fun footy session for young dribblers and strikers in the sports hall.

February Half Term
Thursday 19 February 1.00-1.55pm
Saturday 21 February 8.00-8.55am
Easter Holidays
Thursday 9 & 16 April 1.00-1.55pm
Saturday 11 & 18 April 8.00-8.55am

Martin Sheppards £10 per day Football Academy

Tournament Day (7 to 14yrs)

Feb Half Term Monday 16 February
Thursday 19 February
Easter Holiday Monday 13 April
Thursday 9 & 16 April

All days 10.00am-3.00pm, outdoors on the artificial pitches. Winning teams receive medals, trophy for player of the tournament (pre book or pay on the day, fee payable to:

Martin Sheppard 07745 835 702, not Littledown Centre) sheppardcoaching@hotmail.com



February Half Term 16-20 Feb

Easter Holidays 3-19 April

February Half Term



WET & WACKY

Wet & Wacky Family Fun Sessions in the Pool

Have fun in the pool with inflatable swimming pool toys, giant play mats and other fun equipment. Also ride the two giant water slides, the Green Scream and Rainbow River. Background music to add to the atmosphere!

Under Fives FREE Juniors £3.90 Adults £4.95 Family £16.50 max 2 adults/max 3 children (5-15yrs)

Wet & Wacky operates 3 sessions during the February Half Term:

Saturday 14, Sunday 15, Tuesday 17 & Thursday 19 February

Session 1) 11.50am-1.00pm Session 2) 1.20pm-2.30pm Session 3) 2.50pm-4.00pm

No Wet & Wacky sessions on Saturday 21 & Sunday 22 February, Saturday 28 February & Sunday 1 March due to swimming galas.

Advanced booking is recommended for all sessions as places are limited, bookable 7 days in advance with payment at time of booking. Pools closed for general swimming 20 minutes prior to Wet & Wacky Sessions. Normal pool rules and regulations apply

COUNT BACKWARDS MAGIC SHOW £5.50 per child

Thursday 19 February 1.00-1.45pm

Presto Hey! It's mixed-up, muddled-up magic and mayhem with the one and only Count Backwards! Loads of great laughs, plenty of fun with the volunteer helpers and above all some fabulous magical surprises too.

The Magic Show is for children aged 3-8 years - all children must be accompanied by an adult, accompanying adult admitted free.

Places are limited, advanced booking recommended

COUNT BACKWARDS UNDER 8s DISCO

£5.50 per child

Thursday 19 February 2.15-3.15pm

Count Backwards presents his brilliant fun, totally interactive Disco Party featuring fun games, competitions, party dances and the biggest limbo game ever!

The Disco is for children aged 3-8 years - all children must be accompanied by an adult, accompanying adult admitted free.

Places are limited, advanced booking recommended

Double the fun!!
SPECIAL OFFER
£9.50 per child for the
Magic Show & Disco
(on same day,
same child)



Easter Holidays



WET & WACKY

Wet & Wacky Family Fun Sessions in the Pool

Have fun in the pool with inflatable swimming pool toys, giant play mats and other fun equipment. Also ride the two giant water slides, the Green Scream and Rainbow River. Background music to add to the atmosphere!

Under Fives FREE Juniors £3.90 Adults £4.95 Family £16.50 max 2 adults/max 3 children (5-15yrs)

3 sessions at weekends during the Easter Holidays

Saturdays 4, 11 & 18 April

Sundays 5, 12 & 19 April

Session 1) 11.50am-1.00pm Session 2) 1.20pm-2.30pm Session 3) 2.50pm-4.00pm

2 sessions weekdays during the Easter Holidays

Tuesdays 7 & 14 April

Thursdays 9 & 16 April

Session 1) 11.50am-1.00pm Session 2) 1.20pm-2.30pm

Advanced booking is recommended for all sessions as places are limited, bookable 7 days in advance with payment at time of booking. Pools closed for general swimming 20 minutes prior to Wet & Wacky Sessions. Normal pool rules and regulations apply

School Holiday Activities



February Half Term

3 day intensive swimming courses
30 minutes each lesson **£16.80**
(total time 1½ hrs)

(TP = Teaching Pool, MP = Main Pool,
SP = Splash Pool)

Tuesday 17 - Thursday 19 February

8.30-9.00am Pre school 1 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre school 2 (TP)
9.00-9.30am Stage 2 (TP)
9.30-10.00am Stage 3 (TP)
9.30-10.00am Stage 4 (MP)
10.00-10.30am Stage 2 (TP)
10.00-10.30am Basic Diving (MP)

Adult and Under 4½ Swim Session Friday 20 February

9.15 - 10.00am (TP) £4.90

First Splash Adult and Baby Friday 20 February

10.00 - 10.30am (SP) £4.90



Easter Holidays

3 day intensive swimming courses
30 minutes each lesson **£16.80**
(total time 1½ hrs)

(TP = Teaching Pool, MP = Main Pool,
SP = Splash Pool)

Tuesday 7 - Thursday 9 April

8.3-9.00am Pre school 1 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre school 2 (TP)
9.00-9.30am Stage 2 (TP)
9.30-10.00am Stage 3 (TP)
9.30-10.00am Stage 4 (MP)
10.00-10.30am Stage 2 (TP)
10.00-10.30am Basic Diving (MP)

Adult and Under 4½ Swim Session Friday 10 April

9.15 - 10.00am (TP) £4.90

First Splash Adult and Baby Friday 10 April

10.00-10.30am (SP) £4.90

4 day intensive swimming courses
30 minutes each lesson **£22.40**
(total time 2hrs)

(TP = Teaching Pool, MP = Main Pool,
SP = Splash Pool)

Tuesday 14 - Friday 17 April

8.30-9.00am Pre school 1 (TP)
8.30-9.00am Pre School 2 (TP)
9.00-9.30am Stage 2 (TP)
9.00-9.30am Stage 3 (TP)
9.30-10.00am Stage 2 (TP)
9.30-10.00am Improve your breaststroke (MP)
10.00-10.30am Stage 2 (TP)
10.00-10.30am Rookie Lifeguards (MP)

Swimming Course Descriptions

For descriptions of First Splash Adult & Baby, Adult & Under 4½ yrs, Pre-School 1 & Pre-School 2 courses please refer to page 4.

For Stages 2, 3, 4, 5 & 6 please refer to page 6.

Basic Diving- Learn the basic steps to improve your poolside diving skills. Must be able to swim 25 metres and be confident in deep water.

Rookie Lifeguards - Come and learn water safety and rescue skills as you learn the basics of the RLSS junior life saving techniques. Stage 6 and above.

Improve your breaststroke - This course will help improve stroke technique and work on breathing and timing to produce an efficient breaststroke. Stage 5 and above.



Crèche

Monday – Friday

9.00am – 12.10pm (Closed Bank Holidays)

Age Range – Pre 5's.

Separate nursery area for under 1's
Pre-booking is recommended.

Members **Non Members**
£6.40 (per morning) **£7.40** (per morning)

Under 5's Pay n' Play activities *Child must be accompanied by an adult*

FEBRUARY HALF TERM

Monday 16 February		
Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12.noon
Wednesday 18 February		
Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12.noon
Thursday 19 February		
Soccer Starters	3yrs – School Age	1.00 – 1.55pm
Friday 20 February		
Kidagility ©	15 months – School Age	9.30 – 10.15am 10.25 – 11.10am 11.15 – 12 noon
Saturday 21 February		
Soccer Starters	3yrs – School Age	8.00 – 8.55am

EASTER HOLIDAYS

Monday 13 April		
Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12 noon
Wednesday 8 & 15 April		
Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12 noon
Thursday 9 & 16 April		
Soccer Starters	3yrs – School Age	1.00 – 1.55pm
Friday 10 & 17 April		
Kidagility ©	15 months – School Age	9.30 – 10.15am 10.25 – 11.10am 11.15 – 12 noon
Saturday 11 April		
Soccer Starters	3yrs – School Age	8.00 – 8.55am

Soccer Starters **£3.60**
Learn the basic football skills.

Mini-Gym **£4.90**
Structured introduction to gymnastics.

Kidagility **£4.90**
Elementary gymnastics instruction, soft play and inflatable bouncer.



Junior Membership (0-17 years)

Get the youngsters active and leading a healthy lifestyle

Unlimited use 7 days a week, subject to pool timetable, at all four BH Live Centres across Bournemouth.

Activities and facilities vary at each Leisure Centre
See below for the options available:

- 0-4 years Swimming & Under 5's Pay 'n' Play Activities
- 5-7 years Swimming
- 8-13 years Swimming, Zone Gym & Kids Classes
- 14-17 years* Swimming, Adult Gym & Adult Class Timetable

* Juniors must be in full time education - School, 6th Form, College etc.

3 great reasons to join



Price



Quality



Value

1 Membership Use 4 Centres



Getting There Together

£20

per month (T & C's Apply)

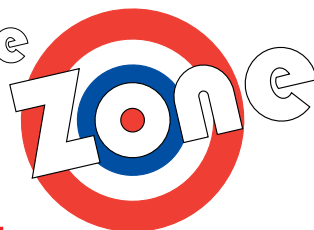
streetdance (8-13 years)

Classes are relaxed, fun and a great way to get fit. You will make friends and learn some cool moves at the same time. Come along and groove to the hottest sounds around. Wednesday 4.30 - 5.25 pm Studio 1
Classes run term time only



FREE
for members
£4.30
per class

Get fit, get healthy, *the* get into...



A gym for young people
8 - 13 years.

£4.30 **FREE**
per session for members

All sessions start on the hour!

Term Time	
Monday - Friday	4.00pm - 7.00pm
Saturday, Sunday	10.00am - 1.00pm
Bank Holidays	10.00am - 1.00pm
School Holidays	
Monday - Friday	10.00am - 1.00pm
Monday - Friday	4.00pm - 7.00pm
Saturday, Sunday	10.00am - 1.00pm
Bank Holidays	10.00am - 1.00pm



The Club Directory

The Littledown Centre is home to a wide range of Clubs for all ages.



ESPADA FENCING CLUB

'Challenging, skillful, exhilarating and fun' – Main Hall

Fridays 7.00pm to 8.00pm – 8-12 years
Fridays 8.00pm to 10.00pm – 13+ years

Contact: Abbe 01202 301420

www.espadafencingclub.co.uk

Beginners courses available
Wheelchair fencing



BOURNEMOUTH GYMNASTICS CLUB

'Fun, fitness & fantastic skills and events for boys of all abilities'

Boys Age 4½ to 12 years
Mondays & Fridays From 3.50pm
Main Hall

Contact: Cathy 01425 610406

Please ring to book a space or make enquiries

HELEN TROKE BADMINTON ACADEMY

Offering a wide range of badminton opportunities to all standards of players.

Age 6 - 16 years Tuesdays 5pm - 6pm

For more details contact:

Contact: Helen Troke on 07904 993208

Email: helentroke@hotmail.co.uk

www.bournemouth-badminton.co.uk



BBAL BASKETBALL ACADEMY

'Introducing young players to the basics of basketball in a fun environment with their friends.' Age 8 – 12 Years

Wednesdays 5.00pm until 6.00pm – Main Hall

Contact: Taylor Green

07807 203453

Newcomers Welcome!



STAGWISE SCHOOL FOR THE PERFORMING ARTS

'Acting, Singing and Dancing Workshops for budding performers!'

Age 4 – 14 Years

Saturday afternoons (term time only)

Contact: Ally Cox 0844 414 3004

www.stagwisetheatre.co.uk

FREE Introductory Workshop



SHORINJI KEMPO CLUB

'Self Defence for all ages'

Age from 8 years

Mondays & Fridays 8.00pm to 9.30pm

Contact: Ian Hart 07714 298796 or email:

ian.hart9@ntlworld.com

Beginners are always welcome



KICKBOXING

'Fun, safe workout at your own pace'

Age 5 – 14 Years

Mondays & Wednesdays 5.00pm – Main Hall

Contact: Nina 07773697580

www.phil-norman.co.uk

1st Month is FREE!



AVONBOURNE GYM CLUB

'An acrobatic gymnastics club working towards partner balances and tumbling'

Age 4½ to 18 Years

Tuesdays 3.45pm to 4.45pm Beginners

4.45pm to 5.45pm Development – Main Hall

Contact: Pat Mathie, Head Coach

01202 773710

avonbournegymclub@hotmail.co.uk

We are happy to add names to our waiting list



MUSCLIFFE KARATE ACADEMY

'We teach confidence, respect and discipline'

Age 6 to 12 Years

Mondays and Wednesdays

Studio Two

Contact: Gary Excell

5th Dan Chief Instructor

01202 250474

info@muscliffekarate.com

www.muscliffekarate.com

Free 30 Day No Obligation Trial



RINGWOOD AND BOURNEMOUTH TRAMPOLINE AND DMT CLUB

'Competitive GymMark club with large percentage of boys. High Level Coaches'

Age 4 – 35 Years

Wednesdays 4.00pm to 5.30pm – Main Hall

Contact: Rosie Bascombe 01425 474428

rosie@tdmt.co.uk

www.rbtrampolineclub.co.uk

Competitive club with Waiting List.

Contact Rosie for a free trial.



SWIM BOURNEMOUTH

The leading swim performance club of Dorset

All ages from 6 in Novice

squad to over 21's in Masters Squad.

Swim Bournemouth train everyday, enquire

with club for relevant squad times.

Contact: Sam Woodward 07855 455665

email:swimbournemouthcoachsw@gmail.com

www.swimbournemouth.co.uk

From Novice to National Performance – for a free trial contact Sam



MUSICAL STEPS

'Educational and inspiring music classes for babies from 4 Months and children up to 5 years.'

Thursday 10.30am-3.00pm – Terrace Room

Contact: Heather Smith 0845 643 5025

Heather.smith@musicalsteps.co.uk

www.musicalsteps.co.uk

Contact Heather for class details and to book your trial!



BOURNEMOUTH TAEKWONDO CLUB

'Martial Art, Olympic Sport, Self Defence. The Way and the Art of Foot and Hand Combat'

Age from 7 years

Thursdays from 7.00pm – Studio One

Saturdays 10.00am to 11.00am – Family class,

all ages (from 7) and abilities – Studio One

Contact: Darren Narraine

01202 773991 / 07789 107157

master@naraine.co.uk www.dtkd.co.uk

1st lesson FREE. Pick up flyer from Littledown or phone Darren for a voucher.



MATSUMACHI JUDO CLUB

'Qualified coaching in the modern Olympic combat sport of Judo'

Age 7 – 15 Years

Saturdays 9.00am to 10.00am

Beginners – Studio Two

Advanced – Studio Two

Saturdays 10.00am to 10.55am

Advanced – Studio Two

Contact: Paul Sawyer 01202 429101

pg_sawyer@hotmail.com

Beginners always welcome,

just turn up Saturdays 9.00am



LITTEDOWN GYMNASTICS CLUB

'Girls Artistic Club, with two paths of development, Recreational and Elite'

Age 4 - 18 Years - Main Hall

Recreational Beginners

Wednesdays, Thursdays 3.45pm to 4.40pm or

Fridays 4.00pm to 5.00pm

Recreational B Squad

Tuesdays 3.45pm to 5.30pm

Saturdays 12.00noon to 1.45pm

Recreational A Squad

Fridays 5.00pm to 7.00pm

Advanced Recreational Squad

Saturdays 4.00pm to 7.00pm

Elite Squads

Junior B (3 Hrs), Junior A (7.5 Hrs) and

Senior (11-16 Hrs)

Contact: Sharon Williams – Head Coach

01202 576730

All LGC classes have waiting lists.

We work towards the British Gymnastics proficiency badge awards in the beginner classes and competitions from County level with the Recreational classes and from County to National level with the Elite classes.



NATURAL ELEMENTS

Tai Chi, Family Kung Fu

& Qi Gong

Inner Peace,

health & wellbeing.

Re-energise & revitalise. Strength, flexibility,

confidence & self defence.

Age 5 - 95 - Young People, Adults & Families

Sunday 10 - 11am Tai Chi Mixed (Beginners

and Intermediate)

11 - 11.30am Tai Chi Advanced,

11.30 - 12.00 noon Qi Gong,

12.00 - 13.30pm Family Kung Fu

Wednesdays 7 - 8.00pm Family Kung Fu

Contact Paul: 0800 756 6422

or 07962 930 837

enquiries@naturalelementsgroup.co.uk



Clubs displaying this logo also have an adult section available.



"See you there!"