

Pre School Activities Term Time

Our under 5's Activities will help your child;

- Develop agility, balance, strength, speed and co-ordination
- Increase self confidence
- Enjoy exercise from an early age
- Develop social skills and meet other children
- Develop and increase concentration
- Participate in group activities

Development stages of your child at Littledown

Guidelines are taken from British Gymnastics, Amateur Swimming Association, Football Association and Schools National Curriculum. Give your child a head start by introducing sport at an early age in a structured, fun, safe environment.



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Mini-Gym (c) 15 mths - school age 10.00 - 10.45am ▲	Spring'n'Jump (c) 15 mths - school age 9.30 - 10.15am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Kidagility (c) 15 mths - school age 9.30 - 10.15am	Soccer Starters 3 yrs - school age 8.00 - 8.55am
Mini-Gym (c) 15 mths - school age 10.45 - 11.30am ▲	Adult & Under 4½ yrs Swim Session (c) 9.30 - 10.30am ▲	Mini-Gym (c) 15 mths - school age 10.00 - 10.45am	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Kidagility (c) 15 mths - school age 10.25 - 11.10am	
First Splash Adult & Baby Swim Session ** 12 mths & under 2.00 - 2.30pm ▲	Spring'n'Jump (c) 15 mths - school age 10.25 - 11.10am ▲	First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Mini Movers (c) 15 mths - school age 10.30 - 11.15am ▲	Kidagility (c) 15 mths - school age 11.15am - 12 noon	
First Splash Adult & Baby Swim Session (c) ** 12 mths & under 10.30 - 11.00am ▲	Spring'n'Jump (c) 15 mths - school age 11.15am - 12 noon ▲	Mini-Gym (c) 15 mths - school age 10.45 - 11.30am	Mini Movers (c) 15 mths - school age 11.15am - 12 noon ▲	Pre Club Gym Courses** 3 yrs - school age 1.15 - 2.00pm ▲ (course see page 9)	
Pre-Club Gym** 3 yrs - school age 1.15 - 2.00pm ▲	Open Trampolining ** 3 yrs - school age 1.15 - 2.05pm ▲		Soccer Starters 3 yrs - school age 1.00 - 1.55pm	Adult & Under 4½ yrs Swim Session 1.30 - 2.30pm ▲	
Pre-Club Gym Courses** 3 yrs - school age 2.00 - 2.45pm ▲ (see page 9 for Pre-Club gym courses)			Pre-Club Gym** 3 yrs - school age 2.00 - 2.45pm ▲	Pre Club Gym** 3 yrs - school age 2.00 - 2.45pm ▲	
			Pre-Club Gym Courses** 3 yrs - school age 2.00 - 2.45pm ▲ (course see page 9)	First Splash Adult & Baby Swim Session** 12 mths & under 2.30 - 3.00pm ▲	
			Soccer Starters 3 yrs - school age 2.00 - 2.55pm ▲	First Splash Adult & Baby Swim Session** 12 mths & under 3.00 - 3.30pm ▲	



Weekly pay and play activities for Pre School Kids



CRECHE FACILITIES

You can go and enjoy our superb facilities, knowing your children are having a great time.

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

Monday – Friday 9.00am – 12.30pm
Age Range – Pre 5's. (Separate nursery area for under 1's)
The Crèche is registered by OFSTED and operates in accordance with the Children's Act 1989. Our fully qualified Crèche staff will keep your children happily entertained with a wide range of activities including:
• Painting • Dressing Up • Singing • Book Corner

PRE-CLUB GYM COURSES

Courses for children aged 3–5 years (Parent/Guardians must stay within the activity area).

14 Week Courses £58.80

Tuesday 7th September – 14th December
No lessons 26th October – Half Term
Tuesday 2.00–2.45pm

Thursday 9th September – 16th December
No lessons 28th October – Half Term
Thursday 2.00 – 2.45pm

Friday 10th September – 17th December
No lessons 29th October – Half Term
Friday 1.15 – 2.00pm



TRAMPOLINING COURSES

Courses for children aged 3–5 years (Parent/Guardians must stay within the activity area). Children must wear socks during these courses. No jewellery or jeans.

14 Week Course £57.40
Monday 6th September - 13th December
No lessons 25th October – Half Term
Mondays 1.30 – 2.10pm Brigitte
Mondays 2.15 – 2.55pm Brigitte

14 Week Course £58.80
Thursday 9th September - 16th December
No lessons 28th October – Half Term
Thursdays 11.30 – 12.10pm Kim

14 Week Course £58.80
Friday 10th September - 17th December
No lessons 29th October – Half Term
Fridays 12.45 – 1.25pm TBA

13 Week Course £54.60
Saturday 11th September - 18th December
No lessons 30th Oct – Half Term & 6th Nov - Fireworks Event
Saturdays 2.00 – 2.55pm Clive



Please note Classes with this symbol ▲ are not available during school holidays. (c) Denotes Crèche Available. ** Not included in the Junior Membership

Development Stage 1

FIRST SPLASH ADULT & BABY
First steps of taking your baby in the pool. Focuses on confidence building activities for baby and carer, in a small group. Places are limited, pre-booking is recommended in pay as you go sessions. Also available as a course.

Prices per child	£4.00
Members	FREE
<i>(Children must be accompanied by an adult)</i>	
Adult & U4½ yrs Swim Members & Non Members	£4.10
Pre Club Gym Members & Non Members	£4.20

Development Stage 2

SPRING'N'JUMP Jumping and bouncing activities using space hoppers, trampettes, inflatable bouncer and other gymnastics and fun equipment. An ideal introduction to trampolining.
MINI MOVERS A mixture of inflatable bouncer, catch & throw games – great for eye-hand co-ordination!
KIDAGILITY Elementary gymnastics instruction, soft play and inflatable bouncer.
MINI GYM Structured introduction to gymnastics, learning basic skills using actual gymnastic equipment and soft play.
ADULT & UNDER 4 ½ YRS SWIM SESSIONS
Learn through play in the water in a session designed for you and your children to experience the pool environment with toys and a group fun activity time. Teachers in attendance for advice.

Development Stage 3

SOCCER STARTERS Learn the basic skills in this fun footy session for young dribblers and strikers.
PRE-CLUB GYM Structured gym session, a step on from mini-gym, where accompanying adult takes a back seat. Available as 'Pay as you go' or a course.
OPEN TRAMPOLINING A fun introduction to trampolining. Places are limited, pre-booking is recommended.
TRAMPOLINING COURSES Structured trampolining courses teaching the basic skills of bouncing, seat drops, straddle jumps etc.
PRE SCHOOL SWIMMING LESSONS
First step for children in the 'learn to swim' programme without a parent/carer in the water. Followed by progressive courses learning basic skills and improving. See pages 4 & 5.

Development Stage 4

AFTER SCHOOL AND WEEKEND COURSES OR JOINING A CLUB DETAILS
TRAMPOLINING After school & weekend – school years courses. See page 10.
SWIMMING
After school & weekend – school years courses. See pages 6 & 7.
FOOTBALL
Littledown Juniors soccer stars course. See page 11.
GYMNASTICS
Boys & girls gym clubs. See back page.
CLUB LINKS
A variety of sports for all ages. See back page.

COURSE ENROLMENT PROCEDURES

Priority Re-Enrolment 1 – Current children wishing to re-enrol on a course at the same time and day.
Book from 8.00 am Monday 28th June to 6.00pm Sunday 11 July.

Priority Re-Enrolment 2 – Current children wishing to re-enrol on a course at a different time or day to this term. Book from 8.00 am Tuesday 13th July to 6.00pm Sunday 18th July.

General Enrolment – Open to anyone wishing to join the courses.
Book from Monday 19th July after 8.00am.

Course Cancellation – Courses will be subject to cancellation if there is insufficient enrolment.

Refunds – These will only be considered on production of a valid Doctor's Certificate. Your child will be removed from the course for the rest of the term, in order for the refund to be issued.

Due to sickness or staff training, it may be necessary for your child's teacher to change. We will endeavour to inform you of any changes, but this is not always possible at short notice.