

TEEN SCENE

Friday

GROUP 1 4.00 – 5.00pm ages 11+

GROUP 2 5.00 – 6.00pm ages 13+

DATES: February 26th
March 5th, 12th, 19th, 26th

COURSE COST:

MEMBER - £17.00

NON MEMBER - £19.50

SESSION COST - £4.30



Please re-enrol **by 17/02/10** if you wish to continue with this course. If you do not renew your place by the above date it **will** be offered to those on the waiting list. If you know you will not be continuing please let a member of staff at reception know. Thank you

What do I need? You will need to wear comfortable sport style clothing (not jeans) and training shoes. If you wish to bring a sports bottle you may do so but we also have water facilities in the gym

GYMNASTICS with Karen

Saturday

GROUP 1 10.00 – 10.55AM BEGINNERS

GROUP 2 11.00 – 11.55AM

GROUP 3 12.00 – 12.55PM

DATES: February 27th
March 6th, 13th, 20th, 27th,
April 3rd

COURSE COST:

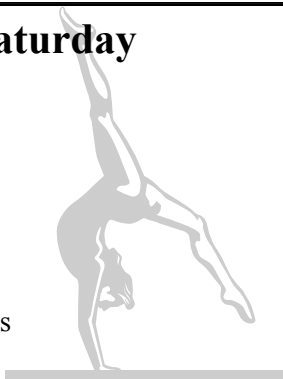
MEMBER - £23.10

NON MEMBER - £26.10

As part of Gymnastics, children will be working towards achievement badges. Badges and certificates are £2.60, however this is not a requirement of the course.

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6 sessions



01202 821007

CHILDREN'S COURSES February—April 2010



*Courtesy telephone calls will no longer be made to remind of start dates. Please enrol either in person or via phone by the highlighted date to avoid losing your place. After this date places will be offered to the waiting list
Payment to be taken at time of booking.*



*Centre membership prices
Adults £10.00
Junior / S Citizen £6.00
Family £25.00*

Mini Soccer

Monday

3.30—4.15pm beginners (3 -4 yrs) @ VLC
4.20—5.05pm (4 - 5 yrs) @ VLC
5.10—5.55pm improvers (5 – 7 yrs or more experienced) @VLC
6.00—6.45pm Youth (7+) @VLC



6 sessions

Dates: February 22nd,
March 1st, 8th, 15th, 22nd, 29th

Cost: Members £23.10
Non members £26.10

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What do I need? You will need to wear shorts, t-shirt and trainers. If you would like to bring a drink please bring it in a sports style bottle to avoid spillages.

TRAMPOLINING

Thursday

LEVEL 1, 3.30 – 4.25PM
LEVEL 2, 4.30 – 5.25PM
LEVEL 3, 5.30 – 6.25PM



6 sessions

Dates: February 25th
March 4th, 11th, 18th, 25th

Cost: Members £23.10
Non members £26.10

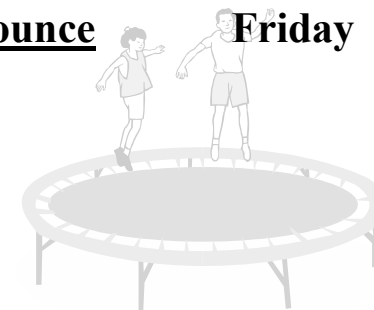
As part of Trampolining, children will be working towards achievement badges. Badges and certificates are £2.60, however this is not a requirement of the course.

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What do I need? You will need to wear comfortable clothing preferably covering the knees and elbows; you will also need to wear socks for safety reasons. If you would like to bring a drink please bring it in a sports style bottle to avoid spillages.

Parent & Toddler Tumble and Bounce

Friday



A parent led session including bouncy castle, Soft play, toys and more. £2 per parent and child to include a tea or coffee.

Drop in any time between 9.30am—11.30am.

Badminton with Matt

Friday

4.00pm—5.00pm

Dates: February 26th
March 5th, 12th, 19th, 26th

5 sessions

Cost: Member: £19.25
Non Member £21.75

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