

## Junior Activities Programme from Monday 8<sup>th</sup> January 2018

The following activities can be booked up to 7 days in advance at reception or by calling 020 8398 7108. All activities are fully supervised, allowing you to use the club's other facilities. Many are FREE to Junior members whilst some will have a fee attached. It is possible to bring guests along to selected sessions, where there is a non-member fee indicated.

Activity	Time	Age	Members	Non-Members
<b>Monday</b>				
Ballet	14:00-17:00	3yrs+	Please call 020 8398 6140	
Soft Play*	15:15-16:15	2-8yrs	Free	£7.50
Kids Splash*	16:45-17:45	4-8yrs	Free	N/A
Junior Gym Session*	16:00-16.45	9-11yrs	Free	N/A
Junior Gym Session*	16.45-17.30	11-13yrs	Free	N/A
Junior Functional Training*	16:30-17:00	14-17yrs	Free	N/A
Junior Squash Course - Beginners	16:30-17:30	6-16yrs	Details overleaf	
Junior Squash Course - Intermediate	17:30-18:15	6-16yrs	Details overleaf	
Swim Squad	17:45-18:30	9-14yrs	Free	N/A
<b>Tuesday</b>				
Ballet	14:00-14:45	3yrs+	Please call 020 8398 6140	
Junior Functional Training*	17:00-17:30	14-17yrs	Free	N/A
Swim Squad	17:45-18:30	9-14yrs	Free	N/A
<b>Wednesday</b>				
After School Club	15:00-18:00	4yrs+	Free	N/A
Soft Play*	15:30-16:30	2-8yrs	Free	£7.50
Junior Gym	16.45-17.30	11-13	Free	N/A
NEW! Boot Camp/Circuits*	16.45-17.30	9-11	Free	N/A
<b>Thursday</b>				
Basketball	16:15-17:00	8-14yrs	Free	£7.50
<b>Friday</b>				
Ballet	14:00-17:00	3yrs+	Please call 020 8398 6140	
Junior Gym Session*	16:00-16.45	9-11yrs	Free	N/A
Junior Gym Session*	16.45-17.30	11-13yrs	Free	N/A
<b>Saturday</b>				
Soft Play*	09:00-10:30	2-8yrs	Free	£10.00
Kids Club*	09:30-11:00	4-7yrs	Free	£7.50
Teen Fit*	09:30-11:00	8-12yrs	Free	£7.50
Junior Squash Course - Beginners	10:00-11:15	6-16yrs	Details overleaf	
Junior Squash Course - Intermediate	11:15-12:30	6-16yrs	Details overleaf	
Aikido - Martial Arts	14.00-15.00	5-14 yrs	Contact details overleaf	
<b>Sunday</b>				
Soft Play*	09:00-10:30	2-8yrs	Free	£10.00
Junior Gym Session*	14:00-15:00	9-13yrs	Free	N/A

For just £4, our 10-13 year old members can become **Super Swimmers** to enable them to swim without being accompanied by an adult during family swimming sessions (a supervising adult must be present in the club & Super Swimmer card must be shown at reception & to lifeguard). Please see reception for further information or to book a Super Swimmer test.

Family 14-17 members are also able to take part in selected classes on our **Studio Timetable** and have access to some of the equipment in the Gym, following a free induction session. Please see reception for further information & bookings.

\*Activities run in school holidays

## Junior Activities Descriptions

### **After School Club age 4+**

Arts & crafts, fun activities and games to keep the children busy.

### **Aikido - Age 5 - 14**

**A Japanese martial art and self defence system for young people.**

Please contact The Aiki Club by email.  
the.aiki.club@gmail.com

### **Ballet age 3+**

Please contact Thames Ditton Ballet School directly for further details on 020 8398 6140.

### **Basketball 8 - 14 years**

Ex-Manchester Giants player Rodney will teach you an array of basketball skills, developing into fun team games & drills.

Boot Camp - 9-11

### **Junior Functional Training\* 14 - 17 years**

A high intensity class which helps to build strength and muscle mass.

### **Junior Gym Session\* 9 - 11 and 11- 13**

A supervised workout in the Gym for 9-13 year old members to improve fitness, stamina & endurance!

**PLEASE ONLY BOOK THE CLASS DESIGNED FOR YOUR CHILD'S AGE.**

### **Junior Squash Coaching\* 6 - 16 years**

Learn lots of skills from our Junior Squash Development Coach, Paul Carnero in a really fun way! There are beginner & intermediate courses to accommodate juniors of all standards, even those completely new to Squash! We recommend committing to a course but do accept session bookings too.

For further information, please contact Paul:  
p.carnero@talktalk.net.

*Only non-marking soles may be worn on the Squash Courts.*

### **Kids Club\*4 - 7 years**

A mixture of fun and active team games, either indoors or outdoors, dependant on the weather. Improves general fitness and keeps kids active! *Please make sure you arrive on time so you don't miss the warm up!*

*Appropriate sports clothes and trainers should be worn. Please provide a bottle of water and a light, nut-free snack.*

### **Kids Splash\* 4 - 8 years**

A supervised splash session in the Pool with woggles & floats. *Any children who cannot swim 10 metres unaided will be required to wear buoyancy aids, which will be provided, for the duration of the session.*

### **Soft Play\* 2 - 8 years**

Our exciting Soft Play area provides great fun for children with a padded climbing frame, slide & ballpit.

These free, fully supervised sessions enable you to make use of the club's other facilities. Non-members are also welcome (guest fee applies).

WEEKEND SOFT PLAY. - for this popular session we have an extra member of staff and offer a variety of fun activities in our adjacent creche area.

### **Studio Classes 14 - 17 years**

Family 14-17 members are able to take part in selected classes on our Studio Timetable and have access to some of the equipment in the Gym, following a free induction session. Please see reception for further information & bookings.

### **Super Swimmer age 10+**

For just £4, our 10-13 year old members can become Super Swimmers to enable them to swim without being accompanied by an adult during family swimming sessions (a supervising adult must be present in the club & Super Swimmer card must be shown at reception & to lifeguard). Please see reception for further information or to book a Super Swimmer test.

### **Swim Squad 9-14 years**

A supervised lane swim for grade 4+ swimmers to improve stamina. A great fun workout!

### **Teen Fit\* 8 - 12 years**

This great fun bootcamp activity to improve overall fitness and wellbeing. This session may run indoors or outdoors, depending on the weather. *Please make sure you arrive on time so you don't miss the warm up! Appropriate sports clothes and trainers should be worn. Please provide a bottle of water and a light, nut-free snack.*

\*Activities run in school holidays