

South Woodham Ferrers Leisure Centre

Trinity Square, South Woodham Ferrers,
Chelmsford, Essex, CM3 5JU

Telephone: 01245 605600

Fax: 01245 605605

Email: swflc@chelmsford.gov.uk

Website: www.chelmsford.gov.uk/swflc

BABIES AND TODDLERS

Toddler Trampoline and Bounce

A session for toddlers to have fun on the Trampoline, supervised by a qualified instructor. In addition to this we will be offering a Bouncy Castle for the children to use. Parents must stay with their children for this session. Please bring socks.

Code	Date	Time	Age	Price
WD001	Monday 15 February	9.45am to 10.45am	Walking to 5 years	£4
WD002	Monday 15 February	11am to 12 noon	Walking to 5 years	£4

Mini Cheerleading

Dance and Cheer 49 will be offering your child the chance to try a new activity... Cheerleading! Cheerleading is a great fun and includes dance, gymnastics and stunts. Visit www.danceandcheer49.co.uk for more information.

Code	Date	Time	Age	Price
WD003	Monday 15 February	1pm to 1.45pm	3 to 5 years	£5

Toddler Gymnastics

Another fun session for toddlers. Under the guidance of our qualified coaches children will learn the basics of gymnastics in a fun environment. Parents are not required to stay for this session.

Code	Date	Time	Age	Price
WD004	Tuesday 16 February	10am to 10.45am	3 to 5 years	£4
WD005	Tuesday 16 February	11am to 11.45am	3 to 5 years	£4





■ ■ Toddler Rugby

In conjunction with South Woodham Ferrers Rugby Club.

Under supervision of a local qualified rugby coach this 45 minute session is for boys and girls 3 to 5 years of age. It is a one off taster of tag rugby, which is non-contact.

Code	Date	Time	Age	Price
WD006	Tuesday 16 February	10am to 10.45am	3 to 5 years	£4
WD007	Tuesday 16 February	11am to 11.45am	3 to 5 years	£4



■ ■ Talking Tots

This fun, interactive class gently boosts preschool children's communication and social skills. Helping them to develop, concentration and attention, self esteem and social confidence, pre-literacy skills, communication skills, sharing and taking turns. Parents must stay with their children for this session. www.talkingtots.info

Code	Date	Time	Age	Price
WD008	Wednesday 17 February	10.15am to 11am	1 to 4 years	£5

JUNIOR ACTIVITIES

■ ■ Sportshall Athletics

Sportshall athletics is a fun, lively indoor activity, and one of the grassroots into track and field. Sportshall athletics is designed for young people to enjoy, participate and develop their athletic capabilities.

The sessions will offer the children the chance to take part and get a taster of some or all of the following, 2 lap and 4 lap event, Relays, Circuit Relays, Paarlauf, Shot Throw, Standing Long Jump, Standing Vertical Jump, Speed Bounce and Standing Triple Jump.

Code	Date	Time	Age	Price
WD009	Monday 15 February	1pm to 4pm	6 to 11 years	£10

■ ■ NEW Triple Play – Athletics, Cheerleading and Trampoline

A three hour session where your child will learn the basics of Athletics, Cheerleading and Trampolining. Suitable for boys and girls. Please bring socks, snack and drink. Please arrive 12.45pm to register.

Code	Date	Time	Age	Price
WD010	Monday 15 February	1pm to 4pm	6 to 11 years	£10

■ ■ Cheerleading

Dance and Cheer 49 will be offering your child the chance to try a new activity... Cheerleading! Cheerleading is a great fun and includes dance, gymnastics and stunts. Suitable for boys and girls. Visit www.danceandcheer49.co.uk for more information.

Code	Date	Time	Age	Price
WD011	Monday 15 February	2pm to 3pm	6 to 11 years	£5
WD012	Monday 15 February	3pm to 4pm	11 years+	£5

■ ■ Triple Play – Trampoline, Gymnastics and Games

A three hour session where your child will learn the basics of Trampolining and gymnastics then round the session off with some fun games. Please bring socks, snack and drink. Please arrive 12.45pm to register.

Code	Date	Time	Age	Price
WD013	Tuesday 16 February	1pm to 4pm	5 to 11 years	£10

■ ■ Triple Play – Rugby, Trampoline and Badminton

One hour of each activity under the guidance of our qualified instructors. Please bring socks, snack and drink. Please arrive 12.45pm to register.

Code	Date	Time	Age	Price
WD014	Tuesday 16 February	1pm to 4pm	5 to 11 years	£10

■ ■ Funtime

This session will include lots of fun and games to keep the children amused.

Code	Date	Time	Age	Price
WD015	Wednesday 17 February	10am to 11.30am	4 to 7 years	£6

■ ■ Mega Play

Children will get the chance to take part in a range of activities and have a swim in the fun session. All fully supervised including the lunch break. Please bring Lunch, drink, socks and swimming equipment (Towel and Costume).

Code	Date	Time	Age	Price
WD016	Wednesday 17 February	10am to 3pm	8 to 11 years	£12



NEW Dance

So you think you can dance or just fancy giving it a go? Why not come along to this session to try a variety of different dances.

Code	Date	Time	Age	Price
WD017	Thursday 18 February	1pm to 4pm	5 to 11 years	£10

Design and Rhinestone a T-Shirt / Bag

Come and join this extremely creative workshop, where you get to design your own T-shirt or Bag* with crystal rhinestones. The rhinestones will be hot fixed to the T-shirts/bags and be ready for collection 2hrs after the course. Suitable for Boys and Girls. *Request either a T-Shirt or bag when booking. For more information visit www.pswithlove.co.uk or come into the centre to see some samples.

Code	Date	Time	Age	Price
WD018	Friday 19 February	10am to 12 noon	6 to 12 years	£15



Love is in the air

32 degrees...

swim party

12th February 2010

7.30pm - 9pm

9-15 years

Come and swim to the latest tunes from our
resident DJ live on poolside

Tickets cost just **£3.50** (non-refundable/limited spaces)
 Available from reception at
South Woodham Ferrers Leisure Centre
 Dress code: T-shirts & swim wear only

Tel: 01245 605600
www.chelmsford.gov.uk/swflc

Fitness Circuit

This promises to be full of fun and sweat. So if you want to keep fit then join our Fitness Instructor in the Excel Fitness Room for a great workout.

Code	Date	Time	Age	Price
WD019	Friday 19 February	10am to 11am	8 to 16 years	£4

NEW Girlie Pop Party

Complete with a full sound system, light show and female presenters - a specific show just for the girls with no boys allowed! Why not come along with your best friend and enjoy a Girlie Dance Session, Girlie Karaoke Session and Fashion Cat Walk type competition.

Run by Kataron Entertainments Roadshow katarondisco@hotmail.com

Code	Date	Time	Age	Price
WD020	Friday 19 February	2pm to 3.30pm	7 to 10 years	£9

Swimming Crash Courses

Please find a description of each class below, if you are still unsure of what group to place your child in please ask for advice at reception.

Toddlers – This is our beginner's class for children aged 3 to 4 years old. All children in this class will be in armbands.

Class 1 – This class is for children 5 years and over. It is suitable for swimmers in armbands or those who have just left their armbands behind.

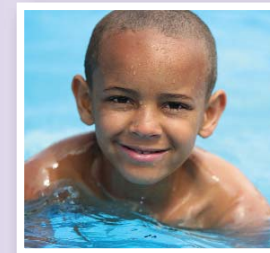
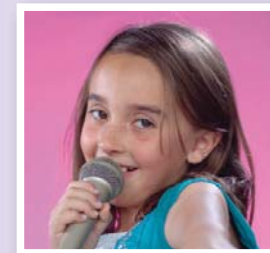
Class 2 – The requirement for this class is for children to be able to swim at least 5metres on both front and back

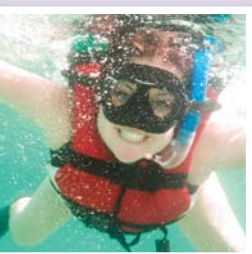
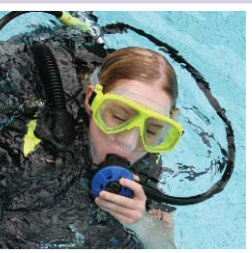
Class 3 – The ability required for this class is to swim both 10 metres of Back crawl and 10 metres front paddle. This class will help those children who are having difficulty moving from class 3 to class 4 in our lesson programme.

Class 4 – Stroke Improvement- Specifically for children looking for extra assistance in moving from class 4 to class 5, with a focus on breaststroke and frontcrawl.

Monday 15 February to Friday 19 February

Code	Class	Time	Age	Price
WD021	Toddlers	9am to 9.30am	3 to 4 years	£20.50
WD022	Class 1	9.30am to 10am	5 years+	£20.50
WD023	Class 2	10am to 10.30am	5 years+	£20.50
WD024	Class 3	10.30am to 11am	5 years+	£20.50
WD025	Class 4	11am to 11.30am	5 years+	£20.50





Orca Scuba Diving Academy

Always wanted to try Scuba Diving? Now's your chance. The session starts in the classroom with a safety briefing, and then it's off to the pool. Each participant will get the chance to try scuba gear in a safe and controlled environment and get the chance to play games such as underwater Frisbee! (Bring a T-shirt to wear in the water)

The session finishes with a debriefing.

Participants should be in good health. A medical statement will need to be signed before commencing this session.

Run by Orca Scuba Diving Academy www.orcascubedivingacademy.co.uk

Discover Scuba Diving Sessions

Children 8 to 16 years

Code	Date	Time	Age	Price
WD026	Thursday 18 February	10am to 12.30pm (Pool time: 11am to 12 noon)	8 to 16 years	£15
WD027	Saturday 20 February	3pm to 5.30pm (Pool time: 4pm to 5pm)	8 to 16 years	£15

Adult and children

Come along with your child and experience the thrill of scuba diving together. Children must be accompanied by an adult on this course

Code	Date	Time	Age	Price
WD028	Saturday 20 February	4.15pm to 6.30pm (Pool time: 5pm to 6pm)	8 years+	£15
WD029	Saturday 20 February	5.15pm to 7.30pm (Pool time: 6pm to 7pm)	8 years+	£15

Adults 18 years+

Code	Date	Time	Age	Price
WD030	Saturday 20 February	6.30pm to 8.30pm (Pool time: 7pm to 8pm)	18 years+	£15

Bookings and Payments – Booking is essential for all our courses so book early to avoid disappointment. The reception at South Woodham Ferrers Leisure Centre is open from 6.30am to 10pm, 7 days a week for bookings and payments by both telephone and in person. Postal bookings are also taken. Bookings taken from Friday 22 January.