

Our Pre-School 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

Early years activities

Tuesday 3 January-Sunday 9 April

(No lessons during half term: Monday 13-Sunday 19 February)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 10.25-11.0am	Adult & Under 4½ yrs Swim Session c 9.30-10.30am ▲	Mini-Gym c 15 mths-school age 10.25-11.0am	Mini Movers c 15 mths-school age 10.25-11.10am ▲	Kidagility c 15 mths-school age 10.25-11.10am	
First Splash Adult & Baby Swim Session c** 12 mths & under 10.30-11.00am ▲	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 11.15am-12 noon ▲	First Splash Adult & Baby Swim Session c** 12 mths & under 10.30-11.00am	
Mini-Gym c 15 mths-school age 11.15-12 noon	First Splash Adult & Baby Swim Session c** 12 mths & under 10.30-11.00am ▲	Mini-Gym c 15 mths-school age 11.15-12 noon	Trampolining Course c** 3 yrs-school age 11.30-12.10pm ▲ course see page 9	Kidagility c 15 mths-school age 11.15am-12 noon ▲	
Trampolining Course** 3 yrs-school age 1.35-2.15pm ▲ course see page 9	Spring'n'Jump c 15 mths-school age 11.15am-12 noon ▲	Trampolining Course** 3 yrs-school age 1.15-1.55pm ▲ course see page 9	Soccer Starters 3 yrs-school age 1.00-1.55pm	Pre-Club Gym Courses** 3 yrs-school age 1.15-2.00pm ▲ course see page 9	Trampolining Course** 3 yrs-school age 1.00-1.55pm ▲ course see page 9
First Splash Adult & Baby Swim Session** 12 mths & under 2.00-2.30pm	Pre-Club Gym** 3 yrs-school age 1.15-2.00pm ▲	Open Trampolining 3 yrs-school age 2.00-2.45pm ▲	Pre-Club Gym** 3 yrs-school age 1.00-1.45pm ▲	Adult & Under 4½ yrs Swim Session 1.30-2.30pm	Weekly pay and play activities for Pre-School Kids
Open Trampolining 3 yrs-school age 2.15-2.55pm ▲	Pre-Club Gym Courses** 3 yrs-school age 2.00-2.45pm ▲ course see page 9		Pre-Club Gym** 3 yrs-school age 1.45-2.30pm ▲	Pre-Club Gym** 3 yrs-school age 2.00-2.45pm ▲	
Please note Classes with this symbol ▲ are not available during school holidays. (c) Denotes Crèche Available. ** Not included in the Junior Membership			Soccer Starters 3 yrs-school age 2.00-2.55pm ▲	First Splash Adult & Baby Swim Session** 12 mths & under 2.30-3.00pm ▲	

Your child's development at Littledown

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	£5.25
Pre-Club Gym Members & Non Members	£5.30
Soccer Starters	£3.70
Junior Members (0-4 years)	FREE

(Children must be accompanied by an adult)

Please wear suitable clothing. No jeans.

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, ball games and gymnastics equipment - great for eye-hand co-ordination!

KIDAGILITY A lively fun session of agility with inflatable bouncer, soft play, gymnastic equipment, rackets and balls and other games. Aims to develop skills for all sports.

MINI GYM Structured introduction to gymnastics, learning basic skills using actual gymnastic equipment and soft play.

ADULT & UNDER 4½ 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.

Stage 3

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 landings, straddle jumps etc.

SOCCER STARTERS Learn the basic skills in this fun footy session for young dribblers and strikers.

PRE-CLUB GYM A structured gym session for independent children where the accompanying adult sits at the side. We recommend the child has attended some morning activity sessions to be familiar with our set up.

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.