

South Woodham Ferrers Leisure Centre

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TODDLER ACTIVITIES

■ ■ Toddler Soccer

A great class that is proving to be hugely popular at South Woodham Ferrers Leisure Centre. This class will help to improve balance, co-ordination, football and social skills.

Code	Day	Date	Age	Time	Price
DTS3	Sunday	12 September to 19 December (excluding 31 October)	3 to 5 years	10am to 11am	£58.10
DTS4	Sunday	12 September to 19 December (excluding 31 October)	3 to 5 years	11am to 12 noon	£58.10

■ ■ Toddler Gym

A fun session for toddlers to learn the basics of gymnastics, under the guidance of our qualified coaches.

Code	Day	Date	Age	Time	Price
DGYM1	Sunday	12 September to 19 December (excluding 31 October)	3 to 5 years	10am to 11am	£58.10
DGYM2	Sunday	12 September to 19 December (excluding 31 October)	3 to 5 years	11am to 12 noon	£58.10



JUNIOR ACTIVITIES

Badminton

The first group at 11.00am is for beginners. *Children will improve their skills and move up through the groups at the discretion of the instructor.

Code	Day	Date	Age	Time	Price
DBAD2	Saturday	11 September to 18 December (excluding 30 October)	7 to 11 years	11am to 12 noon	£58.10
DBAD3*	Saturday	11 September to 18 December (excluding 30 October)	8 to 11 years	12 noon to 1pm	£58.10
DBAD4*	Saturday	11 September to 18 December (excluding 30 October)	10 to 18 years	1pm to 2pm	£58.10

Dance

Come along and learn Tap Ballet and Modern with our qualified Dance Instructor.

Code	Day	Date	Age	Time	Price
DTB2	Saturday	11 September to 18 December (excluding 30 October)	Pre school Reception	10am to 11am	£58.10
DTB3	Saturday	11 September to 18 December (excluding 30 October)	Years 1+2	11am to 12 noon	£58.10
DTBM1	Saturday	11 September to 18 December (excluding 30 October)	Years 3+4	12 noon to 1.30pm	£87.08
DTBM2	Saturday	11 September to 18 December (excluding 30 October)	Years 5+6	1.30pm to 3pm	£87.08
DTBM3	Saturday	11 September to 18 December (excluding 30 October)	Seniors Years 7, 8 & 9	3pm to 5pm	£116.20
DTBM4	Saturday	11 September to 18 December (excluding 30 October)	Seniors Years 10+	4pm to 6pm	£116.20



NEW Fencing

Let your child experience the exciting sport of fencing with the Little Musketeers. Bright coloured foam foils and plastic masks with mesh visors provide a safe and fun way to introduce your child to this sport.

Code	Day	Date	Age	Time	Price
DLM1	Monday	6 September to 13 December (excluding 25 October)	5 to 7 years	6pm to 7pm	£84
DLM2	Monday	6 September to 13 December (excluding 25 October)	8 to 10 years	7pm to 8pm	£84

NEW Mini Tennis

These sessions will provide a basic introduction to ball and racket skills such as racket handling. Hitting the ball and moving round the court whilst having fun in a safe environment.

Code	Day	Date	Age	Time	Price
DMT1	Monday	6 September to 13 December (excluding 25 October)	5 to 7 years	6pm to 7pm	£58.10
DMT2	Monday	6 September to 13 December (excluding 25 October)	8 to 10 years	7pm to 8pm	£58.10

Trampoline

Come and learn Trampolining skills with our qualified coaches. Pupils will work towards the Trampoline Awards. Please bring socks.

Code	Day	Date	Age	Time	Price
DTR1	Tuesday	7 September to 14 December (excluding 26 October)	5 to 6 years	5pm to 6pm	£58.10
DTR2	Tuesday	7 September to 14 December (excluding 26 October)	6 to 7 years	6pm to 7pm	£58.10
DTR7	Tuesday	7 September to 14 December (excluding 26 October)	8 to 11 years	7pm to 8pm	£58.10
DTR8	Tuesday	7 September to 14 December (excluding 26 October)	11 years+	8pm to 9pm	£58.10





■ Gymnastics

Come and learn Gymnastic skills with our qualified coaches. Both boys and girls welcome.

Code	Day	Date	Age	Time	Price
DGYM3	Tuesday	7 September to 14 December (excluding 26 October)	5 to 11 years	6pm to 7pm	£58.10
DGYM4	Tuesday	7 September to 14 December (excluding 26 October)	8 to 16 years	7pm to 8pm	£58.10
DGYM5	Friday	10 September to 17 December (excluding 29 October)	5 to 11 years	6pm to 7pm	£58.10
DGYM6	Friday	10 September to 17 December (excluding 29 October)	8 to 16 years	7pm to 8pm	£58.10

■ Cheerleading

Cheerleading is currently the fastest growing sport in the UK. Dance and Cheer 49 will be offering you the chance to try it for yourself. This session will include dance gymnastics and stunts and is open to both boys and girls.

Code	Day	Date	Age	Time	Price
DCL1	Friday	10 September to 17 December (excluding 29 October)	5 to 7 years	6pm to 7pm	£58.10
DCL2	Friday	10 September to 17 December (excluding 29 October)	8 to 11 years	6pm to 7pm	£58.10
DCL3	Friday	10 September to 17 December (excluding 29 October)	11 years+	6pm to 7pm	£58.10

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. Please note that there is a waiting list system in operation for a number of the courses run at South Woodham Ferrers Leisure Centre.

ADULT TRAMPOLINE

■ Taster Session – Come and Try

This taster session is for those who would like to come along and try out the class before signing up for the term.

Code	Day	Date	Age	Time	Price
DBTRAMP1	Tuesday	7 September	16 years+	9pm to 10pm	£5

This Trampoline course is suitable for all levels from complete beginners to those with a few moves under their belts!

Code	Day	Date	Age	Time	Price
DBTRAMP3	Tuesday	14 September to 19 October	16 years+	9pm to 10pm	£30

This Trampoline course is suitable for all levels from complete beginners to those with a few moves under their belts!

Code	Day	Date	Age	Time	Price
DBTRAMP4	Tuesday	2 November to 14 December	16 years+	9pm to 10pm	£35




Synchro

Are you a good swimmer looking for a challenge?

We offer a class on Sunday evenings from 5pm to 6pm in this graceful yet challenging sport.

Sunday September 12th – Sunday October 24th

£44.10