

Active Kids Coaching - 22 August to 7 October 2011

Book your child on to activities from Monday 15 August 2011. Booking forms required

Day	Activity	Time	Age	What's it all about?
Monday	Dance	4.05pm - 4.40pm	P1 - P3	Try a range of dance styles
	Dance	4.45pm - 5.30pm	P4 - P7	Try a range of dance styles
Tuesday	Teen Gym	4.15pm - 5.00pm	12yrs - S4	Keep your body healthy and happy
	Netball	4.05pm - 4.55pm	P6 - S4	Get your hands on a great ball game
	Football 5's	5.00pm - 5.45pm	P1 - P7	Skills, drills and games
Wednesday	Summer Sports	4.15pm - 5.00pm	P1 - P7	Ultimate Frisbee, dodgeball, rounders
	Zumbatomic@	5.00pm - 5.30pm	P1 - P3	Crazy, cool, dance fitness, boys and girls!!
	Zumbatomic@	5.30pm - 6.00pm	P4 - P7	Crazy, cool, dance fitness, boys and girls!!
Thursday	Fit Kids	4.15pm - 5.00pm	P1 - P7	Obstacle races, relays and running about
	Teen Tone	5.00pm - 5.45pm	S1 - S4	Circuits, boxing and tone for teens
Friday	Ballet	4.15pm - 4.55pm	P1 - P3	Come and try ballet dance
	Funky Feet	5.10pm - 5.50pm	P1 - P3	Different dance styles, enjoy a Friday night boogie
	Kids Climbing	4.05pm - 4.50pm	P4 - P7	Never climbed before? Come and try
	Kids Climbing	5.00pm - 5.45pm	P1 - P3	Never climbed before? Come and try
	Soft play	5.15pm - 5.45pm	P1 - P3	Roll around, build and play

Please remember your indoor trainers for all sports hall activities

Pre school activities - book on a weekly basis for some activities. Please call and cancel if not attending.

Day	Activity	Time	Age group	What's it all about?
Tuesday	Moving Minis	10.15am - 11.00am	Under 5's	Crawl, clamber and climb
	Musical Minis	1.00pm - 1.40pm	0 to walking	Sing and play along songs and stories
	Musical Minis	1.45pm - 2.30pm	Walking to 5 yrs	Sing and play along songs and stories
Thursday	Musical Minis	9.30am - 10.30am	Under 5's	Sing and play along songs and stories
	Mucky Minis	10.45am - 11.30am	Under 5's	Messy play time
Friday	Mini kickers	3.00pm - 3.45pm	3 - 5 years	Soccer skills and games
	Mini kickers	3.45pm - 4.30pm	3 - 5 years	Soccer skills and games
	Nursery Ballet	3.00pm - 3.30pm	3 - 5 years	Come and try ballet dance
	Nursery Ballet	3.30pm - 4.00pm	3 - 5 years	Come and try ballet dance
	Soft play	4.45pm - 5.15pm	Pre school	Roll around, build and play
Saturday	Top Tots	10.00am - 11.00am	3 - 5 years	Adventure games play

Please go to reception with your Highlife cards before taking part in any activities

Adult Fitness Classes Please bring wear clean, indoor shoes for fitness

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am - 9.55am			Fit Plus 50+			
9.50am - 10.50am				Dynamic Yoga		
9.50am - 10.35am					Fit Plus 50 +	
10.00am - 10.45am						Spinning
5.00pm - 5.45pm	Spinning					
6.00pm - 7.00pm	Circuits	Yoga	Pump	Cross Training	Boxing circuits	
7.00pm - 8.00pm		Jog Club	Aquacise			
7.15pm - 8.00pm		Spinning	Spinning	Spinning		
8.00pm - 9.00pm	Zumba Dance		Zumba Fit			

> Zumba Dance - not a centre run activity, £4.00 payable to Zumba instructor on arrival

General Information - Ask at reception for more details

All abilities welcome to attend fitness classes.

12 - 15 year olds must complete PARQ form and be accompanied by an adult.

Climbing Wall Opening Times



Tuesday / Wednesday / Thursday	7.00pm - 10.00pm
Friday	6.00pm - 10.00pm
Saturday + Sunday	12.00pm - 3.00pm

Come and learn to climb. "Introduction to climbing" courses available FREE to All Inclusive High Life members, book your place now.

Gym Opening Times

Monday to Friday	7.30am - 10.00pm
Saturday and Sunday	10.00am - 4.00pm



An induction **must** be completed before using the gym for the first time

Swimming Pool Opening Times - 15 August to 9 October

Monday	7.30am - 8.30am	Public session	Lane available
	9.00am - 10.00am	Senior swim	50yrs +
	1.00pm - 2.00pm	Public session	Lane available
Tuesday	7.30pm - 9.30pm	Public session	Lane available
	7.30am - 8.30am	Public session	Lane available
	1.00pm - 2.00pm	Public session	Lane available
Wednesday	7.30pm - 9.30pm	Public session	Lane available
	1.00pm - 2.00pm	Public session	Lane available
	7.15pm - 8.00pm	Aquacise	Low impact
Thursday	8.00pm - 9.30pm	Public session	Lane available
	7.30am - 8.30am	Public session	Lane available
	1.00pm - 2.00pm	Public session	Lane available
Friday	8.30pm - 9.30pm	Public session/ Swimgym	Swim for Fitness
	9.00am - 10.00am	Senior swim	50yrs +
	7.15pm - 8.15pm	Fun session	30 max
Saturday	8.30pm - 9.30pm	Public session	Lane available
	10.00am - 12.00pm	Family session	Family friendly policy
	12.00pm - 4.00pm	Public session	Lane available
Sunday	11.00am - 12.00pm	Family session	Family friendly policy
	12.00pm - 4.00pm	Public session	Lane available

50p Happy Hours for all activities: Saturday and Sunday 3pm - 4pm, Wednesday 8pm - 9pm.

Swimming lessons available from 6 months to adult. See our Learn to Swim Scheme