

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 7 January-Friday 5 April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Yoga 4.00-4.40pm Michele Studio 3	813 Club 3.45-4.30pm Gym Team Meet Gym	527 Tramp for Fun 3.50-4.25pm Main Hall	813 Club 4.00-4.45pm Gym Team Meet Gym	813 Club 4.30-5.15pm Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym
813 Club 3.45-4.30pm Gym Team Gym	813 Club 11+ Cardio Fit 4.30-5.15pm Gym Team Gym	527 Soccer Coaching 4.00-4.55pm Main Hall	813 Club 11+ Cardio Fit 4.45-5.30pm Gym Team Gym	813 Swim Skills 5.30-6.00pm Liz Main Pool	Family Circuits 10.30-11.15am Rebecca Studio 3	Family/813 Swim Skills 10.00-10.45am Andy Main Pool
813 Club 11+ Cardio Fit 4.30-5.15pm Gym Team Gym	Family / 813 Pilates 5.35-6.20pm Viv Studio 4	813 Club 4.15-5.00pm Gym Team Gym	813 Dance Club 5.05-5.50pm Studio 2	Beyond 813 Yr8-9 5.15-6.00pm Gym Team Gym		Gym Open Session for Adults & Kids aged 8-13 10.00 & 11.00am Gym Team Gym
813 Yoga 4.45-5.30pm Michele Studio 3		813 Tramp Club 4.35-5.20pm Main Hall			Timetable subject to change during quiet periods	
					School Holidays This timetable will not operate fully during School Holidays. A revised timetable will be available 2 weeks before each holiday.	

Prices	Member	Non-Member
527 Classes	FREE	£3.95
527/813 Tramp for fun	FREE	£5.70
813 Club and classes	FREE	£3.95
Family classes	FREE	£3.30
Open gym sessions	FREE	Usual gym prices apply

Class Etiquette

- Children cannot attend classes unless a parent or guardian has completed the online 813 Consent to Exercise Form.
- 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

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

One of the best ways to help your children be more active is to start a habit of activity that includes them.

Play games, ride bikes, bounce on the trampoline, challenge each other to the longest, highest, fastest.....or come to one of our family classes!

You can get all the benefits of activity by just moving and having fun, it makes you feel good and it strengthens family bonds.

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 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. Have fun getting fit together. Fitness games and circuit style exercises so you have a good time, without realising you're getting fit! Improve fitness, strength and stamina in our family circuits' classes.

Family 813 swim skills

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

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 a full hour induction prior to first session or be confident gym users as you will lead your child in your own gym workout! Children must complete an 813 PAR-Q. Instructor available for advice and ideas.

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 Club

A fun session that starts and ends 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 (min 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 there to supervise.

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!

NEW

Beyond 813

For young people in years 8 and 9 only. During the session each child will have a set programme to follow. We have a variety of programmes which will introduce them to the way a gym session should be structured and the concept behind types of training. Parents are welcome to come at the same time and follow the programme with them. This is an instructor led session intended as a bridge between 813 Club and going to the gym on their own. On their 14th birthday they can book an Induction where a member of the team will write them a personalised programme just for them!

813 Tramp club

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

813 Dance club

New class, suitable for both boys and girls, taught by our qualified dance instructor-Jason. Each week, the kids will get to work on a dance routine to the latest chart music. Come along to improve fitness and have a laugh!

813 Club also available at Pelhams, Sir David English, Corfe Mullen, Stokewood and Queen's Park

Pelhams

813 Club

Monday, Tuesday & Friday
4.15-5.00pm

813 Club 11+

Thursday 4.15-5.00pm

Beyond 813

Wednesday 4.15-5.00pm

813 Gym Open Sessions

Saturday & Sunday
2.00-4.00pm

Family Circuits

Sunday 9.30-10.15am

Stokewood

813 Club

Sunday 10.00-10.45am

813 Club 11+ Cardiofit

Wednesday 4.15-5.00pm

Corfe Mullen

813 Club 11+ Cardiofit

Monday 4.15-5.00pm

813 Club

Friday 4.15-5.00pm

Gym open session

Saturday & Sunday
11.30am-1.30pm

Sir David English

813 Club Cardio Fit

Monday, Tuesday, Thursday & Friday 4.00-4.45pm

Queen's Park

813 Circuits

Tuesday 4.15-4.30pm

527 Yoga

Thursday 3.50-4.30pm

813 Yoga

Thursday 4.35-5.20pm