

# JA Programme

From 5<sup>th</sup> November 2018

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	MEET
<b>MONDAY</b>					
SOFT PLAY*	15:15-16:15	2-8	Free	£7.50	Soft Play
BALLET	15:45-18:00	4+	Please call 020 8398 6140		
JUNIOR GYM SESSION*	16:00-16:45	9-11	Free	N/A	Gym Entrance
JUNIOR SQUASH COURSE - BEGINNERS	16:30-17:30	6-16	Details overleaf		Squash Courts
JUNIOR GYM SESSION*	16:45-17:30	11-13	Free	N/A	Gym Entrance
KIDS SPLASH*	16:45-17:45	4-8	Free	N/A	Reception
JUNIOR SQUASH COURSE - INTERMEDIATE	17:30-18:30	6-16	Details overleaf		
SWIM SQUAD	17:45-18:30	9-13	Free	N/A	Poolside
<b>TUESDAY</b>					
BALLET	15:45-19:00	4+	Please call 020 8398 6140		
<b>WEDNESDAY</b>					
AFTER SCHOOL CLUB	15:00-18:00	4-13	Free	N/A	JA Room
SOFT PLAY*	15:30-16:30	2-8	Free	£7.50	Soft Play
JUNIOR GYM	16:45-17:30	9-13	Free	N/A	Gym Entrance
<b>THURSDAY</b>					
BALLET	16:00-18:45	4+			
BASKETBALL	16:15-17:00	8-14	Free	£7.50	JA Room
ABEL KARATE	17:15-18:15	5-14	Contact details overleaf		JA Room
<b>FRIDAY</b>					
JUNIOR GYM SESSION*	16:00-16:45	9-11	Free	N/A	Gym Entrance
JUNIOR GYM SESSION*	16:45-17:30	11-13	Free	N/A	
BALLET	16:45-18:15	4+	Please call 020 8398 6140		
JUNIOR DANCE COMPANY (4-WEEK COURSE)	17:00-17:45	7-12	£10	£20	JA Room
<b>SATURDAY</b>					
SOFT PLAY*	09:00-10:30	2-8	Free	£10.00	Soft Play
KIDS CLUB*	09:30-11:00	4-7	Free	£7.50	JA Room
TEEN FIT*	09:30-11:00	8-12	Free	£7.50	
JUNIOR SQUASH COURSE - BEGINNERS	10:00-11:15	6-16	Details overleaf		Squash Courts
JUNIOR SQUASH COURSE - INTERMEDIATE	11:15-12:30	6-16	Details overleaf		
AIKIDO - MARTIAL ARTS	14:00-15:00	5-14	Contact details overleaf		Studio 2
<b>SUNDAY</b>					
SOFT PLAY*	09:00-10:30	2-8	Free	£10.00	Soft Play
JUNIOR GYM SESSION*	14:00-15:00	9-13	Free	N/A	Gym Entrance

Payable Courses     Week-to-Week Sessions    \* Sessions that run during holidays

**Book up to 7 days in advance at Reception, or call 0208 398 7108**



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### **AFTER SCHOOL CLUB (4+ YEARS)**

Arts & crafts, fun activities and games to keep the children busy. Please feel free to bring homework.

### **ABEL KARATE (5-14 YEARS)**

Looking for a new activity for your child? Try a Karate class with Abel Karate. A traditional Japanese art with a modern approach aimed at improving your child's physical and mental development. Classes are disciplined yet fun!

Please contact Paul Abel by email: [info@abelkarate.com](mailto:info@abelkarate.com)

### **AIKIDO (5-14 YEARS)**

A Japanese martial art and self defence system for young people. Please contact The Aiki Club by email. [the.aiki.club@gmail.com](mailto:the.aiki.club@gmail.com)

### **BALLET (4+ YEARS)**

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.

### **JUNIOR DANCE COMPANY (7-12 YEARS)**

'Step Up' to these fun and challenging sessions running over 4 weeks. These will involve learning routines that you can show off, concluding with a performance at the end of the course! See the flyer or poster for the dates this course will run.

### **JUNIOR GYM SESSION\* (9-11 & 11-13 YEARS)**

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 coaches 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 more information on this payable course, please contact David: [davidp@colets.co.uk](mailto:davidp@colets.co.uk)

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 shallow end of 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 & ball pit.

**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.

### **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.

### **YOGA ADVENTURES (4-10 YEARS)**

Themed classes designed to introduce children to the world of yoga whilst creating a fun and exciting atmosphere to help them improve their balance, flexibility and confidence!

## **IN CASE YOU DIDN'T KNOW...**

### **SUPER SWIMMER (10+ YEARS)**

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.



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