



*A B&H Live Experience*

# KIDS PROGRAMME

Monday 20 July-Sunday 20 December 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

Littledown 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 Littledown: 2a, 2b, 2c, 3, 4b, 21 & 39. Yellow Buses Information Hotline 01202 636060 or www.bybus.co.uk



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](http://www.bhlive.co.uk) for more information about us.

### Bournemouth venues:

Bournemouth International Centre (BIC)  
Bournemouth Pavilion  
Littledown Centre  
Pelhams Park Leisure Centre  
Stokewood Leisure Centre  
Sir David English Sports Centre

### Portsmouth venue:

Pyramids Centre

Junior  
Membership  
Package  
see  
page 15

## 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](http://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 - Littledown Juniors, Trampoline etc
- Main Hall Courts - Badminton, 5-a-side etc. ● Artificial Pitches ● Crèche

### Child Protection Policy

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

<b>Badminton</b> (55 mins)	<b>£6.45</b>
<b>Table Tennis</b> (55 mins)	<b>£5.60</b>

### Artificial Training Pitches

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

### Half Main Hall

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



# 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:  
 Saturday 24 and Sunday 25 October &  
 Saturday 28 and Sunday 29 November  
 due to swimming galas)

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



**Swimming Pools Closed**  
 due to Swimming Galas  
**Sat 24 & Sun 25 Oct**  
**and Sat 28 and Sun 29 Nov**

## 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 No public swimming during Wet & Wacky sessions 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	£3.75
Waterslides	FREE
Family Ticket	£12.45*

\*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 20 July-Tuesday 1 September (Summer)  
 Monday 26 October-Sunday 1 November (Half Term)

#### 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  
 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 11.50am - 2.30pm Wet & Wacky  
 2.45pm - 6.00pm 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



**WATERSLIDES SAFETY**  
 Single riders  
 only

No  
 non swimmers

### TERM TIME

#### Teaching Pool & Waterslides

Wednesday 2 September-Sunday 20 December  
 (Excluding Monday 26 October-Sunday 1 November (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

# Early Years Swim

## Promoting water confidence and development

### 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

15 week term £84.00

14 week term £78.40

No lessons during Half Term:

Monday 26 October-Sunday 1 November

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 22 June to 6.00pm Sunday 5 July.**

**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 7 July to 6.00pm Sunday 12 July.**

**General Enrolment** – Open to anyone wishing to join the swimming lesson programme.

**Book from Monday 13 July 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

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 7 September–14 December (14 Weeks) No lessons 26 October (Half Term)

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 3 (TP)	11.00 - 11.30am	Angela Medley	Pre-School 3	1.30 - 2.00pm	Liz Goodall
Pre-School 1	9.30 - 10.00am	Maggie Greco	Adult & Baby 3-9 mths (SP)	11.00 - 11.30am	Gaynor Brown	Pre-School 1	1.30 - 2.00pm	Jo Sands
Pre-School 2	9.30 - 10.00am	Gaynor Brown	Pre-School 2	11.00 - 11.30am	Maggie Greco	Pre-School 2	2.00 - 2.30pm	Liz Goodall
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Adult & Child (TP)	11.30 - 12.00pm	Maggie Greco	Pre-School 1	2.00 - 2.30pm	Jo Sands
Pre-School 1	10.00 - 10.30am	Angela Medley	Pre-School 1 (with adult)	11.30 - 12.00pm	Gaynor Brown	Pre-School 1	2.30 - 3.00pm	Liz Goodall
Pre-School 2	10.00 - 10.30am	Maggie Greco	Adult & Baby 9-15 mths	12.00 - 12.30pm	Gaynor Brown	Adult & Child	2.30 - 3.00pm	Rachael Barry
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Pre-School 2	1.00 - 1.30pm	Jo Sands	Adult & Baby 9-15 mths (SP)	3.15 - 3.45pm	Sharon Mayall
Pre-School 1	10.30 - 11.00am	Maggie Greco	Adult & Toddler (SP)	1.30 - 2.00pm	Rachael Barry			

### Tuesday 8 September–15 December (14 Weeks) No lessons 27 October (Half Term)

Pre-School 2	10.30 - 11.00am	Lisa Salamon	Pre School 1	12.30 - 1.00pm	Sarah Miles	Pre-School 1	1.30 - 2.00pm	Sarah Miles
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	Sarah Miles
Adult & Toddler (SP)	11.00 - 11.30am	Rachel Barry	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	Sarah Miles			
Adult & Baby 9-15mths (SP)	12.00 - 12.30pm	Maggie Greco	Pre-School 2	1.30 - 2.00pm	Maggie Greco			

### Wednesday 2 September–16 December (15 Weeks) No lessons 28 October (Half Term)

Pre-School 1	10.30 - 11.00am	Rachel Matthews	Pre-School 1	1.30 - 2.00pm	Susan Skinner
Adult & Toddler (TP)	11.00 - 11.30am	Maggie Greco	Pre-School 2	1.30 - 2.00pm	Liz Goodall
Pre-School 2	11.00 - 11.30am	Rachel Matthews	Pre-School 1 (with adult)	2.00 - 2.30pm	Liz Goodall
Pre-School 3	11.30 - 12.00pm	Rachel Matthews	Pre-School 2	2.00 - 2.30pm	Susan Skinner
Adult & Child (SP)	1.00 - 1.30pm	Susan Skinner	Adult & Toddler (SP)	2.30 - 3.00pm	Susan Skinner
Pre-School 1	1.00 - 1.30pm	Liz Goodall	Pre-School 1	2.30 - 3.00pm	Liz Goodall

### Thursday 3 September–17 December (15 Weeks) No lessons 29 October (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 4 September–18 December (15 Weeks) No lessons 30 October (Half Term)

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 1	10.30 - 11.00am	Angela Medley	Pre-School 1	1.00 - 1.30pm	Sally St. Clair
Pre-School 1	9.30 - 10.00am	Gaynor Brown	Pre-School 1	11.00 - 11.30am	Angela Medley	Pre-School 1 (with adult)	1.00 - 1.30pm	Angela Medley
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Pre-School 2	11.00 - 11.30am	Cathy Naylor	Pre-School 1	1.30 - 2.00pm	Angela Medley
Pre-School 1 (with adult)	10.00 - 10.30am	Cathy Naylor	Adult & Child (SP)	11.00 - 11.30am	Gaynor Brown	Pre-School 1	2.15 - 2.45pm	Sally St. Clair
Pre-School 2	10.00 - 10.30am	Angela Medley	Pre-School 3	11.30 - 12.00pm	Cathy Naylor	Pre-School 2	3.45 - 4.15pm	Ann McGrath
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Pre-School 2	11.30 - 12.00pm	Gaynor Brown			

### Saturday 5 September–19 December (15 Weeks) No lessons 31 October (Half Term)

Pre-School 1	8.00 - 8.30am	Cesar Mateus	Adult & Toddler (SP)	10.30 - 11.00am	Liz Goodall
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### Sunday 6 September–20 December (15 Weeks) No lessons 1 November (Half Term)

Pre-School 2	8.00 - 8.30am	Lisa Sullivan	Pre-School 2	9.00 - 9.30am	Lisa Sullivan	Adult & Child (SP)	10.30 - 11.00am	Anissa Smith
Pre-School 1	8.30 - 9.00am	Lisa Sullivan	Adult & Toddler (SP)	10.00 - 10.30am	Anissa Smith			



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  
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### 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

15 week term £84.00

14 week term £78.40

No lessons during Half Term:

Monday 26 October-Sunday 1 November

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).

# imming Lessons

## WEEKLY TIMETABLE



### Monday 7 September–14 December (14 Weeks) No lessons 26 October (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 8 September–15 December (14 Weeks) No lessons 27 October (Half Term)

Stage 2	3.45 – 4.15pm	Lisa Sullivan	Stage 8	4.15 – 4.45pm	Bobby Storrie	Stage 4	5.15 – 5.45pm	Ann McGrath
Stage 2	3.45 – 4.15pm	Angela Medley	Stage 2	4.45 – 5.15pm	Lisa Sullivan	Stage 5	5.15 – 5.45pm	Sally St Clair
Stage 3	3.45 – 4.15pm	Camila Moncada	Stage 2	4.45 – 5.15pm	Camila Moncada	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 Storrie
Stage 5	3.45 – 4.15pm	Sally St Clair	Stage 4	4.45 – 5.15pm	Ann McGrath	Stage 2	5.45 – 6.15pm	Angela Medley
Stage 2	4.15 – 4.45pm	Lisa Sullivan	Stage 7	4.45 – 5.15pm	Liz Goodall	Stage 3	5.45 – 6.15pm	Camila Moncada
Stage 2	4.15 – 4.45pm	Camila Moncada	Stage 5	4.45 – 5.15pm	Sally St Clair	Stage 3	5.45 – 6.15pm	Lisa Sullivan
Stage 3	4.15 – 4.45pm	Angela Medley	Pre Club	4.45 – 5.15pm	Bobby Storrie	Stage 4	5.45 – 6.15pm	Bobby Storrie
Stage 5	4.15 – 4.45pm	Sally St Clair	Stage 2	5.15 – 5.45pm	Angela Medley			
Stage 4	4.15 – 4.45pm	Ann McGrath	Stage 3	5.15 – 5.45pm	Lisa Sullivan			
Stage 6	4.15 – 4.45pm	Liz Goodall	Stage 3	5.15 – 5.45pm	Camila Moncada			

### Wednesday 2 September–16 December (15 Weeks) No lessons 28 October (Half Term)

Stage 2	3.45 – 4.15pm	Sharon Mayall	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	Camila Moncada
Stage 3	3.45 – 4.15pm	Maggie Greco	Stage 2	4.45 – 5.15pm	Sharon Mayall	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	Camila Moncada	Stage 2	5.45 – 6.15pm	Sharon Mayall
Stage 2	4.15 – 4.45pm	Sharon Mayall	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	Camila Moncada	Stage 2	5.15 – 5.45pm	Lisa Salamon			
Stage 7	4.15 – 4.45pm	Sally St Clair	Stage 3	5.15 – 5.45pm	Sharon Mayall			

### Thursday 3 September–17 December (15 Weeks) No lessons 29 October (Half Term)

Stage 2	3.45 – 4.15pm	Roberto Martinez	Stage 6	4.15 – 4.45pm	Liz Goodall	Stage 2	5.15 – 5.45pm	Roberto Martinez
Stage 2	3.45 – 4.15pm	Cesar Mateus	Stage 8	4.15 – 4.45pm	Annette Roycroft	Stage 4	5.15 – 5.45pm	Sharon Mayall
Stage 3	3.45 – 4.15pm	Rachel Parsons	Stage 2	4.45 – 5.15pm	Cesar Mateus	Stage 5	5.15 – 5.45pm	Bobby Storrie
Stage 4	3.45 – 4.15pm	Sharon Mayall	Stage 2	4.45 – 5.15pm	Rachel Parsons	Stage 6	5.15 – 5.45pm	Annette Roycroft
Stage 5	3.45 – 4.15pm	Bobby Storrie	Stage 3	4.45 – 5.15pm	Roberto Martinez	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	Cesar Mateus
Stage 2	4.15 – 4.45pm	Roberto Martinez	Stage 5	4.45 – 5.15pm	Bobby Storrie	Stage 2	5.45 – 6.15pm	Rachel Parsons
Stage 2	4.15 – 4.45pm	Cesar Mateus	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	Rachel Parsons	Stage 9	4.45 – 5.15pm	Annette Roycroft			
Stage 4	4.15 – 4.45pm	Sharon Mayall	Stage 3	5.15 – 5.45pm	Cesar Mateus			
Stage 5	4.15 – 4.45pm	Bobby Storrie	Stage 2	5.15 – 5.45pm	Rachel Parsons			

### Friday 4 September–18 December (15 Weeks) No lessons 30 October (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 Storrie
Stage 4	3.45 – 4.15pm	Kirsty Shatwell	Stage 4	4.45 – 5.15pm	Kirsty Shatwell	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 Storrie	Stage 3 (8+yrs) (SP)	5.45 – 6.15pm	Kirsty Shatwell
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	Kirsty Shatwell	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 Storrie	Stage 4	5.15 – 5.45pm	Kirsty Shatwell			



### Saturday 5 September–19 December (15 Weeks) No lessons 31 October (Half Term)

Stage 2	8.00 – 8.30am	TBA	Stage 2	9.00 – 9.30am	Cesar Mateus	Stage 6	9.30 – 10.00am	TBA
Stage 2	8.00 – 8.30am	TBA	Stage 2	9.00 – 9.30am	TBA	Stage 9	9.30 – 10.00am	Liz Goodall
Stage 4	8.00 – 8.30am	Sally St Clair	Stage 3	9.00 – 9.30am	TBA	Stage 2	10.00 – 10.30am	TBA
Stage 6	8.00 – 8.30am	TBA	Stage 4	9.00 – 9.30am	Sally St Clair	Stage 2	10.00 – 10.30am	TBA
Stage 2	8.30 – 9.00am	TBA	Stage 5	9.00 – 9.30am	TBA	Stage 6	10.00 – 10.30am	Liz Goodall
Stage 2	8.30 – 9.00am	Cesar Mateus	Stage 8	9.00 – 9.30am	Liz Goodall	Stage 7	10.00 – 10.30am	Sally St Clair
Stage 3	8.30 – 9.00am	TBA	Stage 2	9.30 – 10.00am	TBA	Stage 5	10.30 – 11.00am	Sally St Clair
Stage 4	8.30 – 9.00am	Sally St Clair	Stage 2	9.30 – 10.00am	Cesar Mateus			
Stage 5	8.30 – 9.00am	TBA	Stage 3	9.30 – 10.00am	TBA			
Stage 7	8.30 – 9.00am	Liz Goodall	Stage 5	9.30 – 10.00am	Sally St Clair			

### Sunday 6 September–20 December (15 Weeks) No lessons 1 November (Half Term)

Stage 2	8.00 – 8.30am	Roberto Martinez	Stage 3	9.00 – 9.30am	Roberto Martinez	Stage 3	9.30 – 10.00am	Roberto Martinez
Stage 3	8.00 – 8.30am	Anissa Smith	Stage 4	9.00 – 9.30am	Anissa Smith	Stage 7	9.30 – 10.00am	Brigitte Fung
Stage 4	8.00 – 8.30am	Camila Moncada	Stage 6	9.00 – 9.30am	Camila Moncada	Stage 8	9.30 – 10.00am	Camila Moncada
Stage 2	8.30 – 9.00am	Roberto Martinez	Stage 5	9.00 – 9.30am	Brigitte Fung	Stage 2	10.00 – 10.30am	Lisa Sullivan
Stage 3	8.30 – 9.00am	Anissa Smith	Stage 2	9.30 – 10.00am	Anissa Smith	Stage 5	10.00 – 10.30am	Camila Moncada
Stage 4	8.30 – 9.00am	Camila Moncada	Stage 2	9.30 – 10.00am	Lisa Sullivan			

# 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 ▲		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 ▲	

**Weekly  
pay and play  
activities  
for  
Pre School  
Kids**

**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
<b>(Children must be accompanied by an adult)</b>	

### 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.



# Wednesday 2 September-Sunday 20 December

(Excluding Monday 26-Friday 30 October Half Term)

## 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.

**14 Week Course** £68.60

**Monday 7 September-14 December**

No lessons 26 October (Half Term)

Mondays 1.30 - 2.10pm Brigitte

**15 Week Course** £73.50

**Thursday 3 September-17 December**

No lessons 29 October (Half Term)

Thursdays 11.30 - 12.10pm Andrea

**13 Week Course** £63.70

**Saturday 5 September-19 December**

No lessons 3 October (Event) & 31 October (Half Term)

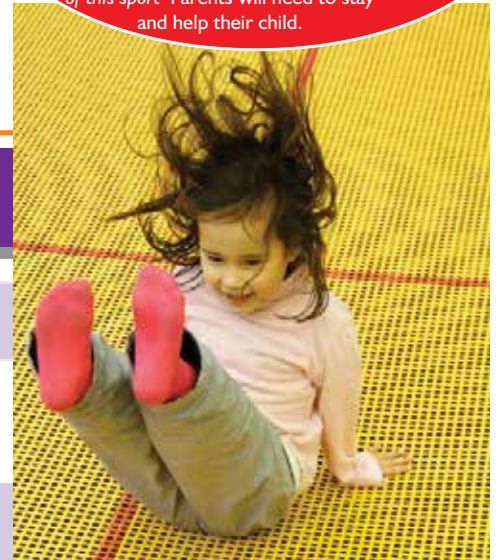
7 November (Event) Saturdays 1.00 - 1.55pm Clive

### FREE TRIAL

To book a **FREE trampolining trial session**, call children's programming on 01202 436865. (sessions subject to availability)

### \*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.



## Pre 5's Crèche

Enjoy our superb facilities, knowing that your children are having a great time too!



**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).

**Tuesday 8 September-15 December (14 Weeks) £71.40**

No lessons 27 October - Half Term

Tuesday 2.00-2.45pm Sue and Pat

**Thursday 3 September-17 December (15 Weeks) £76.50**

No lessons 29 October - Half Term

Thursday 2.00-2.45pm Sue and Rachel

**Friday 4 September-18 December (15 Weeks) £76.50**

No lessons 30 October - Half Term

Friday 1.15-2.00pm Pat and TBC



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 22 June to 6.00pm Sunday 5 July.
  - 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 7 July to 6.00pm Sunday 12 July.
  - General Enrolment** - Open to anyone wishing to join the courses. Book from Monday 13 July 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

## 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: 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.

ENROLMENT  
 DETAILS  
 SEE PAGE  
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### FA Soccer Coaching

Age: Reception, Year 1 & 2  
 Time/Day: Wednesday 4.00-4.55pm  
 Course: Booked per half term  
 2 Sept - 21 Oct (8 wks) £39.20  
 4 Nov - 16 Dec (7 wks) £34.30  
 Coach: Martin Sheppard  
 Location: Main Hall  
 Information: Moving onto to develop a range of skills both individually and as part of a team.

### Martin Sheppard's Football Academy

Per session £4.50  
 (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

## 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 and balance.

**FREE TRIAL** To book a FREE trial session, call children's programming on 01202 436865. (sessions 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). We need a few adults acting as spotters during the sessions and would very much appreciate your help

Pay as you go open session  
 Over 11s & Adults Open Session  
 £6.60 per week (members £4.60)  
 Monday 5.35-6.30pm  
 Leigh

### Monday 7 Sept-14 Dec (14 Weeks)

No lessons 26 October - Half Term  
 3.45-4.40pm (55mins) Brigitte / Clive £91.00  
 4.40-5.35pm (55mins) Brigitte / Clive / Leigh £91.00  
 5.35-6.30pm (55mins) Brigitte £91.00

### Thursday 3 Sept-17 Dec (15 Weeks)

No lessons 29 October - Half Term  
 3.45-4.40pm (55mins) Pat / TBC / Brigitte £97.50  
 4.40-5.30pm (50mins) Pat / TBC / Brigitte £88.50

ENROLMENT  
 DETAILS  
 SEE PAGE  
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### Friday 4 Sept-18 Dec (15 Weeks)

No lessons 30 October - Half Term  
 3.45-4.40pm (55mins) Brigitte / TBC / Clive £97.50  
 4.40-5.35pm (55mins) Brigitte / TBC / Clive £97.50  
 5.35-6.30pm (55mins) Brigitte / TBC £97.50 13-17yrs

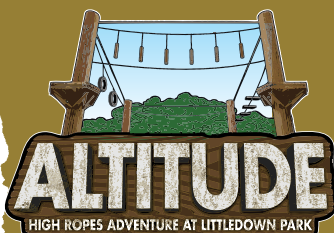
### Saturday 5 Sept-19 Dec (13 Weeks)

No lessons 3 October - Event, 31 October - Half Term, 7 November - Event  
 1.00-1.55pm (55mins) Brigitte £84.50  
 2.00-2.55pm (55mins) Clive / Brigitte £84.50  
 3.00-3.55pm (55mins) Clive £84.50

### Home Education Trampolining Course Wednesday 2 Sept-16 Dec (15 Weeks)

No lessons 28 October - Half Term  
 2.05-3.00pm (55mins) Brigitte £97.50

OPEN  
 UNTIL  
 27 SEPT



An outdoor aerial adventure that is great fun, gets you active and builds confidence.

Ideal for kids, families, birthday parties and schools with various packages available. Our experienced and dedicated staff are here to help you enjoy a safe and exciting experience.

- Low Ropes • High Ropes • Zip Wire
- Climbing Wall • Power Fan Descender

ALTITUDE  
 Packages  
 start at

£7

Extreme  
 Adventure  
 Package

£30

Fantastic  
 value for  
 money!

Aerial Challenge: Twice round Low Ropes & Climbing Wall (minimum age 5 yrs)  
 (minimum 5-8 yrs on some equipment)

Low Ropes, High Ropes, Climbing Wall & Power Fan Descender \*Family = 2 adults + 2 children 5-15yrs OR 1 adult + 3 children 5-15yrs

**ADVANCE BOOKING** Save money and get priority by booking in advance either by calling 01202 417600 or in person at Customer Service in the Littledown Centre.

**PAY ON THE DAY** Available, see website for packages and pricing.

Full details and action video at [www.altitudehighropes.com](http://www.altitudehighropes.com)



AERIAL ADVENTURE IN  
 LITLEDOWN PARK





# Littledown Juniors Player Pathway

A full season of non stop action from September-April

## Our philosophy

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.



**PLAY**  
From only **£3.66**  
a week!

## Key benefits

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



## 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



**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.

**Soccer Starters**  
Saturday 8-8.55am  
Pre School  
& Reception

**Soccer Stars**  
Saturday 9-9.55am  
& 10-10.55am  
Reception & Year 1

## Under 7s Coaching & Mini Leagues

School Year 2 8.45am (artificial pitches). Coaching sessions and the first taste of competitive football in a friendly environment. Great atmosphere, great fun!!

**Section 1:**  
Autumn Coaching  
and Game Play  
Saturday  
12 September-  
28 November

**Section 2:**  
Spring League  
Saturday  
5 December-23 April  
(Exc. 26 Dec,  
2 Jan & 26 March)

Under 9s  
Sat 8.45am or 9.55am  
Mini leagues Artificial  
Pitches

School years 3 & 4

Under 10s  
Sat 9.55am  
Mini leagues on  
small grass pitches

School year 5

Under 11s  
Sat 8.45am  
Mini leagues on  
small grass pitches

School year 6

Under 12s  
Sat 9.55am  
Mini leagues on  
small grass pitches

School year 7

Under 13s  
Sat 8.45am  
Mini leagues on small  
grass pitches

School year 8

Under 14/15s  
Friday 6.30pm  
Mini Leagues on  
Artificial Pitches

School years 9 & 10

Under 16/17s  
Friday 7.30pm  
Mini Leagues on  
Artificial Pitches

School years 11 & 12

From Littledown  
Juniors to Barclays  
Premier League  
Adam Lallana

To enrol your child please contact  
Customer Service or call 01202 417600  
[www.littledowncentre.co.uk](http://www.littledowncentre.co.uk)



# School Holiday Activities



**SAFETY NOTICE**  
Please note parent/guardian of children age 5-7 must stay at the centre. Children aged 8+ parent/guardian may leave the centre.



## Holiday Club £7.20

5 to 11 yrs  
Sessions include a mixture of sports and team activities. Team activities and multi sports could include football, quik cricket, rounders, and many more!  
Children are split into age groups on the day. Activities run inside and out. Please wear appropriate clothing and footwear.  
**9.15am – 12 noon**

### SUMMER HOLIDAYS

**Thursday 23 July**  
Beat Urban Dance Workshop, Inflatable Bouncer & Team Activities

**Tuesday 28 July**  
Gymnastics, Inflatable Bouncer and Team Activities

**Thursday 30 July**  
ALTITUDE, Inflatable Bouncer and Team Activities

**Tuesday 4 August**  
Trampoline, Inflatable Bouncer and Team Activities

**Thursday 6 August**  
Fitness Fun Class, Inflatable Bouncer and Team Activities

**Tuesday 11 August**  
ALTITUDE and Team Activities

**Thursday 13 August**  
Trampoline, Inflatable Bouncer and Team Activities

**Tuesday 18 August**  
Trampoline, Inflatable Bouncer and Team Activities

**Thursday 20 August**  
Gymnastics, Inflatable Bouncer and Team Activities

**Tuesday 25 August**  
Beat Urban Dance Workshop, Inflatable Bouncer & Team Activities

**Thursday 27 August**  
Trampoline & Littledown Water FUN!  
*(Littledown Water Fun will take place for the last 15 minutes of the session outside-please bring your own water guns)*

### OCTOBER HALF TERM

**Tuesday 27 October**  
Beat Urban Dance Workshop, Inflatable Bouncer & Team Activities

**Thursday 29 October**  
Trampoline, Inflatable Bouncer and Team Activities

## Trampoline £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**

### SUMMER HOLIDAYS

**Monday 3 & Tuesday 4 August**

**Thursday 13 & Friday 14 August**

**Monday 17 & Tuesday 18 August**

**Thursday 27 & Friday 28 August**

### OCTOBER HALF TERM

**Thursday 29 & Friday 30 October**

**Please book holiday activities early to avoid disappointment**

## Archery Beginners & intermediate £8.50 8-14 years

Why not let your child stay after Holiday Club to join in one of our Archery sessions and make a day of it!  
Applies to 12 noon session only.  
*(Children over 8 years do not need an adult to remain on premises)*

### Beginners

Exciting taster session, introducing the skills of Archery, using rubber tipped arrows and targets, Sessions taken by qualified archery coach in the main hall.

**Thursday 6 August 12.00-1.55pm or 2.00-3.55pm**

### Intermediates

Once you have passed your Beginners session you will be able to give the intermediate class a go-held outside in Littledown Park.

**Tuesday 18 August 12.00-1.55pm or 2.00-3.55pm**



**Littledown Family Fun Day**

**SUNDAY 2 AUGUST 2015**  
**11.00AM-4.00PM**  
**LITLEDOWN CENTRE & PARKLAND**

**ENJOY A FUN FILLED DAY FULL OF ACTIVITIES AND LAUGHTER - THERE REALLY IS SOMETHING FOR EVERYONE!**

[WWW.LITLEDOWNCENTRE.CO.UK/EVENTS/FAMILYFUNDAY](http://WWW.LITLEDOWNCENTRE.CO.UK/EVENTS/FAMILYFUNDAY)

# Football Focus Soccer for everyone aged 3-14



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

Coaching sessions on passing, control, dribbling and shooting with fun games, penalty competitions and matches.

**10.00am – 3.00pm, outdoors on the artificial pitches**

### Summer Holidays

**Tuesday 28 July, 11 & 25 August**

**Wednesday 29 July, 12 & 26 August**

**Friday 24 & 31 July, 7, 14, 15, 21 & 28 August**

### October Half Term

**Tuesday 27, Wednesday 28 & Friday 30 October**

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

## Soccer Starters 3 to 4 yrs £3.60

A fun footy session in the sports hall.

### Summer Holidays

**Thursdays 1.00 - 1.55pm: 23, 30 July, 6, 13, 20 & 27 August**

**Saturday 8.00 - 8.55am: 25 July, 1, 8, 15, 22 & 29 August**

**October Half Term Thursday 30 Oct 1.00 - 1.55pm**

**Saturday 1 Nov 8.00 - 8.55am**

## Martin Sheppards £12 per day Football Academy

Tournament Day (7 to 14yrs)

**Summer Holidays Monday 27 July, 3, 10, 17 & 24 August  
Tuesday 4 & 18 August**

**Wednesday 22 July, 5 & 19 August**

**Thursday 23, 30 July, 5, 13, 20 & 27 Aug**

### Oct Half Term

**Monday 26 October**

**Thursday 29 October**

**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](mailto:sheppardcoaching@hotmail.com)**

## Summer Football Coaching £3.60

5 to 14 yrs

Coaching and game play on the artificial football pitches  
9.00 - 9.55am.

**Saturday 25 July, 1, 8, 15, 22 & 29 August**

# Summer Holidays 20 July - 1 Sept October Half Term 26 Oct - 1 Nov

Summer 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 £3.80 Adults £4.80 Family £15.95 max 2 adults/max 3 children (5-15yrs)

**2 sessions weekdays during the summer holidays:**

**Tuesday 21 & 28 July, 4, 11, 18, 25 August & 1 September**

**Thursday 23 & 30 July, 6, 13, 20 & 27 August**

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

**3 sessions at weekends during the summer holidays:**

**Saturday 25 July, 1, 8, 15, 22 & 29 August**

**Sunday 26 July, 2, 9, 16, 23 & 30 August**

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

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

Normal pool rules and regulations apply

October Half Term



## HALLOWEEN MAGIC SHOW

£5.50 per child

### with Jules the Entertainer

Friday 30 October 1.45-2.30pm

Jules the Entertainer presents a fun filled spooky magic show with lots of laughter and audience participation.

The magic show is for children 2½-8 years - all children must be accompanied by an adult, accompanying adult admitted free.

Places are limited, advanced booking recommended.

**Places are limited, advanced booking recommended.**

## GET UP & GROOVE UNDER 8s

£5.50 per child

### HALLOWEEN DISCO

Friday 30 October 3.00 – 3.55pm

Halloween disco with spooky lighting effects and the music they love, from latest chart to popular kids favourites and Pop. Special bubble effects on the dance floor and glow bracelets for every child. Fancy dress competition with lots of prizes to be won! The disco is for children 2½-8 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)



## WET & WACKY

### Wet & Wacky Family Fun Sessions in the Pool

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!

Under Fives FREE Juniors £3.80 Adults £4.80 Family £15.95 max 2 adults/max 3 children (5-15yrs)

**3 sessions at weekends during the half term holidays:**

**Saturday 31 October & Sunday 1 November**

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

**2 sessions weekdays during the half term holidays:**

**Tuesday 27 October & Thursday 29 October**

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

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

Normal pool rules and regulations apply

# School Holiday Activities



## Swimming Lessons Summer Holidays

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

### Tuesday 21-Friday 24 July

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)
9.00–9.30am Stage 4	(MP)
9.30–10.00am Stage 3	(TP)
9.30–10.00am Stage 2	(TP)
9.30–10.00am Stage 5	(MP)
10.00–10.30am Diving Basics	

### Monday 27-Thursday 30 July

8.30–9.00am Stage 2	(TP)
8.30–9.00am Pre School 2	(TP)
9.00–9.30am Stage 2	(TP)
9.00–9.30am Stage 3	(TP)
9.00–9.30am Pre School 1	(TP)
9.30–10.00am Stage 2	(TP)
9.30–10.00am Stage 3	(TP)
9.30–10.00am Stage 5	(MP)
10.00–10.45am Snorkelling Basics	(MP)

### Tuesday 4-Friday 7 August

8.30–9.00am Pre school 2	(TP)
8.30–9.00am Stage 2	(TP)
9.00–9.30am Pre school 1	(TP)
9.00–9.30am Stage 3	(TP)
9.00–9.30am Improve your breaststroke	(MP)
9.30–10.00am Stage 3	(TP)
9.30–10.00am Stage 2	(TP)
9.30–10.00am Stage 6	(MP)
10.00–10.30am Diving Basics	(MP)

### Monday 10-Thursday 13 August

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)
10.00–10.45am Snorkelling Basics	(MP)

### 3 day course £16.80

### Tuesday 18-Thursday 20 August

8.30–9.00am Pre school 1	(TP)
9.00–9.30am Stage 2	(TP)
9.30–10.00am Pre school 2	(TP)
10.00–10.30am Stage 3	(TP)

### First Splash Adult and Baby

10.00-10.30am £4.90	(SP)
Monday 20 July	
Friday 31 July	
Monday 3 August	
Friday 14 August	
Monday 17 August	

### Adult and Under 4½ Swim Session

9.15 - 10.00am £4.90	(TP)
Monday 20 July	
Friday 31 July	
Monday 3 August	
Friday 14 August	
Monday 17 August	

Key  
TP = Teaching Pool  
MP = Main Pool  
SP = Splash Pool



## 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.

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

**Snorkelling basics** - Learn some basic snorkelling skills in the swimming pool. All equipment provided. Must be able to swim 25m and be confident under the water.

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

## Swimming Lessons October Half Term

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

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

### Tuesday 27 - Thursday 29 October

8.30–9.00am Pre school 1 (TP)	9.00–9.30am Stage 2 (TP)
8.30–9.00am Stage 2 (TP)	9.30–10.00am Stage 3 (TP)
9.00–9.30am Pre school 2 (TP)	9.30–10.00am Stage 4 (MP)

### Adult and Under 4½ Swim Session £4.90 First Splash Adult and Baby £4.90

Friday 30 October 9.15–10.00am (TP) Friday 30 October 10.00–10.30am (SP)

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

### SUMMER HOLIDAYS

#### Monday 20 & 27 July, 3, 10, 17 & 24 August

Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12 noon

#### Wednesday 22 & 29 July, 5, 12, 19 & 26 August

Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12 noon

#### Thursday 23 & 30 July, 6, 13 20 & 27 August

Soccer Starters	3yrs – School Age	1.00 – 1.55pm
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#### Friday 24 & 31 July, 7, 14, 21 & 28 August

Kidagility ©	15 months – School Age	9.30 – 10.15am
		10.25 – 11.10am

#### Saturday 25 July, 1, 8, 15, 22 & 29 August

Soccer Starters	3yrs – School Age	8.00 – 8.55am
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### OCTOBER HALF TERM

#### Monday 26 October

Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12 noon

#### Wednesday 28 October

Mini-Gym ©	15 months – School Age	10.25 – 11.10am
Mini-Gym ©	15 months – School Age	11.15 – 12 noon

#### Thursday 29 October

Soccer Starters	3yrs – School Age	1.00 – 1.55pm
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#### Friday 30 October

Kidagility ©	15 months – School Age	9.30 – 10.15am
		10.25 – 11.10am

#### Saturday 31 October

Soccer Starters	3yrs – School Age	8.00 – 8.55am
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**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.

Starting September



# Family Fitness Classes

Created for children and families of all ages to improve fitness, balance and dexterity in a fun, safe, social environment



**Fitness Classes**  
Designed for parents and children 5-7yrs featuring yoga, circuits and dance



**813 Club**  
Fitness classes for children 8-13yrs focussing on power, play, core and primal



**813 Classes**  
Yoga, dance and circuits classes for children 8-13 yrs



**Teen Classes**  
Classes specifically for teenagers age 14-17yrs

Look out for our Kids Class Timetable, available late July



BH Live Fitness

## 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  
Contact Customer Service for details.

3 great reasons to join

- Price
- Quality
- Value

1 Membership Use 4 Centres

**£20**  
per month (T & C's Apply)



Get fit  
Get healthy  
Get into.....



A gym for young people 8 - 13 yrs

**Opening Hours All sessions start on the hour!**

<b>Term Time</b>	
Monday - Friday	4.00pm-5.00pm
Saturday, Sunday	10.00am-11.00am
Bank Holidays	10.00am-11.00am
<b>School Holidays</b>	
Monday - Friday	10.00am-11.00am & 4.00pm-5.00pm
Saturday, Sunday	10.00am-11.00am
Bank Holidays	10.00am-11.00am

**£4.30** per session    **FREE** for members    Zone available until end of August

# 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: Marilyn Wheelband 02380 843996

www.espadafencingclub.co.uk

Beginners courses available  
Wheelchair fencing



## HELEN TROKE BADMINTON ACADEMY



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

Age 6 - 16 years Tuesday 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!

## BABYFIT UK



'The UK's leading specialist in ante and post natal exercise classes'

Ante natal suitable throughout pregnancy

Mondays 6.00pm - Terrace Room

Contact: Debbie Howells

07779 029664 or 01202 299711

dbabyfit@yahoo.co.uk

Flexible 6 week courses, run on continuous rolling programme.

Booking Essential.

## ADAGIO DANCE ACADEMY DANCE FOR FUN

'A fun and imaginative ballet based dance class giving children an introduction to dance'

Pre School - 2½ to 4½ Years

Fridays 1.45pm to 2.30pm – Studio Two

Contact: Rebecca Godber 07793 087978

Beccadance\_85@yahoo.co.uk

Contact Rebecca in advance to book a space. Term time only

## SING AND SIGN



'Music class to teach your baby to talk through baby signing'

Ages 6-24 months. Wednesday afternoons

Contact: Suzanne Taylor 07880 720047

Littlehands.dorset@ntlworld.com

www.singandsign.com

Pre booking is essential

## 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: Sam.WW@swimbournemouth.org.uk

www.swimbournemouth.org.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

SUMMER SCHOOLS 30 July, 6 & 13 August.

Also Tiny Tunes Classes for newborn-4mths.

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

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



Clubs displaying this logo also have an adult section available.

## 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

e: phil@philnormansghost.com

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.



"See you there!"





