

Pre School Activities Term Time

Our under 5's Activities will help your child;

- Develop agility, balance, strength, speed and co-ordination
- Increase self confidence
- Enjoy exercise from an early age
- Develop social skills and meet other children
- Develop and increase concentration
- Participate in group activities

Development stages of your child at Littledown

Guidelines are taken from British Gymnastics, Amateur Swimming Association, Football Association and Schools National Curriculum. Give your child a head start by introducing sport at an early age in a structured, fun, safe environment.



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Mini-Gym (c) 15 mths - school age 10.00 - 10.45am	Spring'n'Jump (c) 15 mths - school age 9.30 - 10.15am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Kidagility (c) 15 mths - school age 9.30 - 10.15am	Soccer Starters 3 yrs - school age 8.00 - 8.55am
Mini-Gym (c) 15 mths - school age 10.45 - 11.30am	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Mini-Gym (c) 15 mths - school age 10.00 - 10.45am	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Kidagility (c) 15 mths - school age 10.25 - 11.10am	
First Splash Adult & Baby Swim Session ** 12 mths & under 2:00 - 2:30pm ▲	Spring'n'Jump (c) 15 mths - school age 10.25 - 11.10am ▲	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Mini Movers (c) 15 mths - school age 10.30 - 11.15am ▲	Kidagility (c) 15 mths - school age 11.15am - 12 noon	
	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Mini-Gym (c) 15 mths - school age 10.45 - 11.30am	Mini Movers (c) 15 mths - school age 11.15am - 12 noon ▲	Pre Club Gym Courses** 3 yrs - school age 1.15 - 2.00pm ▲ (course see page 9)	
	Spring'n'Jump (c) 15 mths - school age 11.15am - 12 noon ▲	Open Trampolining ** 3 yrs - school age 1.15 - 2.05pm ▲	Soccer Starters 3 yrs - school age 1.00 - 1.55pm	Adult & Under 4½ yrs Swim Session 1.30 - 2.30pm ▲	
	Pre-Club Gym** 3 yrs - school age 1.15 - 2.00pm ▲		Pre-Club Gym** 3 yrs - school age 1.15 - 2.00pm ▲	Pre Club Gym** 3 yrs - school age 2.00 - 2.45pm ▲	
	Pre-Club Gym Courses** 3 yrs - school age 2.00 - 2.45pm ▲ (see page 9 for Pre-Club gym courses)		Pre-Club Gym Courses** 3 yrs - school age 2.00 - 2.45pm ▲ (course see page 9)	First Splash Adult & Baby Swim Session** 12 mths & under 2.30 - 3.00pm ▲	
			Soccer Starters 3 yrs - school age 2.00 - 2.55pm ▲		

Weekly pay and play activities for Pre School Kids

Please note Classes with this symbol ▲ are not available during school holidays. (c) Denotes Crèche Available. ** Not included in the Junior Membership



CRECHE FACILITIES

You can go and enjoy our superb facilities, knowing your children are having a great time.

Members (per morning) £5.00
Non-Members (per morning) £5.90

Monday – Friday 9.00am – 12.30pm

Age Range – Pre 5's. (Separate nursery area for under 1's)

The Crèche is registered by OFSTED and operates in accordance with the Children's Act 1989. Our fully qualified Crèche staff will keep your children happily entertained with a wide range of activities including:

- Painting • Dressing Up • Singing • Book Corner

PRE-CLUB GYM COURSES

Courses for children aged 3–5 years (Parent/Guardians must stay within the activity area).

12 Week Courses £50.40 10 Week Courses £42.00

Tues 5th January – 30th March (12 weeks)

No lessons 16th February – Half Term

Tuesday 2.00–2.45pm

Thurs 7th January – 1st April (12 weeks)

No lessons 18th February – Half Term

Thursday 2.00 – 2.45pm

Fri 8th January – 26th March (10 weeks)

No lessons 19th & 26th February – Half Term/Major Event

Friday 1.15 – 2.00pm



TRAMPOLINING COURSES

Courses for children aged 3–5 years (Parent/Guardians must stay within the activity area). Children must wear socks during these courses. No jewellery or jeans.

12 Week Course £49.20

Mon 4th January – 29th March

No lessons 15th February – Half Term

Mondays 1.30 – 2.10pm Brigitte

Mondays 2.15 – 2.55pm Brigitte

12 Week Course £49.20

Thurs 7th January – 1st April

No lessons 18th February – Half Term

Thursdays 11.30 – 12.10pm Kim

10 Week Course £41.00

Fri 8th January – 26th March

No lessons 19th & 26th February – Half Term/Major Event

Fridays 12.45 – 1.25pm Katharine

10 Week Course £56.00

Sat 9th January – 27th March

No lessons 6th, & 13 February (Major Events)

Saturdays 2.00 – 2.55pm Clive



COURSE ENROLMENT PROCEDURES

Priority Re-Enrolment 1 – Current children wishing to re-enrol on a course at the same time and day. Book from 8.00 am Monday 23rd November to 6.00pm Sunday 6th December.

Priority Re-Enrolment 2 – Current children wishing to re-enrol on a course at a different time or day to this term. Book from 8.00 am Tuesday 8th December to 6.00pm Sunday 13th December.

General Enrolment – Open to anyone wishing to join the courses. Book from Monday 14th December after 8.00am.

Course Cancellation – Courses will be subject to cancellation if there is insufficient enrolment.

Refunds – These will only be considered on production of a valid Doctor's Certificate. Your child will be removed from the course for the rest of the term, in order for the refund to be issued.

Due to sickness or staff training, it may be necessary for your child's teacher to change. We will endeavour to inform you of any changes, but this is not always possible at short notice.

Development Stage 1

FIRST SPLASH ADULT & BABY

First steps of taking your baby in the pool. Focuses on confidence building activities for baby and carer, in a small group. Places are limited, pre-booking is recommended in pay as you go sessions. Also available as a course.

Prices per child

Members	£4.00
(Children must be accompanied by an adult)	FREE
Adult & U4½ yrs Swim Members & Non Members	£4.10
Pre Club Gym Members & Non Members	£4.20

Development Stage 2

SPRING'N'JUMP

Jumping and bouncing activities using space hoppers, trampettes, inflatable bouncer and other gymnastics and fun equipment. An ideal introduction to trampolining. **MINI MOVERS** A mixture of inflatable bouncer, catch & throw games – great for eye-hand co-ordination! **KIDAGILITY** Elementary gymnastics instruction, soft play and inflatable bouncer.

MINI GYM Structured introduction to gymnastics, learning basic skills using actual gymnastic equipment and soft play. **ADULT & UNDER 4 ½ YRS SWIM SESSIONS** Learn through play in the water in a session designed for you and your children to experience the pool environment with toys and a group fun activity time. Teachers in attendance for advice.

Development Stage 3

SOCCER STARTERS Learn the basic skills in this fun foody session for young dribblers and strikers.

PRE-CLUB GYM Structured gym session, a step on from mini-gym, where accompanying adult takes a back seat. Available as 'Pay as you go' or a course.

OPEN TRAMPOLINING A fun introduction to trampolining. Places are limited, pre-booking is recommended.

TRAMPOLINING COURSES Structured trampolining courses teaching the basic skills of bouncing, seat drops, straddle jumps etc.

PRE SCHOOL SWIMMING LESSONS First step for children in the 'learn to swim' programme without a parent/carer in the water. Followed by progressive courses learning basic skills and improving. See pages 4 & 5.

Development Stage 4

AFTER SCHOOL AND WEEKEND COURSES OR JOINING A CLUB DETAILS

TRAMPOLINING After school & weekend – school years courses. See page 10.

SWIMMING After school & weekend – school years courses. See pages 6 & 7.

FOOTBALL Littledown Juniors soccer stars course. See page 11.

GYMNASTICS Boys & girls gym clubs. See back page.

CLUB LINKS A variety of sports for all ages. See back page.