

# School Holiday activities

**Holiday Club** £7.50  
**Access Card** £4.50

## 5-11 yrs

9.15am-12 noon

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.

### SAFETY NOTICE

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

## Easter Holidays

### Tuesday 29 March

ALTITUDE and Team Challenges.

### Thursday 31 March

Trampolining, Inflatable Bouncer and Fun Games.

### Tuesday 5 April

Gymnastics, Inflatable Bouncer and Fun Games.

### Thursday 7 April

Inflatable Bouncer & Fun Games  
Outdoor Session - wear suitable clothing/shoes!

## May Half Term

### Tuesday 31 May

ALTITUDE and Team Challenges.

### Thursday 2 June

Trampolining, Inflatable Bouncer and Fun Games.

Please book holiday activities early to avoid disappointment

## 813 Fitness Holiday Club Wednesday 6 April

**1.00-4.15pm £7.50**  
**Access Card £4.50**

**A holiday club for fitness fanatics.**

Boys and girls aged 8-13 years. Come and join us for a range of fitness activities.

Activities could include a selection from the gym, tramp conditioning, speed/agility/quickness, tennis, circuits, dodgeball, basketball, badminton and tennis.

The holiday club will finish with awards and prizes that were won during the afternoon.

## Trampolining £13.00 2 day courses

3-15yrs 2.00pm-2.55pm  
3-15yrs 3.00pm-3.55pm

### EASTER HOLIDAYS

Thursday 31 March and Friday 1 April  
Monday 4 and Tuesday 5 April

### MAY HALF TERM

Thursday 2 and Friday 3 June

Parent or 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. Children are split into age groups on the day.

## Soccer for everyone aged 3-14 years

**AFC Bournemouth  
Community Sports Trust  
Soccer Schools  
7-14 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.

### EASTER HOLIDAYS

Tuesday 29 March, Friday 1, Tuesday 5, Wednesday 6 and Friday 8 April

### MAY HALF TERM

Wednesday 1 June, Friday 3 June  
To book please contact Steve Cuss on 01202 726342, 07973 893594 or email: [steve.cuss@afcb.co.uk](mailto:steve.cuss@afcb.co.uk)

**Martin Sheppards' £12 per day  
Football Academy  
Tournament Day (7-14yrs)**

### EASTER HOLIDAYS

Wednesday 30 March, Thursday 31 March  
Monday 4 April, Thursday 7 April

### MAY HALF TERM

Tuesday 31 May, Thursday 2 June

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 (not Littledown Centre)  
07745 835 702,  
[sheppardcoaching@hotmail.com](mailto:sheppardcoaching@hotmail.com)

**Soccer Starters** £3.60  
**3 to 4 yrs**

A fun footy session in the sports hall.

### EASTER HOLIDAYS

Thursday 31 March and 7 April 1.00-1.55pm  
Saturday 2 and 9 April 8.00-8.55am

### MAY HALF TERM

Thursday 2 June 1.00-1.55pm  
Saturday 4 June 8.00-8.55am



# School Holiday swim activities

## Easter Holidays

**3 day intensive swimming courses**  
**30 minutes each lesson £17.25**  
**(total time 1½ hrs)**

### Tuesday 29-Thursday 31 March

8.30-9.00am Pre school 1 (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 Basic Snorkelling (MP)

### Adult and Under 4½ Swim Session £5.10

**Friday 1 April** 9.15-10.00am (TP)  
**Friday 8 April** 9.15-10.00am (TP)

### First Splash Adult and Baby £5.10

**Friday 1 April** 10.00-10.30am (SP)  
**Friday 8 April** 10.00-10.00am (SP)

**4 day intensive swimming courses**  
**30 minutes each lesson £23.00**  
**(total time 2hrs)**

### Monday 4-Thursday 7 April

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 5 (MP) |  
 10.00-10.30am Basic Diving (MP)

Class location:

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

## May Half Term

**3 day intensive swimming courses**  
**30 minutes each lesson £17.25**  
**(total time 1½ hrs)**

### Tuesday 31 May-Thursday 2 June

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 3 June**  
 9.15-10.00am (TP) £5.10

### First Splash Adult and Baby

**Friday 3 June**  
 10.00-10.30am (SP) £5.10

## Course Descriptions

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

### 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.

### Basic Snorkelling

Learn some basic snorkelling skills, all equipment provided. Must be able to swim 25 metres and be confident in deep water.

## Crèche

Monday-Friday 9.00am-12.10pm  
 (Closed Bank Holidays)

Age range: Under 5s.

Separate nursery area for under ones.

Pre-booking is recommended.

**Members** £6.60 (per morning)

**Non Members** £7.60 (per morning)



## Under 5s Pay and Play activities Child must be accompanied by an adult

### EASTER HOLIDAY

#### Monday 4 April

Mini-Gym © 15 months-School Age 10.25-11.0am  
 Mini-Gym © 15 months-School Age 11.15-12 noon

#### Wednesday 30 March & 6 April

Mini-Gym © 15 months-School Age 10.25-11.0am  
 Mini-Gym © 15 months-School Age 11.15-12 noon

#### Thursday 31 March & 7 April

Soccer Starters 3yrs-School Age 1.00-1.55pm

#### Friday 1 & 8 April

Kidagility © 15 months-School Age 9.30-10.15am  
 10.25-11.0am

#### Saturday 2 & 9 April

Soccer Starters 3yrs-School Age 8.00-8.55am

### MAY HALF TERM

#### Wednesday 1 June

Mini-Gym © 15 months-School Age 10.25-11.0am  
 Mini-Gym © 15 months-School Age 11.15-12noon

#### Thursday 2 June

Soccer Starters 3yrs-School Age 1.00-1.55pm

#### Friday 3 June

Kidagility © 15 months-School Age 9.30-10.15am  
 10.25-11.0am

#### Saturday 4 June

Soccer Starters 3yrs-School Age 8.00-8.55am

### Soccer Starters £3.60

Learn basic football skills.

### Mini-Gym £5.10

Structured introduction to gymnastics.

### Kidagility £5.10

Elementary gymnastics instruction, soft play and inflatable bouncer.

# School Holidays 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**

**£4.00**

**Adults**

**£5.10**

**Family**

**£17.00**

max 2 adults/max 3 children (5-15yrs)

Advanced booking is recommended for all activities.

Wet & Wacky places are limited, bookable 7 days in advance with payment at time of booking.

Normal pool rules and regulations apply.

## Easter Holidays 26 March-10 April

**3 sessions at weekends**  
Saturday 26 and Sunday 27 March

Saturday 9 and Sunday 10 April

**Session 1) 11.50am-1.00pm**

**Session 2) 1.20pm-2.30pm**

**Session 3) 2.50pm-4.00pm**

(No Wet & Wacky sessions on Saturday 2 and Sunday 3 April due to swimming galas)

**2 sessions weekdays**  
Tuesday 29 and Thursday 31 March  
Tuesday 5 and Thursday 7 April

**Session 1) 11.50am-1.00pm**

**Session 2) 1.20pm-2.30pm**

## May Half Term 28 May-5 June

**3 sessions at weekends**  
Saturday 28 and Sunday 29 May

Saturday 4 and Sunday 5 June

**Session 1) 11.50am-1.00pm**

**Session 2) 1.20pm-2.30pm**

**Session 3) 2.50pm-4.00pm**

**2 sessions weekdays**  
Tuesday 31 and Thursday 2 May

**Session 1) 11.50am-1.00pm**

**Session 2) 1.20pm-2.30pm**

See pages 14 and 15 for more school holiday activities

# Junior Membership

Unlimited use seven days a week, subject to pool timetable, at all centres across Bournemouth. Activities and facilities vary at each centre. Contact customer services for details.

# £20

per month

Terms and Conditions apply

bhliveactive