

SUMMER HOLIDAY ACTIVITIES @ Verwood Leisure Centre  
20<sup>th</sup> July – 2<sup>nd</sup> September 2009

**MONDAY 20<sup>th</sup>, 27<sup>th</sup> July, 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> & 24<sup>th</sup>, August**

TRAMPOLINING @Verwood Leisure Centre

Ages 5+

9.30 – 10.30am

10.30 – 11.30am

Come and have a go at this activity with our qualified coach. Learn the basic skills of this sport and learn to develop your moves and jumps. If you enjoy this, then why not book on our weekly run course!

Member £4.00 Non member £5.00

**MONDAY 20<sup>th</sup> & 27<sup>th</sup> July**

BOOT KAMP for KIDS@ Potterne Park

Ages 7 +

9.30 – 11.00am

Definitely a must for those of you with bags of energy. test your fitness and complete our challenging assault course with one of our fitness instructors. It's going to be tough, it's going to be mucky but great fun. See you all at H.Q.!!

Member £4.00 Non member £5.00

**TUESDAY 21<sup>st</sup> 28<sup>th</sup> July 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> August**

GET MUCKY with Zara @ Verwood Leisure Centre

Ages 5 +

10.00 – 11.55am

This is an Easter themed art and craft session for all our budding artists, come along to this workshop and make all sorts of creations under the guidance of one of our professionals.

Member £4.00 Non member £5.00

**WEDNESDAY 19<sup>th</sup> August**

SELF DEFENCE 4 KIDZ ( Tae Kwon Do )

Ages 5+

1.00 – 3.00 pm

Come along, have a go and learn the skills of this martial art, the session will be fun, encompassing general fitness work to include stretching, sparring and self defence tactics.

Member £4.00 Non member £5.00

**MONDAY 20<sup>th</sup> – 24<sup>th</sup> July &**

**MONDAY 24<sup>th</sup> - 27<sup>th</sup> August**

TINY FOOTBALL CAMP @ Potterne Park

Ages 3 – 5  
10.00am – 12.00noon  
Member £7.00 Non Member £9.00

&

GIRLS & BOYS FOOTBALL CAMP@ Potterne Park  
Ages 5+  
10.00 – 3.00pm

A whole afternoon of the nations' favourite game!!  
let Ben help you to gain new skills which will help you to improve  
your game.

Member £16.50 Non member £18.50

**MONDAY 20<sup>th</sup> & TUESDAY 21<sup>st</sup> July**

**MONDAY 10<sup>th</sup> & TUESDAY 11<sup>th</sup> August**

CYCLE TRAINING PHASE 1 @ Potterne Park (658)

Ages 7+

2.30 – 4.30pm

Start from the beginning and learn the basic skills of becoming  
a safe cyclist with our qualified instructor. A certificate will be awarded to  
every trainee on completion of the course.

Member £12.50 Non member 14.50

**MONDAY 27<sup>th</sup>, TUESDAY 28<sup>th</sup> & WEDNESDAY 29<sup>th</sup> July**

**MONDAY 3<sup>rd</sup>, TUESDAY 4<sup>th</sup> & WEDNESDAY 5<sup>th</sup> August**

**MONDAY 17<sup>th</sup>, TUESDAY 18<sup>th</sup> & WEDNESDAY 19<sup>th</sup> August**

CYCLE TRAINING PHASE 2 @ Verwood Leisure Centre (659)

Ages 9+

2.30 – 4.30pm

Once you have learnt the basics, why not increase your skills  
and knowledge and let our excellent instructor show you how  
to be a safe cyclist on the road. A certificate will be awarded to  
every trainee on completion of the course.

Member £14.50 Non member £16.50

**WEDNESDAY 22<sup>nd</sup> July, 5<sup>th</sup> August, 19<sup>th</sup> August**

TENNIS TOP UP @ Potterne Park

( or Verwood Leisure Centre if wet.)

Ages 5 – 15

Session 1 9.30 – 10.30 am

Session 2 10.30 – 11.30am

Why not come along to one of our tennis sessions or even both, and

gain

or improve skills to enhance your game with our qualified coach.

Please

bring a drink and a snack and if it is sunny a hat!!

Member £5.00 Non member £6.00

**EVERY THURSDAY MORNING THROUGHOUT THE SUMMER  
HOLIDAYS**

**HALF PRICE OPEN BADMINTON FOR JUNIOR CENTRE MEMBERS  
!!!!!!**

@ Verwood Leisure Centre  
Ages 5 – 15  
Thursday's 9.00am – 1.00pm  
Come along with your friends and have a  
great time playing.  
Member £2.70 Non member £5.40 per hour

**FRIDAY 24<sup>th</sup>, 31<sup>st</sup> July 7<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> August**

PURE FUNK Street dance / Break dance sessions  
@ Verwood Leisure Centre  
Join amazing PURE FUNK dance instructors and learn the latest  
dance  
Routines to the latest funky music. At the end of each session a short  
Performance will be shown to parents and guests.  
Member £4.00 Non member £5.00

**FRIDAY 24<sup>th</sup> July & 7<sup>th</sup> August**

GYMNASTICS @ Verwood Leisure Centre  
Ages 5 +  
9.30 – 11.00am  
Come along to our gymnastic sessions with a view to starting  
gymnastics  
Club in September!!  
Member £5.00 Non member £6.00

**FRIDAY 31<sup>st</sup> July & 14<sup>th</sup> August**

MULTI SPORTS @ Potterne Park  
Ages 5 +  
12.00 – 3.00pm  
An afternoon filled with a mixture of sports for the energetic and  
active. Why  
not bring your friends along and form your own team!!  
Member £10.00 Non member £12.00

**MONDAY 20<sup>th</sup> July – WEDNESDAY 2<sup>nd</sup> September**

GIVE US A BREAK

Ages rising 5 – 12 years

9.30am – 4.00pm      Member £13.00      Non member £15.00

8.30am – 6.00pm      Member £16.75      Non member £18.75

***Buy 4 Days and get the 5<sup>th</sup> Half price!!***

Our traditional all day holiday activity, encouraging children to join in games, sporting activities as well as art and craft. We support structured free play encouraging children to make choices and decisions as well as taking part in organised activities.

GIVE US A BREAK is Ofsted registered, ensuring a safe and secure environment.

**Bring your packed lunch and leave the fun to us!**

BECOME A JUNIOR CENTRE MEMBER FOR ONLY £6.00 FOR THE YEAR TO RECEIVE DISCOUNTS ON ALL ACTIVITIES, COURSES AND PARTIES!

***All activities must be booked and paid for in advance !!***

For further information on all the above activities telephone

Verwood Leisure Centre 01202 821007