

# JUNIORS

# AGES 2-14

# Junior Activities

FROM 14<sup>TH</sup> SEPTEMBER 2020

	ACTIVITY	TIME	AGE	PRICE	MEET
MONDAY	LITTLE SOFT PLAY	14:00-14:45	2-5	Free	End of Squash Gallery
	COLETS CLUB	15:00-18:00	4+	Free	Balcony
	SOFT PLAY*	15:30-16:30	4-8	Free	End of Squash Gallery
	ASSOLUTA DANCE	15:45-18:00	4+	Please call 07946 342690	
	JUNIOR BOOTCAMP*	16:30-17:15	9-13	Free	On The Field
	COLETS SQUASH ACADEMY	17:00-18:00	6-16	By Invitation Only	
TUESDAY	SWIM SQUAD	17:05-17:45	9-13	Free	Poolside
	LITTLE SOFT PLAY	14:00-14:45	2-5	Free	End of Squash Gallery
	COLETS CLUB	15:00-18:00	4+	Free	Balcony
	ASSOLUTA DANCE	15:45-19:00	4+	Please call 07946 342690	
	LITTLE SOFT PLAY	14:00-14:45	2-5	Free	End of Squash Gallery
	COLETS CLUB	15:00-17:00	4+	Free	Balcony
WEDNESDAY	SOFT PLAY*	15:30-16:30	2-8	Free	End of Squash Gallery
	ASSOLUTA DANCE	16:00-18:00	4+	Please call 07946 342690	
	JUNIOR BOOTCAMP*	16:30-17:15	9-13	Free	On The Field
	SWIM SQUAD	17:05-17:45	9-13	Free	Poolside
	JUNIOR YOGA + MINDFULNESS	17:15-17:55	4-10	Please email charlier@colets.co.uk for more info.	
	THURSDAY	LITTLE SOFT PLAY	14:00-14:45	2-5	Free
MULTISPORTS		15:30-17:00	6-10	Free	On The Field
ABEL KARATE		17:15-20:00	5-14	Balcony	
LITTLE SOFT PLAY		14:00-14:45	2-5	Free	End of Squash Gallery
COLETS CLUB		15:00-18:00	4+	Free	Balcony
SOFT PLAY*		15:30-16:30	2-8	Free	End of Squash Gallery
FRIDAY	SOFT PLAY*	09:00-10:30	2-8	Free	End of Squash Gallery
	COLETS CLUB	09:30-11:00	4-7	Free	Balcony
	JUNIOR FITNESS*	09:30-11:00	8-12	Free	On The Field
	JUNIOR SQUASH COACHING	11:15-12:30	6-16	Please speak with Neal Brooker for more information	
	SOFT PLAY*	09:00-10:30	2-8	Free	End of Squash Gallery
	SATURDAY	JUNIOR GYM	15:15-16:00	9-13	Free
MULTISPORTS		15:30-17:00	6-10	Free	On The Field

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



**All activities are fully supervised, allowing you to use the club's other facilities.**

### **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! Term starts on 12<sup>th</sup> September.

**Please contact Paul Abel by e-mail:  
info@abelkarate.com**

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

Please contact Assoluta Dance directly for further details,  
info@assolutadance.co.uk

### **COLETS CLUB (4+ YEARS)**

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

Please feel free to bring homework.

### **COLETS SQUASH ACADEMY (6-16 YEARS)**

#### **INVITE ONLY SESSIONS!**

The new academy session will last 60 minutes and focus on the more detailed: technical, tactical and physical elements of squash. Ideally players attending this session will be looking to compete in local/county/regional tournaments outside of the session.

### **JUNIOR BOOTCAMP\* (9-13 YEARS)**

A fun high energy class using mats, body weight and some resistance equipment outside on the field.

Please come ready to train, meet the gym team outside and bring a water bottle with you.

### **JUNIOR FITNESS\* (8-12 YEARS)**

Aimed at improving the overall fitness and wellbeing of young members. Activities to include but are not limited to H.I.I.T., Core Conditioning, Bootcamps, Circuits, Functional Training and Yoga.

**Please make sure you arrive on time so you don't miss the warm up! Bring a water bottle and healthy nut-free snack. Wear training kit - plus something warm to put on for yoga stretch.**

### **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 AGE APPROPRIATE CLASS!**

### **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**

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

### **JUNIOR YOGA + MINDFULNESS (4-10 YEARS)**

These classes will bring an array of benefits to our members, including improved gross and fine motor skills, enhancing concentration, developing their balance/flexibility, & boosting their confidence!

The classes will be full of games, making yoga educational & fun!

### **MULTISPORTS**

A fun sports session, where will we focus on a different sport each week. Sessions start with drills and training before a having a break and then going into a game. Please bring a named water bottle and wear suitable clothing.

### **SOFT PLAY\* (4-8 YEARS)**

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

### **LITTLE SOFT PLAY (2-5 years)**

A smaller session for our smaller members, still lots of fun.

### **SWIM SQUAD (9-14 YEARS)**

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

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

OUR POPULAR KIDS AND JUNIOR CAMPS RUN EVERY SCHOOL HOLIDAY INCLUDING HALF-TERMS AND INSET DAYS. SUITABLE FOR AGE 4-12 YEARS, YOUR CHILD WILL ENJOY A FUN PACKED DAY AT COLETS AS OUR TEAM PLAN AND DELIVER A RANGE OF ACTIVITIES.

**For more information on any of our sessions, please contact Juniors@colets.co.uk**

