



# Junior workshops

Monday 17th - Friday 21st February 2020

Course	Age	Day	Time	Location	Fee
MINI WORKSHOPS A variety of activities to keep your child entertained. Activities could include arts & crafts, baking, fun play & storytelling.	3 - 7yrs	Mon - Fri	09.30-11.30	Crèche	£12.00 per session
POTTERY Come and make a dinosaur or animal sculpture, have a go on the potters wheel, make slab and coil pots, blow up a balloon and create a funky head around it!! A week of exciting and structured classes to explore creativity with clay. All materials & equipment included. This includes bisque firing, glazing, glaze firing and packaging the children's work.	7yrs+	Mon - Fri	10.00 - 12.00	Pottery Room	£60.00
TRAMPOLINING  Come and try trampolining. This course is designed to help your child gain confidence on the trampoline.  Please wear socks and no jewellery.	2 - 4yrs	Mon, Tues, Thurs & Fri	10.00-10.30	Main Hall	£16.00
	4 - 6yrs	Mon, Tues, Thurs & Fri	10.30-11.30	Main Hall	£28.00
	7yrs+	Mon, Tues, Thurs & Fri	11.30-12.30	Main Hall	£28.00
GYMNASTICS TASTER A fun course incorporating hand apparatus and gymnastics equipment. Working towards balance, flexibility, strength & co-ordination.	4 - 6yrs	Thurs	13.30-14.30	Main Hall	£6.00
	7yrs+	Thurs	14.30-15.30	Main Hall	£6.00
COMIC CAMP  Are your children fans of superheroes and villians? Are they mad about Manga? If yes, we invite them to come along for an opportunity to learn and practice comic storytelling. There will be a chance to explore drawing skills, creating characters, experimenting with layout and investigating comic strips.	7yrs+	Thurs - Fri	10.30-12.00	Room 1	£36.00

## **Intensive Courses**

Monday 17th - Friday 21st February 2020 £42.60 Non-member / £38.35 Member. Please check ability guide before enrolling.

## **Teaching Pool**

Child Beginners (5yrs+) 08.00 - 08.30

Child Improver 08.30 - 09.00

Pre-school (3 - 4yrs) 09.00 - 09.30

## Main Pool

Intro to Main Pool (Stage 3 / 4) 09.30 - 10.00

Junior Beginners (7yrs+) 9.30-10.00

## **Swimming Ability Guide**

#### All Beginner classes

For children who are non swimmers and those who cannot swim 5metres unaided. Booking is done according to age either 3-4yrs, child 5yrs+ or juniors 8yrs+.

### **Child Improver**

For children who can swim 5m front crawl and backstroke unaided. Equivalent to Stage 3 or 4 t/p, to develop stroke technique and breathing before moving to the main pool.

#### Introduction to Main Pool

For children who can swim 10m front crawl with breathing and backstroke unaided. This class is in the main pool and is equivalent to Stage 3 Juniors or 4 main pool, to further develop stroke technique and stamina.

## Junior Beginners (7yrs+)

For juniors who are non-swimmers and those who can not swim 5 meters unaided.



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