

## A range of classes for 5-13 year olds

Welcome to our Kids and Family fitness class timetable of group exercise classes, all taught by qualified and experienced instructors. Designed for families with children in different age ranges, there is something for everyone.



# Kids and Family fitness classes

Monday 24 April-Sunday 23 July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Yoga</b> 4.00-4.40pm Michelle Studio 4	<b>813 Sportactive</b> 4.00-4.45pm Gym Team Gym	<b>527 Tramp for Fun</b> 3.50-4.35pm Brigitte <b>813 Tramp Club</b> 4.35-5.20pm Main Hall	<b>813 Club</b> 4.00-4.45pm Gym Team Gym	<b>813 Swim Skills</b> 4.15-4.45pm Liz Main Pool	<b>813 Club</b> 9.00-9.45am Gym Team Gym	<b>Gym Open Session</b> for Adults & Kids aged 8-13 9.00-12.00pm Gym Team Gym
<b>813 Club</b> 4.00-4.45pm Gym Team Gym	<b>813 Club 11 yrs+</b> Cardio Fit 4.45-5.30pm Gym Team Gym	<b>527 Soccer Coaching</b> 4.00-4.55pm Main Hall	<b>813 Climb Club</b> 4.30-5.30pm May & June ALTITUDE 4 week courses, meet at ALTITUDE	<b>813 Club</b> 4.30-5.15pm Gym Team Gym	<b>Family Circuits</b> 9.45-10.30am Rebecca Studio 3	<b>813 Club</b> 10.00-10.45am Gym Team Gym
<b>813 Circuits</b> 4.30-5.15pm Clare Studio 1	<b>Family / 813 Pilates</b> 5.35-6.20pm Viv Studio 4	<b>Family Fit 'n' Fun FREE!!</b> 4.15-4.45pm Outside in cricket pavilion (studio 1 in wet weather)	<b>813 Club 11yrs+</b> Cardio Fit 4.45-5.30pm Gym Team Gym			<b>Family/813 Swim Skills</b> 10.00-10.45am Andy Main Pool
<b>813 Yoga</b> 4.45-5.30pm Michelle Studio 3		<b>813 Football Fun</b> 4.30-5.25pm Artificial Pitch 1				
		<b>813 Club</b> 4.45-5.30pm Gym Team Gym			<b>School Holidays</b> This timetable will not operate fully during School Holidays. A revised timetable will be available 2 weeks before each holiday.	

### Class Etiquette

- Physical activity readiness questionnaire (PAR-Q) for 813 Club and Classes to be completed by the parent or guardian at time of booking
- Please wear appropriate clothing and footwear
- Please bring water (no glass bottles or cans)
- Parent or guardian to tell the Instructor about any injuries or medical problems
- At the end of the session, the child becomes the responsibility of the parent or guardian and is no longer in our charge

Prices	Member	Non-Member
527 Classes	FREE	£3.70
527/813 Tramp for fun	FREE	£5.30
813 Club and classes	FREE	£3.70
Family classes	FREE	£3.70
1 Adult and 1 child	FREE	£6.20
1 Adult and 2 children	FREE	£8.40
2 Adults and 2 children	FREE	£10.50
Open gym sessions	FREE	Usual gym prices apply
Climb club (4 week course)	£18.00	£21.00
Members are not permitted to pre-book double sessions of the same activity		



## 527 classes for children age 5-7 years (school years reception to year 2)

Adults must stay with their children throughout the session and will be required to spot for trampolining.

### 527 Tramp for fun

Come for a bounce and try out some basic trampolining skills.

### 527 FA soccer

A coached session to develop your individual and team football skills.

## Family friendly classes

Sessions suitable for families with children aged 5-13. All children must be accompanied by an adult who is 16 or over.

Maximum ratio: 1 adult to 2 children

- Family yoga 5-13 years (reception to year 8)
- 813 Family pilates 8-13 years (school years 3-8)
- 813 Family swim skills 8-13 years (school years 3-8)
- Family circuits 5-13 years (reception to year 8)
- Family fit 'n' fun 5-13 years (reception to year 8)

### Family yoga

For families with children over 5 years old. Yoga incorporates breathing, yoga poses and meditation. Who will be the 'Yoga Star of the Week'?

### 813 Family pilates

For families with children aged 8-13. Improve your flexibility, core and all over body strength.

### Family circuits

For families with children aged 5-13. Build your fitness, strength and stamina in our family circuits classes.

### Family fit 'n' fun - FREE

This is a FREE session for families that want to get fit and have fun! Enjoy fun fitness games, drills, skills, challenges and much more! All children must be accompanied by an adult. Outside by the cricket pavilion (Studio 1 in wet weather)

### Family 813 swim skills

For families with children aged 8-13. Attendees must be able to swim two lengths confidently on front and back. Try out a range of skills including diving, snorkelling, fins, stroke technique and much more! Different every week.

## 813 Club and classes for children age 8-13 years without a parent/guardian (school years 3-8)

### 813 Yoga

For the mind, body and soul.

### 813 Football

For boys and girls of all abilities aged 8 to 13. Outside on Artificial pitch 1 with our FA qualified coaches. (All Weather!).

### 813 Club

A fun session that starts and end in the gym. Improve your fitness, strength, balance and co-ordination in our structured gym sessions taught by gym instructors.

### 813 Club 11+ cardio fit

Aimed at 11-13 year olds (minimum year 6). A step up from 813 Club where you'll be able to use CV equipment in gym area one on your own. Instructors regularly patrol the area to supervise.

### 813 Open gym sessions

Adult & Child Open Session. Work out with your child at your own pace. Children must be accompanied by an adult aged 16 and over. Adults must have had an induction prior to first session. Children must complete an 813 PAR-Q. Instructor available (except between 10am and 11am) for advice and ideas!

### 813 Swim skills

Attendees must be able to swim at least two lengths confidently on front and back. A fun fitness session in the pool where you will get to improve on or learn new skills. Each week will be different and you'll get to try out diving, personal survival, snorkelling, stroke technique, fins and much more!

### 813 Tramp club

Come for a bounce and try out some basic trampolining skills. Children will act as spotters for one another.

### 813 Sportactive

Meet in the gym for a session that will get you fit for sport. Whether you play football, rugby, hockey or take part in gymnastics, ballet, dancing or any other fitness activities you want to improve in-this is the session for you! Will include exercise focussing on strength, agility, control and fun!

### 813 Climb club

ALTITUDE with a difference! 813 Climb club is a 4 week course in May (Thursday 4, 11, 18 & 25) and June (Thursday 8, 15, 22 & 29). Do you want a new challenge? Try Gladiator, Jacob's Ladder, team climb and timed climbs to test your speed and ability. (minimum 6 persons required to run course)

## 813 also available at Pelhams and Sir David English

### Pelhams

813 Club	Monday to Friday	4.15-5.00pm
Gym open session for adults & kids 8-13	Saturday & Sunday	2.00-4.00pm
Family circuits	Sunday	9.30-10.15am

### Sir David English

813 Studio fit	Monday	4.15-5.00pm
813 Club	Wednesday	4.15-5.00pm
813 Club 11+ cardio fit	Thursday	4.15-5.00pm