

# JUNIOR ACTIVITIES

FROM 2<sup>ND</sup> DECEMBER 2020

	ACTIVITY	TIME	AGE	PRICE	MEET
MON	ASSOLUTA DANCE	15:45-18:00	4+	PLEASE CALL 07946 342690	
	JUNIOR GYM*	16:15-17:00	9-13	FREE	GYM
	COLETS SQUASH ACADEMY	17:00-18:00	6-16	BY INVITATION ONLY	
	SWIM SQUAD	17:00-17:30	9-13	FREE	POOLSIDE (SWIM READY)
TUE	SWIM SQUAD	17:30-18:00	9-13	FREE	POOLSIDE (SWIM READY)
	LITTLE SOFT PLAY	14:00-14:45	2-5	FREE	END OF SQUASH GALLERY
	SOFT PLAY	15:30-16:30	4-8	FREE	END OF SQUASH GALLERY
	ASSOLUTA DANCE	16:00-18:00	4+	PLEASE CALL 07946 342690	
WED	JUNIOR GYM*	16:15-17:00	9-13	FREE	GYM
	SOFT PLAY*	15:30-16:30	2-8	FREE	END OF SQUASH GALLERY
	COLETS CLUB	15:30-17:00	4-7	FREE	END OF SQUASH GALLERY
	ASSOLUTA DANCE	16:00-18:00	4+	PLEASE CALL 07946 342690	
THU	SWIM SQUAD	17:00-17:30	9-13	FREE	POOLSIDE (SWIM READY)
	JNR YOGA + MINDFULNESS	17:15-17:55	4-10	SEE REVERSE FOR MORE DETAILS	
	SWIM SQUAD	17:30-18:00	9-13	FREE	POOLSIDE (SWIM READY)
	LITTLE SOFT PLAY	10:45-11:30	2-5	FREE	END OF SQUASH GALLERY
FRI	MULTI-SPORTS	15:30-17:00	6-10	FREE	BALCONY OR OUTSIDE
	ASSOLUTA DANCE	16:15-17:15	6-10	PLEASE CALL 07946 342690	
	ABEL KARATE	17:15-20:00	5-14	SEE REVERSE FOR MORE DETAILS	
	LITTLE SOFT PLAY	14:00-14:45	2-5	FREE	END OF SQUASH GALLERY
SAT	BOARD GAME CLUB	15:30-16:30	7-13	FREE	BALCONY OUTSIDE J.A. ROOM
	SOFT PLAY*	15:30-16:30	2-8	FREE	END OF SQUASH GALLERY
	SOFT PLAY*	09:00-10:30	2-8	FREE	END OF SQUASH GALLERY
	MINI FITNESS	09:30-11:00	4-7	FREE	ON THE FIELD
SUN	JUNIOR FITNESS*	09:30-11:00	8-12	FREE	ON THE FIELD
	JUNIOR SQUASH COACHING	11:15-12:30	6-16	SEE REVERSE FOR MORE DETAILS	
	SOFT PLAY*	09:00-10:30	2-8	FREE	END OF SQUASH GALLERY
	JUNIOR FITNESS*	09:30-11:00	8-12	FREE	ON THE FIELD
	JUNIOR GYM	15:15-16:00	9-13	FREE	GYM ENTRANCE

PAYABLE COURSE    INCLUDED WITH JUNIOR MEMBERSHIP   \* RAN DURING THE HOLIDAYS

Book up to 7 days in advance

0208 398 7108 || [www.colets.co.uk](http://www.colets.co.uk)



**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](mailto:info@abelkarate.com)

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

Please contact Assoluta Dance directly for further details, [info@assolutadance.co.uk](mailto:info@assolutadance.co.uk)

#### **BOARD GAME CLUB (7-13 YEARS)**

Join us for a different board game each week. Meet new people, develop your teamwork, strategy, problem solving, decision making plus much more and have fun!!

#### **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 FITNESS & MINI FITNESS\* (8-12 & 4-7 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\* (9-13 YEARS)**

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

#### **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.**

#### **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!

#### **MULTI-SPORTS**

A fun sports session, where we will 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 (9-13 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](mailto:Juniors@colets.co.uk)**

