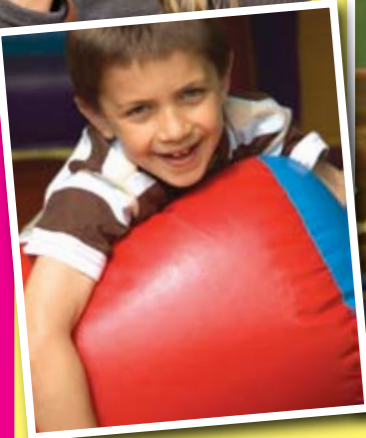


# School Holiday Activities

Monday 15th-Sunday 21st February

"I didn't realise there's so much to do!"



**Holiday Club** £5.70  
5 to 14 yrs

Sessions include a mixture of Bouncy Castle, trampolining, parachute games, sports and team activities. Children are split into age groups on the day. Activities run inside and out. Please wear appropriate clothing and footwear.  
**9.15am – 12 noon**  
**Tuesday 16th February**  
**Thursday 18th February**

**Trampolining** £10.00  
2 day courses  
(Parent / Guardian of 3-5 year olds must stay within the activity area.)  
No jeans and jewellery plus socks must be worn.  
**Thursday 18th February**  
**Friday 19th February**

**3 – 5 yrs 2.00pm – 2.55pm**  
**3 – 15yrs 3.00pm – 3.55pm**  
**6 + 4.00pm – 4.55pm**

**Archery** £7.00  
8 to 14 yrs  
Exciting taster session, introducing the skills of Archery, using rubber tipped arrows and targets.  
Taken by a qualified archery coach, in the main hall.

**Tuesday 16th February**  
**12noon – 1.55pm**  
**2.00pm – 3.55pm**

**Zone & Swim** £5.20  
8-13 years

Enjoy a work out in the Zone Gym followed by a swim and waterslides.  
*Please check opening times*



## Football Focus Soccer for everyone aged 3-14 years

**Soccer Starters** £4.00  
3 to 4 yrs

A fun footy session for young dribblers and strikers. Inside the sports hall.

**Thursday 18th February 1.00pm – 1.55pm**  
**Saturday 20th February 8.00am – 8.55am**

**Martin Sheppards** £10 per day  
**Football Academy**  
Tournament Day (7 to 14yrs)

**All days 10.00am – 3.00pm**  
**Tuesday 16th February**  
**Thursday 18th February**

Outdoors on the artificial pitches. Winning teams receive medals, trophy for player of the tournament (pre book or pay on the day, fee payable to Martin Sheppard 07745 835 702, not Littledown Centre) sheppardcoaching@hotmail.com



**AFC Bournemouth** £10 per day  
**Community Sports**  
**Trust Soccer Schools**  
7 to 14 yrs

The days consist of coaching sessions on passing, control, dribbling and shooting with fun games, penalty competitions and matches.

**All days 10.00am – 3.00pm, outdoors on the artificial pitches**

**Tournament Days:**  
**Monday 15th February, Wednesday 17th February and Friday 19th February**

To book please contact Steve Cuss on (01202) 726342, 07973 893594 or email: [steve.cuss@afcb.co.uk](mailto:steve.cuss@afcb.co.uk)

Keep up with all the latest info visit [www.littledowncentre.co.uk](http://www.littledowncentre.co.uk)



## Swimming Course Descriptions

**First Splash Adult & Baby (12 months & under) session** - First steps of taking your baby in the pool. Focuses on confidence building activities for baby and carer in a small group.

**Pre-School 1** - The lesson promotes water confidence, develops swimming skills and will custom your child to tuition within a group environment. The children will be encouraged to swim on their own with appropriate teaching aids, which will be reduced as they progress and gain confidence.

**Stage 2** - Incorporates Stage 1 - For pupils who are unable to swim one width on their backs and fronts confidently in basic paddle. Develops basic safety awareness, movement skills and water confidence. Includes safe entries into the water, jumping in, floating, independent travel and rotation unaided to regain upright positions. Swimmers may use aids which will be reduced as they progress and gain confidence.

**Stage 3** - For children who can confidently swim one width of the teaching pool unaided on their front and back and are water confident. They will develop skill techniques in the main strokes, safe entries including submersion, progress rotation skills and water safety knowledge.

**Stage 5** - For children who can swim half a length of the main pool in basic front crawl, backstroke and breaststroke. Course includes introduction to sculling, treading water and somersaults as well as progressing stroke and stamina development.

**Improve your front crawl** (MP) This course covers starts, turns and effective technique.

**Rookie Lifeguards** - Improve your swimming and learn the basics of life saving and water safety skills on this fun course (must be able to swim 50 metres).

## Swimming Lessons February Half Term

**3 day intensive swimming courses – 30 minutes each lesson (total time 1½ hrs) £13.65**

**Tuesday 16th to Thursday 18th February**

|                        |                 |                    |
|------------------------|-----------------|--------------------|
| Pre School 1 (TP)      | 8.30 – 9.00am   | Sally Jarvis-Neile |
| Stage 2 (TP)           | 9.00 – 9.30am   | Sally Jarvis-Neile |
| Stage 5 (MP)           | 9.00 – 9.30am   | Dee Seabrook       |
| Stage 3 (TP)           | 9.30 – 10.00am  | Sally Jarvis-Neile |
| Improve front Crawl    | 9.30 – 10.00am  | Dee Seabrook       |
| Rookie Lifeguards (MP) | 10.00 – 10.30am | Dee Seabrook       |

TP = Teaching Pool MP = Main Pool

**Swimming one day pay as you go sessions**

**Thursday 18th February**

First Splash Adult and Baby Session (12 months and under)  
10.00am - 10.30am (TP) Cost £4.00  
TP = Teaching Pool



## Under 5's Pay n' Play activities

**£4.00**  
per child

### Half Term Timetable

|                   |                        |                 |
|-------------------|------------------------|-----------------|
| <b>Monday</b>     |                        |                 |
| <b>Mini-Gym</b> © | 15 months – School Age | 10.00 – 10.45am |
| <b>Mini-Gym</b> © | 15 months – School Age | 10.45 – 11.30am |

|                   |                        |                 |
|-------------------|------------------------|-----------------|
| <b>Wednesday</b>  |                        |                 |
| <b>Mini-Gym</b> © | 15 months – School Age | 10.00 – 10.45am |
| <b>Mini-Gym</b> © | 15 months – School Age | 10.45 – 11.30am |

|                        |                   |               |
|------------------------|-------------------|---------------|
| <b>Thursday</b>        |                   |               |
| <b>Soccer Starters</b> | 3yrs – School Age | 1.00 – 1.55pm |

|                     |                      |                 |
|---------------------|----------------------|-----------------|
| <b>Friday</b>       |                      |                 |
| <b>Kidagility</b> © | 15 mths – School Age | 9.30 – 10.15am  |
|                     |                      | 10.25 – 11.10am |
|                     |                      | 11.15 – 12 noon |

|                        |                   |               |
|------------------------|-------------------|---------------|
| <b>Saturday</b>        |                   |               |
| <b>Soccer Starters</b> | 3yrs – School Age | 8.00 – 8.55am |

**Mini-Gym**  
Structured introduction to gymnastics.

**Soccer Starters**  
Learn the basic football skills.

**Kidagility**  
Elementary gymnastics instruction, soft play and inflatable bouncer.

*Child must be accompanied by an adult*

### Crèche

**Monday – Friday**  
9.00am – 12.30pm (Closed Bank Holidays)

**Age Range – Pre 5's.**  
Separate nursery area for under 1's  
Pre-booking is recommended.

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



**Great Fun!**

