

JUNIOR ACTIVITY PROGRAMME

May to August 2014

| Time | Activity | Ages | Cost |
|------------------|---------------------|---------------|------|
| MONDAY | | | |
| 9.00 - 13.00 | Fun at the Zoo | 0-11yrs | Free |
| 11.00 - 12.00 | Swimming Lessons | | Cost |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |
| 17.00 - 17.45 | Kids MMA | 8+ yrs | Free |
| TUESDAY | | | |
| 9.00 - 13.00 | Animal Antics | 0-11 yrs | Free |
| 13.15 - 14.00 | Jo Jingles | 0-5 yrs | Cost |
| 16.00 - 18.00 | Swimming Lessons | | Cost |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |
| WEDNESDAY | | | |
| 9.00 - 17.30 | Musical Monkeys | 0-11 yrs | Free |
| 13.15 - 14.15 | Baby Massage | under 8 mths | Cost |
| 16.00 - 18.00 | Swimming Lessons | | Cost |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |
| 16.30 - 17.15 | Fun & Fitness | 5+ yrs | Free |
| THURSDAY | | | |
| 9.00 - 13.00 | Arty Tots | 0-11 yrs | Free |
| 16.00 - 18.00 | Swimming Lessons | | Cost |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |
| 16.45 - 17.30 | Kids MMA | 8+ yrs | Free |
| FRIDAY | | | |
| 9.00 - 17.30 | Physical Fun Friday | 0-11 yrs | Free |
| 10.30 - 11.15 | Soca Tots | 18 mths-5 yrs | Cost |
| 11.00 - 12.00 | Swimming Lessons | | Cost |
| 16.00 - 18.00 | Swimming Lessons | | Cost |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |
| 16.15 - 16.45 | French Lessons | 3-11 yrs | Cost |
| SATURDAY | | | |
| 10.00 - 11.00 | Fun & Fitness | 4-7 yrs | Free |
| 11.00 - 12.00 | Fun & Fitness | 7-11 yrs | Free |
| 12.00 - 13.00 | Family Splash | Any | Free |
| 12.00 - 13.00 | Teen Gym | 11-15 yrs | Free |
| 16.00 - 17.00 | Family Splash | Any | Free |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |
| SUNDAY | | | |
| 10.00 - 11.00 | Active Academy | 7-11 yrs | Free |
| 11.00 - 12.00 | Active Academy | 4-7 yrs | Free |
| 11.30 - 12.15 | Family Bokwa/Zumba | 5+ yrs | Free |
| 12.00 - 13.00 | Family Splash | Any | Free |
| 12.00 - 13.00 | Teen Gym | 11-15 yrs | Free |
| 16.00 - 17.00 | Family Splash | Any | Free |
| 16.00 - 18.00 | Teen Gym | 11-15 yrs | Free |

Active Academy - an hour of different sports structured to look at the vital skills needed to improve performance. Focus will be on core skills along with fitness and performance.

Animal Antics - come and join the animal's in the zoo as we enjoy a variety of different animal activities from animal puppet to animal stories.

Arty Tots - messy creations galore, including finger puppets and junk modelling.

Baby Massage - an introduction to baby massage concepts and techniques.

Family Bokwa - a new and exciting workout, great for the parents and children to dance together. Easy steps to follow, you simply feel the music and move with the beat.

Family Splash - splash sessions are during family times where large floats are available for the children to enjoy. Children must be supervised by an adult.

French Lessons - learn a new language in a fun and playful way with Julie.

Fun & Fitness - structured sporting activities with the element of fun being underpinned by fitness in a safe and controlled environment.

Fun at the Zoo - a variety of role play activities from vets, post office to hairdressing.

Kids MMA - a non contact fitness class that teaches all aspects of martial arts to provide a fun and exciting workout.

Musical monkeys - an introduction to music. Enjoy listening to different musical sounds and playing new and exciting instruments.

Physical Fun Friday - Fun activities including Jump to the beat, hola challenge and throwing and catching skills.

Soca Tots - provides a fun and playful yet educational atmosphere with structured stages to improve mental and physical development in children. An ideal pre-school activity, with full parent participation, and is great bonding session for Mums and Dads with their children.

Teen Gym - a supervised session for kids who want to learn how to use the gym and have someone on hand who can give guidance and advice. They will have use of the cardiovascular equipment which will hopefully encourage them to keep on exercising.

Zumba - max out on fun and fitness in a fast forward fusion of the Zumba class, includes a mix of salsa, cumbia, reggaeton, hip-hop and more.



PLEASE NOTE: All parents must remain on the premises whilst their child is partaking in any of these supervised activities, including swimming. Parents must sign their child in/out at all times.