

| Monday 19 <sup>th</sup>                  | Tuesday 20 <sup>th</sup>                          | Wednesday 21 <sup>st</sup>                                    | Thursday 22 <sup>nd</sup>                                 | Friday 23 <sup>rd</sup>                     |
|--|---|---|---|---|
| Splash<br>Netball<br>Relays<br>Benchball | Football<br>Fun with Food<br>Tennis<br>Basketball | Splash<br>Balloon Volleyball<br>Team building<br>Kwik Cricket | Trampolineing<br>Creative Crafts<br>Dodgeball<br>Tri-Golf | Splash<br>Gymnastics<br>Rounders<br>Archery |

|  |              |               |             |            |              |                           |
|--|--------------|---------------|-------------|------------|--------------|---------------------------|
| <b>Holiday Activities</b>                | <b>Time:</b> | 9.00am-3.00pm | <b>Age:</b> | 5-11 years | <b>Cost:</b> | £14.00 per child, per day |
| <b>Early Birds*</b>                      | <b>Time:</b> | 8.30-9.00am   | <b>Age:</b> | 5-11 years | <b>Cost:</b> | £1.50 per child, per day  |
| <b>Extra Time Club (Ozone play area)</b> | <b>Time:</b> | 3.00-4.00pm   | <b>Age:</b> | 5-11 years | <b>Cost:</b> | £3.00 per child, per day  |

\*Early Birds does not include breakfast for your child. \*\*Swim kit is required for Splash days.



## Cheerleading Camp

Shake those pom poms at our energetic cheerleading camp, learning basic cheerleading stunts and lifts.

|              |                                   |              |                  |
|--------------|-----------------------------------|--------------|------------------|
| <b>Date:</b> | Tuesday 20 <sup>th</sup> February |              |                  |
| <b>Time:</b> | 9.00am-3.00pm                     |              |                  |
| <b>Age:</b>  | 5-11 years                        | <b>Cost:</b> | £15.00 per child |
|              | Limited spaces                    |              |                  |



## 4 Day Swim Crash Course

|              |   |                                 |
|--------------|---|---------------------------------|
| <b>Date:</b> | Monday 19 <sup>th</sup> - Friday 23 <sup>rd</sup> February<br>(excluding Tuesday) |                                 |
| <b>Time:</b> | 9.00 - 9.30am   | Stage 1                         |
|              | 9.30-10.00am  | Stage 2                         |
|              | 10.00-10.30am   | Stage 1                         |
|              | 10.30am-11.00am   | Stage 3 / 4A                    |
|              | 1.30pm - 2.00pm   | Stage 1 / 2                     |
|              | 2.00pm - 2.30pm   | Stage 1 / 2                     |
| <b>Age:</b>  | 4+ years  | <b>Cost:</b> £23.00 per student |

*Please note:* All activities must be booked in advance, to book please call: 024 7685 6956. Full payment must be taken on booking.



## Stroke Workshops

### Front Crawl Workshop

A class designed to build on technique for front crawl.

|              |                                  |                              |
|--------------|----------------------------------|------------------------------|
| <b>Date:</b> | Monday 19 <sup>th</sup> February |                              |
| <b>Time:</b> | 1.00pm-1.30pm                    |                              |
| <b>Age:</b>  | 4+ years                         | <b>Cost:</b> £5.00 per child |

### Backstroke Workshop

A class designed to build on technique for backstroke.

|              |                                     |                              |
|--------------|-------------------------------------|------------------------------|
| <b>Date:</b> | Wednesday 21 <sup>st</sup> February |                              |
| <b>Time:</b> | 1.00pm-1.30pm                       |                              |
| <b>Age:</b>  | 4+ years                            | <b>Cost:</b> £5.00 per child |

### Breaststroke Workshop

A class designed to build on technique for breaststroke.

|              |                                  |                              |
|--------------|----------------------------------|------------------------------|
| <b>Date:</b> | Friday 23 <sup>rd</sup> February |                              |
| <b>Time:</b> | 1.00-1.30pm                      |                              |
| <b>Age:</b>  | 4+ years                         | <b>Cost:</b> £5.00 per child |

## AQUATOTS SESSIONS

at Centre AT7 and Xcel Leisure Centre

Spring Term: 8th January to 29th March 2018  
(excluding Half Term - 19th - 23rd February)

### XCEL LEISURE CENTRE

#### Tuesdays:

9.30 - 10.00am  
(4 mths - 3 yrs)

#### Wednesdays:

10.30am - 11.00am  
(4 mths - 3 yrs)

#### Thursdays:

9.30am - 10.00am  
(4 mths - 1 yrs)

10.30-11.00am  
(1 - 3 yrs)

#### Fridays:

10.30 - 11.00am  
(4 mths - 3 yrs)

### CENTRE AT7

#### Tuesdays:

10.30 - 11.00am  
(4 mths - 3 yrs, ladies only session)

1.30 - 2.00pm  
(4 mths - 1 yrs)

2.00 - 2.30pm  
(2 - 3 yrs)

2.30 - 3.00pm  
(1 - 2 yrs)

#### Thursdays:

10.45-11.15am  
(4 mths - 3 yrs)

