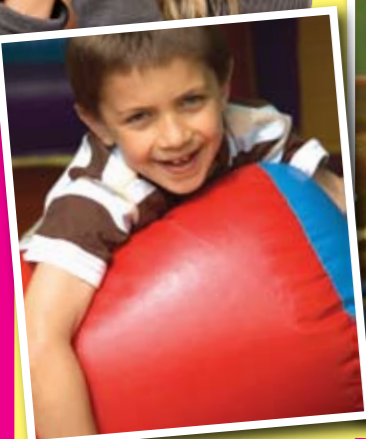


# School Holiday Activities

Monday 26th July - Sunday 5th September (Summer Holidays)  
Monday 25th - Sunday 31st October (Half Term)



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



Please book early to avoid disappointment

## Holiday Club £5.70

5 to 11 yrs  
Sessions include a mixture of sports and team activities. Team activities could include football, quik cricket, rounders, team games and many more!! Basketball provided by Taylor Green - Bbal. Children are split into age groups on the day. Activities run inside and out. Please wear appropriate clothing and footwear.  
**9.15am - 12 noon**

- July**  
Tues 27th - Gymnastics & Team Activities  
Tues 29th - Tri Golf, Trampolining, Inflatable Bouncer & Team Activities
- August**  
Tues 3rd - Trampolining, Inflatable Bouncer & Team Activities  
Thurs 5th - Basketball, Inflatable Bouncer & Team Activities  
Tues 10th - Trampolining, Inflatable Bouncer & Team Activities  
Thurs 12th - Basketball, Inflatable Bouncer & Team Activities  
Tues 17th - Tri Golf, Trampolining, Inflatable Bouncer & Team Activities  
Thurs 19th - Gymnastics & Team Activities  
Tues 24th - Gymnastics & Team Activities  
Thurs 26th - Trampolining, Inflatable Bouncer & Team Activities
- October**  
Tues 26th - Trampolining, Inflatable Bouncer & Team Activities  
Thurs 28th - Trampolining, Inflatable Bouncer & Team Activities

## 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 29th & Friday 30th July**  
**Monday 2nd & Tuesday 3rd August**  
**Thursday 12th & Friday 13th August**  
**Monday 16th & Tuesday 17th August**  
**Thursday 26th & Friday 27th August**  
**Monday 25th & Tuesday 26th October**

## 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 27th July 10th & 24th August, 26th October**

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 29th July, 5th, 12th, 19th, 26th August & 28th October 1.00pm - 1.55pm**  
**Saturday 31st July, 7th, 14th, 21st, 28th August, & 30th October 8.00am - 8.55am**

### Martin Sheppards £10 per day

**Football Academy**  
Tournament Day (7 to 14yrs)  
All days 10.00am - 3.00pm  
**Tuesday 27th July, Thursday 29th July**  
**Monday 2nd August, Thursday 5th August**  
**Monday 9th August, Tuesday 10th August, Thursday 12th August**  
**Monday 16th August, Thursday 19th August**  
**Tuesday 24th August**  
**Monday 25th October, Thursday 28th October**

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

### Saturday Soccer £4.00

'Pay as you go' 5 to 14 yrs  
Saturdays 9.00am - 9.55am.  
Coaching and game play outside on artificial pitches.  
**Saturday 31st July, 7th, 14th, 21st, 28th August**

### 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  
**Mon 26th, Wed 28th, Fri 30th July**  
**Tues 3rd, Wed 4th, Fri 6th, Fri 13th August**  
**Tues 17th, Wed 18th, Fri 20th, Fri 27th August**  
**Tues 31st August**  
**Tues 26th, Wed 27th, Friday 29th October**  
To book please contact Steve Cuss on (01202) 726342, 07973 893594 or email: steve.cuss@afcb.co.uk

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

## Swimming Lessons Summer Holidays

4 day intensive swimming courses - 30 minutes each lesson (total time 2hrs) £18.20  
(TP = Teaching Pool, MP = Main Pool, SP = Splash Pool)

Tuesday 27th to Friday 30th July

8.30 - 9.00am Stage 2 (TP) Sarah Park	9.30 - 10.00am Stage 2 (TP) Sarah Park
8.30 - 9.00am Pre school 1 (TP) Sharon Mayall	9.30 - 10.00am Stage 3 (TP) Sharon Mayall
9.00 - 9.30am Stage 3 (TP) Sarah Park	9.30 - 10.00am Improve your breaststroke (MP) Bobby Storrie
9.00 - 9.30am Stage 2 (TP) Sharon Mayall	10.00 - 10.30am Stage 4 (MP) Bobby Storrie
9.00 - 9.30am Stage 5 (MP) Bobby Storrie	10.00 - 10.30am Get Safe For Summer* (MP) Sarah Park

Monday 2nd to Thursday 5th August

8.30 - 9.00am Stage 3 (TP) Fran Harber	9.00 - 9.30am Stage 2 (TP) Mark White
8.30 - 9.00am Pre school 2 (TP) Sharon Mayall	9.30 - 10.00am Stage 2 (TP) Sharon Mayall
8.30 - 9.00am Stage 2 (TP) Mark White	9.30 - 10.00am Stage 3 (TP) Mark White
9.00 - 9.30am Stage 3 (TP) Sharon Mayall	10.00 - 10.30am Stage 4 (MP) Sharon Mayall
9.00 - 9.30am Stage 5 (MP) Fran Harber	10.00 - 10.30am Snorkeling Basics (MP) Mark White

Tuesday 10th to Friday 13th August

8.30 - 9.00am Stage 3 (TP) Fran Harber	9.30 - 10.00am Stage 2 (TP) Fran Harber
8.30 - 9.00am Pre school 1 (TP) Sarah Park	9.30 - 10.00am Stage 3 (TP) Sarah Park
9.00 - 9.30am Stage 2 (TP) Fran Harber	9.30 - 10.00am Stage 6 (MP) Mark White
9.00 - 9.30am Stage 3 (TP) Sarah Park	10.00 - 10.30am Stage 4 (MP) Sarah Park
9.00 - 9.30am Stage 5 (MP) Mark White	10.00 - 10.30am Snorkeling Basics (MP) Mark White

Monday 16th to Thursday 19th August

8.30 - 9.00am Stage 3 (TP) Sharon Mayall	9.30 - 10.00am Stage 2 (TP) Mark White
8.30 - 9.00am Pre school 2 (TP) Mark White	9.30 - 10.00am Stage 3 (TP) Sharon Mayall
9.00 - 9.30am Stage 2 (TP) Sharon Mayall	9.30 - 10.00am Stage 6 (MP) Alison Gaunt
9.00 - 9.30am Stage 3 (TP) Mark White	10.00 - 10.30am Stage 4 (MP) Mark White
9.00 - 9.30am Stage 5 (MP) Alison Gaunt	10.00 - 10.30am Diving Basics Alison Gaunt

Swimming one day 'pay as you go' First Splash Adult & Baby (SP) (12 months & under) £4.00  
Thursdays 29th July, 5th, 12th & 19th August 10.00am - 10.30am

Adult & Under 4½ yrs Open Session £4.10

Monday 26th July 9.15 - 10.00am Friday 6th August 9.15 - 10.00am Monday 9th August 9.15 - 10.00am

Distance Award £4.55

Thursday 12th August 10.30 - 11.30 am (MP) Mark White  
How far can you swim in one hour? - Distance Awards up to 1,500 metres.

## Swimming Lessons October Half Term

3 day intensive swimming courses - 30 minutes each lesson (total time 1½hrs) £13.65  
(TP = Teaching Pool, MP = Main Pool, SP = Splash Pool)

Tuesday 26th to Thursday 28th October

8.30 - 9.00am Pre school 1 (TP)	9.30 - 10.00am Stage 3 (TP)
9.00 - 9.30am Stage 2 (TP)	9.30 - 10.00am Stage 2 (TP)
9.00 - 9.30am Stage 3 (TP)	10.00 - 10.30am Stage 5 (MP)

First Splash Adult & Baby (12 months & under) £4.00

Thursday 28th October 10.00 - 10.30am (SP)

## Under 5's Pay n' Play activities Child must be accompanied by an adult

### Summer Holiday Timetable

Wed 28th July, 4th, 11th, 18th, 25th Aug & 1st Sept  
Mini-Gym © 15 months - School Age 10.00 - 10.45am  
Mini-Gym © 15 months - School Age 10.45 - 11.30am

Thurs 29th July, 5th, 12th, 19th, 26th Aug & 2nd Sept  
Soccer Starters 3yrs - School Age 1.00 - 1.55pm

Fri 30th July, 6th, 13th, 20th, 27th Aug & 3rd Sept  
Kidagility © 15 mths - School Age 9.30 - 10.15am  
10.25 - 11.10am  
11.15 - 12 noon

Sat 31st July, 7th, 14th, 21st, 28th Aug & 4th Sept  
Soccer Starters 3yrs - School Age 8.00 - 8.55am

### October Half Term Holiday Timetable

Monday 25th October  
Mini-Gym © 15 months - School Age 10.00 - 10.45am  
Mini-Gym © 15 months - School Age 10.45 - 11.30am

Wednesday 27th October  
Mini-Gym © 15 months - School Age 10.00 - 10.45am  
Mini-Gym © 15 months - School Age 10.45 - 11.30am

Thursday 28th October  
Soccer Starters 3yrs - School Age 1.00 - 1.55pm

Friday 29th October  
Kidagility © 15 mths - School Age 9.30 - 10.15am  
10.25 - 11.10am  
11.15 - 12 noon

Saturday 30th October  
Soccer Starters 3yrs - School Age 8.00 - 8.55am



## Swimming Course Descriptions

For descriptions of First Splash Adult & Baby, Adult & Under 4½ yrs, Pre-School 1 & Pre-School 2 courses please refer to page 4.

For descriptions of Stages 2, 3, 4, 5 & 6 please refer to page 6.

Basic Diving (MP) - Learn the basic steps to improve your diving skills - Stage 5 and above standard.

Basic Snorkelling (MP) - Learn the basics of snorkelling, improve or refresh your skills. We supply all the equipment or bring your own. Stage 5 and above standard.

Improve your Breaststroke (MP) - Stroke skills and drills to help you master the basics of this stroke. Stage 5 and above standard.

Get Safe for Summer (MP) - Covers personal survival, sea safety and water safety code. Stage 5 and above standard.

## 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)



£4.00 per child

Mini-Gym  
Structured introduction to gymnastics.

Soccer Starters  
Learn the basic football skills.

Kidagility  
Elementary gymnastics instruction, soft play and inflatable bouncer.