

# JUNIOR ACTIVITIES

FROM 8<sup>TH</sup> JANUARY 2022

	ACTIVITY	TIME	AGE	PRICE	MEET
MON	SOFT PLAY	15:30-16:30	2-8	FREE	END OF SQUASH BALCONY
	ASSOLUTA DANCE	15:45-17:30	4+	PLEASE CALL 07946 342690	
	JUNIOR GYM*	16:30-17:15	9-13	FREE	GYM ENTRANCE
	<b>NEW DAY</b> SWIM SQUAD	17:00-17:30	9-11	FREE	POOLSIDE (SWIM READY)
	<b>NEW DAY</b> SWIM SQUAD	17:30-18:00	11-13	FREE	POOLSIDE (SWIM READY)
	COLETS SQUASH ACADEMY	17:00-18:00	6-16	BY INVITATION ONLY (SEE OVERLEAF)	
TUE	ASSOLUTA DANCE	16:00-17:45	4+	PLEASE CALL 07946 342690	
	JUNIOR GYM*	16:30-17:15	9-13	FREE	GYM ENTRANCE
WED	LITTLE SOFT PLAY	10:45-11:30	2-5	FREE	END OF SQUASH BALCONY
	<b>NEW AGES</b> MULTI-SPORTS	16:30-18:00	4+	FREE	BALCONY OUTSIDE J.A. ROOM
	SOFT PLAY*	15:30-16:30	2-8	FREE	END OF SQUASH BALCONY
THU	LITTLE SOFT PLAY	10:45-11:30	2-5	FREE	END OF SQUASH BALCONY
	ASSOLUTA DANCE	16:15-17:15	6-10	PLEASE CALL 07946 342690	
	ABEL KARATE	16:15-20:00	5-14	PLEASE EMAIL INFO@ABELKARATE.COM	
FRI	LITTLE SOFT PLAY	14:00-14:45	2-5	FREE	END OF SQUASH BALCONY
	SOFT PLAY*	15:30-16:30	2-8	FREE	END OF SQUASH BALCONY
	<b>BRAND NEW</b> FILM CLUB!	16:30-18:15	7-13	FREE	BALCONY OUTSIDE J.A. ROOM
	ASSOLUTA DANCE	16:15-19:30	6-10	PLEASE CALL 07946 342690	
SAT	SOFT PLAY*	09:00-10:30	2-8	FREE	END OF SQUASH BALCONY
	MINI ACTIVITIES	09:30-11:00	2-7	FREE	BALCONY OUTSIDE J.A. ROOM
	JUNIOR BOOTCAMP*	09:30-11:00	8-12	FREE	BALCONY OUTSIDE J.A. ROOM
	JUNIOR SQUASH COACHING	09:00-12:30	6-16	SEE REVERSE FOR MORE DETAILS	
	JUNIOR GYM*	15:00-15:45	9-13	FREE	GYM ENTRANCE
SUN	SOFT PLAY*	09:00-10:00	2-8	FREE	END OF SQUASH BALCONY
	<b>BRAND NEW</b> SUMBA DANCE!	09:30-11:00	4-12	FREE	END OF SQUASH BALCONY
	SOFT PLAY*	10:00-11:00	2-8	FREE	END OF SQUASH BALCONY
	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!

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

## **ASSOLUTA DANCE (4+ YEARS)**

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

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

### **INVITE ONLY SESSIONS!**

The Colets Academy session is an advanced squash session that 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.

## **FILM CLUB (7-13 YEARS)**

Come and join us for a Friday film night with popcorn. The film will start at 16:45. Please note the film will be either U or PG.

## **JUNIOR BOOTCAMP (8-12 YEARS)**

A session filled with a great variety of fitness activities to help improve fitness and wellbeing. Activities includes Core Conditioning and Bootcamps.

## **JUNIOR GYM\* (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!

**For more information on this payable course, please contact Neal: [NealB@colets.co.uk](mailto:NealB@colets.co.uk)**

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

## **MINI ACTIVITIES\* (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.**

## **MULTI-SPORTS (4+ YEARS)**

A fun sports session, where we will focus on a different sport each week. Sessions start with drills and training before 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.

## **SUMBA DANCE! (4-12 YEARS)**

Our take on Zumba with Sophie!

## **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)**

