

Verwood Leisure Centre

Chiltern Drive,
Verwood, Dorset
BH31 6UQ
01202 821007



- **Monday 26 July, 9 & 23 August**

Cycle Maintenance Session & Security Marking

@ *Potterne Park*
Ages 7 to Adult

1pm - 2.30pm

Ensure that your bike is in Top - Top condition all the time by attending this session.

On the 9th & 23rd August, Dorset Police will be attending these two sessions to security code your bikes free of charge!

M £2.50 N/M £3.50

- **26 & 27 July, 9 & 10 or 23 & 24 August**

Cycle Training 1

@ *Potterne Park*
(2 day course)
Ages 7+

2.30pm - 4.30pm

Start from the beginning and learn the basic skills of becoming a safe cyclist with our qualified instructor.

A certificate and badge will be awarded to every trainee on completion of the course. Security marking of your bikes is also available on 9th & 23rd August free of charge by Dorset Police, so why not come a few minutes earlier and get it done.

M £13.00 N/M £15.00

- **3 day course: 26, 27 & 28 July, 9, 10 & 11 and 23, 24 & 25 August**

Cycle Training 2

@ *Verwood Leisure Centre*
Ages 9+

2.30pm - 4.30pm

Now that 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 and badge will be awarded to every trainee on completion of the course. Security marking for your bike is also available free of charge at Potterne Park from 1.00pm on the 9th & 23rd August, so why not visit there first!

M £19.50 N/M £21.50

- **Monday 2 & 16, Friday 27 August NEW!!**

Summer Cricket Club

@ *Potterne Park*
Age 9+

3pm - 5pm

Come along with friends and learn the basics of one of our nation's favourite games, or enhance the skills you already have. Score as many runs for your team as possible when batting and then grab the chance to field and try and get the other side out!

M £4.10 N/M £5.50

- **Monday 26 July until Wednesday 1 September**

Get up and Go Badminton

@ *Verwood Leisure Centre*
8am - 12noon

Book a badminton court between 8am and noon for only £1 per player. Booking available from 7am on day of play (excludes weekends).

- **Monday 26 July, 2, 16 & 23 August**

Cycle Crazy

@ *Potterne Park* Minimum height 4ft 11ins
6.45pm - 7.15pm

Experience hill climbing and sprinting on a static bike for extreme fitness and fun, all done to the beat of the music.

M £2.50 N/M £3.50

- **Monday 26 July, 9 & 23 August NEW!!**

Baseball

@ *Potterne Park*
Age 8+

3pm - 5pm

At last baseball has come to Verwood! Learn the basic skills of this game: pitching, fielding and teamwork. Definitely taking you on your way to Major League!!

M £4.10 N/M £5.50

- **Tuesday 27 July, 3, 10, 17 & 24 August**

Tennis

@ *Potterne Park*
Ages 7+

Session 1

10am - 11am

Session 2

11am - 12noon

Join in this supervised session to learn the basics of the game or develop the skills that you already have.

M £3.50 N/M £4.50 per session

- **Tuesday 27 July, 3, 10, 17 & 24 August**

Netball

@ *Potterne Park* **NEW!!**
Ages 6+

1pm - 2.30pm

At long last we have got a netball session on our activity list.

Have fun learning the basics of this game and competing against other teams. If you enjoy it why not enquire about netball club!

M £4.10 N/M £5.50



- Wednesday 28 July, 4, 11 & 25 August

Trampolining

@ Verwood Leisure Centre

Ages 5+

Session 1

9.30am - 10.30am

Session 2

10.30am - 11.30am

Join our qualified coach and learn the basics of this sport and learn to develop your moves and jumps.

If you enjoy this, then why not book on our weekly course!

M £4.00 N/M £5.00
per session

- Thursday 29 July, 5, 12, 19 & 26 August

Crafty Kids

@ Verwood Leisure Centre

Ages 5+

10am - 11.55am

This is a fabulous session for all our budding artists.

They will make all sorts of creations to take home under the guidance of one of our professionals.

M £4.10 N/M £5.50

- Monday to Thursday 26, 27, 28 & 29 July, 9, 10, 11 & 12 August, 23, 24, 25 & 26 August

Football Camp (4 day play)

@ Potterne Park

Ages 6+

10am - 3pm

A fun packed camp where you will be training with friends learning new skills, tricks and shooting techniques, to help improve your game. As you gain a skill you will be able to record this in your own personal log.

Day 1: Passing

Day 2: Dribbling

Day 3: Shooting skills

Day 4: Tournament day

M £30 N/M £35

- Tuesday 27 July, 3, 10, 17, 24 August

Hip-Hop / Street Dance

with Kerri Faulkener from Storm
@ Verwood Leisure Centre

Ages 11 - 17

4pm - 6pm

For a total body workout get fit through dance. Kerri Faulkener will provide you with the chance to learn fantastic urban dance moves and routines. Previous candidates have been able to perform in London theatres. Who knows where it could take you!

M £4.10 N/M £5.50

- Friday 30 July, 6, 13, 20 & 27 August

Teen Scene in the Gym

@ Verwood Leisure Centre

Ages 11 +

Session 1

4pm - 5pm

Session 2

5pm - 6pm

Get accustomed to the equipment in our state of the art C.V. and weights rooms. Enjoy a good workout under the guidance of our qualified fitness instructors.

M £4.10 N/M £5.50
per session

- Friday 30 July, 6, 13, 20 & 27 August

Teeny Tumble & Bounce

@ Verwood Leisure Centre

9.30am - 11.30am

Walking to 4 years

Bring mum, dad, granny or granddad along and have fun playing on the bouncy castle or tackling the giant sized soft play shapes and tunnel. Tea / Coffee provided.

Adult £2.10

Give us a Break @ Potterne Park

This holiday club is our established all day holiday activity, where we encourage the children to join in games and sporting activities as well as art and craft. Each day has a fun filled activity plan offering a choice of activities to suit all, we have themed days and should the weather allow, trips to Moors Valley.

We support structured free play, encouraging children to make choices and decisions as well as taking part in organised activities. The only thing that you have to bring is a healthy packed lunch and yourselves!! *Give us a Break holiday club is Ofsted registered, all our staff are qualified and Crb'd to ensure a safe and secure environment for all the children.*

Early Bird Discount

Book more than 4 weeks in advance and get an extra 10% off price!!!

8.30am - 6pm

M £17.25 N/M £19.30

9am - 4pm

M £13.40 N/M £15.45

STEP UP SCHEME AVAILABLE FOR ALL ACTIVITIES!

Book early to avoid disappointment contact reception on 01202 821007