School Holiday activities

Holiday Club £7.50
Access Card £4.50

5-11 years 9.15am-12 noon
Sessions include a mixture of sports and team activities. Children are split into age groups on the day. Activities run indoors and out. Please wear appropriate clothing and footwear.

SAFETY NOTICE
Please note a parent or guardian of children aged 5-7 must stay at the centre. Parent or guardian of children aged 8+ may leave the centre.

SUMMER HOLIDAYS
Thursday 21 July
Gymnastics, Inflatable Bounce and Fun Games
Tuesday 26 July
Trampolining, Inflatable Bouncer and Fun Games
Thursday 28 July
ALTITUDE, Inflatable Bouncer and Fun Games
Tuesday 2 August
Outdoor Session-wear suitable clothing and shoes-Inflatable Bouncer
Tuesday 26 July
Gymnastics, Inflatable Bounce and Fun Games
Thursday 21 July
Team Challenges
Friday 22 July
ALTITUDE, Inflatable Bouncer and Fun Games
Saturday 23 July
Soccer for everyone aged 3-14 years

Soccer for everyone aged 3-14 years

SUMMER HOLIDAYS
813 Fitness Holiday Club
Wednesday 27 July
1.00-4.15pm £7.50
Access Card £4.50
A holiday club for fitness fanatics.
Boys and girls aged 8-13 years.
Come and join us for a range of fitness activities. These could include a selection from the gym, tramp conditioning, speed, agility, tennis, circuits, dodgeball, basketball, badminton and tennis.
The holiday club will finish with awards and prizes won during the afternoon.

Trampolining £13.00
2 day courses
3-15yrs 2.00pm-2.55pm
3-15yrs 3.00pm-3.55pm

SUMMER HOLIDAYS
Monday 25 & Tuesday 26 July
Thursday 4 & Friday 5 August
Thursday 11 & Friday 12 August
Monday 22 & Tuesday 23 August

OCTOBER HALF TERM
Thursday 27 & Friday 28 October
Parent or guardian must stay within the activity area to help spot-please see page 10 for safety note. No jeans and jewellery, and socks must be worn. Children are split into age groups on the day.

Summer Football Coaching
Saturdays until 27 August
£3.60
5 to 4 years 9.00-9.55am
Coaching and game play outside on the artificial pitches.

Soccer for everyone aged 3-14 years

8.00-8.55am

AFC Bournemouth
Community Sports Trust
Soccer Schools
7-14 years £10 per day
Coaching sessions on passing, control, dribbling and shooting with fun games, penalty competitions and matches. 10.00am-3.00pm. Outdoors on the artificial pitches.

SUMMER HOLIDAYS
Monday 25 July, 1, 8, 15, 22 August
Tuesday 2, 9, 16, 23 August
Wednesday 3, 17, 24 August
Thursday 4, 11, 18, 25 August and 1 September
Friday 2nd September

OCTOBER HALF TERM
Monday 24 & Thursday 27th October
10.00am-3.00pm; outdoors on the artificial pitches. Winning teams receive medals, trophy for player of the tournament. Pre book or pay on the day, fee payable to Martin Sheppard (not Littledown Centre) 07745 835 702
email: sheppardcoaching@hotmail.com

OCTOBER HALF TERM
Tuesday 25 October
ALTITUDE and Team Challenges
Thursday 27 October
Trampolining, Inflatable Bouncer and Fun Games

Please book all holiday activities early to avoid disappointment
Summer Holidays
4 day intensive swimming courses £23.00
Monday 25-Thursday 28 July
8.30-9.00am Pre School 1 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre School 2 (TP)
9.00-9.30am Stage 2 (TP)
9.00-9.30am Stage 4 (MP)
9.30-10.00am Stage 3 (TP)
9.30-10.00am Stage 2 (TP)
9.30-10.00am Stage 5 (MP)
10.00-10.30am Diving Basics (MP)

Monday 1-Thursday 4 August
8.30-9.00am Pre School 2 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre School 1 (TP)
9.00-9.30am Stage 3 (TP)
9.00-9.30am Improve your front crawl (MP)
9.30-10.00am Stage 2 (TP)
9.30-10.00am Stage 3 (TP)
9.30-10.00am Stage 6 (MP)
10.00-10.30am Diving Basics (MP)

Monday 8-Thursday 11 August
8.30-9.00am Pre School 1 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre School 2 (TP)
9.00-9.30am Stage 3 (TP)
9.00-9.30am Improve your breaststroke (MP)
9.30-10.00am Stage 3 (TP)
9.30-10.00am Stage 2 (TP)
9.30-10.00am Stage 5 (MP)
10.00-10.45am Snorkelling Basics (MP)

Monday 15-Thursday 18 August
8.30-9.00am Pre School 1 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre School 2 (TP)
9.00-9.30am Stage 3 (TP)
9.30-10.00am Stage 3 (TP)
9.30-10.00am Stage 4 (MP)
3 day intensive swimming courses £17.25
Monday 22-Wednesday 24 August
8.30-9.00am Pre School 1 (TP)
9.00-9.30am Stage 2 (TP)
9.30-10.00am Pre School 2 (TP)
10.00-10.30am Stage 3 (TP)

Finding Dory swim sessions 3-6 years
Friday 22, 29 July, 5, 12, 19, 26 August
9.00 - 10.00am £3.50 (TP)

Finding Dory swim sessions 6-9 years
Friday 22, 29 July, 5, 12, 19, 26 August
10.00 - 11.00am £3.50 (MP)

Adult and Toddler/Baby open swim session 4 months-2 years
Friday 22, 29 July, 5, 12, 19, 26 August
10.00-10.30am £5.10 (SP)

Class location:
(TP = Teaching Pool, MP = Main Pool, SP = Splash Pool)

Course Descriptions
See page 4 for descriptions of First Splash Adult and Baby, Adult and Under 4½ yrs, Pre-School 1 and Pre-School 2.

Diving Basics
Learn the basic steps to improve your poolside diving skills. Must be able to swim 25 metres and be confident in deep water.

Snorkelling Basics
Learn some basic snorkelling skills, all equipment provided. Must be able to swim 25 metres and be confident under water.

Improve your front crawl
Improve stroke and breathing technique and build stamina. Stage 5 and above.

Improve your breaststroke
Improve stroke technique and work on breathing and timing to produce an efficient breaststroke. Stage 5 and above.

Finding Dory family swim sessions
3-6 years Non swimmer/beginner level (TP)
6-9 years Improver/advanced level (MP)
Interactive hour of in-water fun and activity, based on key swimming skills and Finding Dory storytelling. Price per child and one accompanying adult.

Adult and Toddler swim sessions
For children aged 4 months to 2 years, an instructor led fun session with songs and activities.

Under 5s Pay ‘n’ Play activities
Child must be accompanied by an adult

Summer Holiday
Monday 18, 25 July, 1, 8, 15, 22 August
Mini-Gym* 15 mths-4 yrs 10.25-11.00am
Mini-Gym* 15 mths-4 yrs 11.15-12 noon

Wednesday 20, 27 July, 3, 10, 17, 24, 31 August
Mini-Gym* 15 mths-4 yrs 10.25-11.00am
Mini-Gym* 15 mths-4 yrs 11.15-12 noon

Thursday 21, 28 July, 4, 11, 18, 25 Aug, 1 Sept
Soccer Starters 3-4yrs 1.00-1.55pm

Friday 22, 29 July, 5, 12, 19, 26 Aug, 2 Sept
Kidagility* 15 mths-4 yrs 9.30-10.15am
Kidagility* 15 mths-4 yrs 10.25-11.00am

Saturday 23, 30 July, 6, 13, 20, 27 August
Soccer Starters 3-4 yrs 8.00-8.55am

October Half Term
3 day intensive swimming courses £17.25
Tuesday 25-Thursday 27 October
8.30-9.00am Pre School 1 (TP)
8.30-9.00am Stage 2 (TP)
9.00-9.30am Pre School 2 (TP)
9.00-9.30am Stage 3 (TP)
9.30-10.00am Stage 2 (TP)
9.30-10.00am Stage 4 (MP)

Friday 28 October
Adult and Under 4½ Swim Session
10.00-10.30am (TP) £5.10

Crèche
Monday–Friday. 9.00am-12.30pm
(Closed Bank Holidays)
Age range: Under 5s.
Separate nursery area for under 1s.
Pre-booking recommended.

Members £6.60 (per morning)
Non Members £7.60 (per morning)

Under 5s Pay ‘n’ Play activities
Child must be accompanied by an adult

October Half Term
Monday 24 October
Mini-Gym* 15 mths-4 yrs 10.25-11.00am
Mini-Gym* 15 mths-4 yrs 11.15-12 noon

Wednesday 26 October
Mini-Gym* 15 mths-4 yrs 10.25-11.00am
Mini-Gym* 15 mths-4 yrs 11.15-12 noon

Thursday 27 October
Soccer Starters 3-4yrs 1.00-1.55pm

Friday 28 October
Kidagility* 15 mths-4 yrs 9.30-10.15am
Kidagility* 15 mths-4 yrs 10.25-11.00am

Saturday 29 October
Soccer Starters 3-4 yrs 8.00-8.55am
School Holidays
wet & wacky

Family Fun Sessions in the Pool
Have fun in the pool with inflatable swimming pool toys, giant play mats, and lots of other fun equipment. Also ride the two giant waterslides, the Green Scream and Rainbow River. Background music to add to the atmosphere!

Summer Holidays
3 sessions at weekends
Saturday 23 & 30 July, 6, 13, 20 and 27 August, 3 September
Sunday 24, 31 July, 7, 14, 21 and 28 August, 4 September
Session 1) 11.50am-1.00pm
Session 2) 1.20pm-2.30pm
Session 3) 2.50pm-4.00pm

2 sessions weekdays
Tuesday 26 July, 2, 9, 16, 23 & 30 August
Thursday 21, 28 July, 4, 11, 18 & 25 August
Session 1) 11.50am-1.00pm
Session 2) 1.20pm-2.30pm

October Half Term
3 sessions at weekends
Saturday 22 & 29 October
Sunday 23 & 30 October
Session 1) 11.50am-1.00pm
Session 2) 1.20pm-2.30pm
Session 3) 2.50pm-4.00pm

2 sessions weekdays
Tuesday 25 & Thursday 27 October
Session 1) 11.50am-1.00pm
Session 2) 1.20pm-2.30pm

Under 5s FREE
Juniors £4.00
Adults £5.10
Family £17.00
max 2 adults/max 3 children (5-15yrs)

Advanced booking is recommended for all activities.

Wet & Wacky places are limited, bookable 7 days in advance with payment at time of booking.

Normal pool rules and regulations apply.

Halloween Magic
Jules the Entertainer
under 8s magic show

£5.80 per child Friday 28 October 1.45-2.30pm

Jules the Entertainer presents a fun filled spooky magic show with lots of laughter and audience participation. The magic show is for children 2½-8 years. All children must be accompanied by an adult, accompanying adult admitted free.

Get Up & Groove
Halloween Disco
under 8s

£5.80 per child Friday 28 October 3.00-4.00pm

Halloween disco with spooky lighting effects and the music they love, from latest chart toppers to popular kids’ favourites. Special bubble effects on the dance floor and glow bracelets for every child. Fancy dress competition with lots of prizes to be won! The disco is for children 2½-8 years. All children must be accompanied by an adult, accompanying adult admitted free.

Double the Fun Special Offer!
£10 per child for both Magic Show & Disco (same day, same child)

Places are limited, advanced booking recommended.