

Term Time Junior Activities

2011/2012 Programme

Tolworth Recreation Centre
Fullers Way North, Tolworth
Tel: 020 8391 7910
enquiries@tolworthrecreationcentre.co.uk
www.tolworthrecreationcentre.co.uk

TRC

DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009



Facilities managed by DC Leisure in partnership with Kingston Council

Junior Activities (under 10 years)

DAY/TIME	ACTIVITY	FULL MEMBER	CENTRE MEMBER	NON-MEMBER
MONDAY				
8.30am – 9.30am	Trampoline Drop In (8 – 15 years)	£4.10 per hour	£4.10 per hour	£5.50 per hour
9.00am – 1.00pm	Crèche (6weeks – 4 years)	FREE	£2.60 per hour	£4.10 per hour
TUESDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.60 per hour	£4.10 per hour
10.00am – 12.00pm	Toddler Zone	FREE	£2.80	£3.40
WEDNESDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.60 per hour	£4.10 per hour
THURSDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.60 per hour	£4.10 per hour
FRIDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.60 per hour	£4.10 per hour
10.00am – 12.00pm	Toddler Zone	FREE	£2.80	£3.40
SATURDAY				
8.45am – 9.30am	Mini Dribblers (3 – 4 years)	FREE	£2.60	£3.20
9.30am – 10.15am	Mini Dribblers (3 – 4 years)	FREE	£2.60	£3.20
9.30am – 12.30pm	Crèche (6 weeks – 4 years)	FREE	£2.60	£4.10
9.30am- 11.30am	K Zone (5-11 years) Max stay 1hr 55mins	FREE	£4.20	£5.20
10.00am-11.30am	Chelsea Football Club (Paid directly to CFC)	£5.00	£5.00	£5.00
9.30am-10.30am	Basketball Drop In	FREE	£2.60	£3.20
5.00pm-6.00pm	Roller-skating mini disco (Under 10yrs)	£4.00	£4.00	£4.00



Junior Activities (10 to 17 years)

DAY/TIME	ACTIVITY	FULL MEMBER	CENTRE MEMBER	NON-MEMBER
TUESDAY				
3.30pm-4.15pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
4.15pm-5.00pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
WEDNESDAY				
8.30am – 10.00am	Trampoline Drop In (16 years+)	£4.70 per hour	£4.70 per hour	£5.30 per hour
3.30pm-4.15pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
4.15pm-5.00pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
SATURDAY				
1.00pm-2.00pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
3.00pm-4.00pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
10.00am-11.30am	Chelsea Football Club (paid directly to CFC)	£5.00	£5.00	£5.00
10.30am-11.30am	Basketball drop in	FREE	£2.60	£3.20
6.00pm-7.30pm	Roller-skating Disco (10- 15 years)	£4.50	£4.50	£4.50
9.30am-11.30am	K Zone (5-11 years) Max stay 1hr 55mins	FREE	£4.20	£5.20
SUNDAY				
1.00pm-2.00pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY
3.00pm-4.00pm	Junior Workout (11 -15 years)	FREE	£3.20	NO ENTRY

Spaces are limited on each course but we do have a waiting list if you have missed out. The waiting lists can take up to 6 months so put your name down today. We will also run holiday courses so look out for our fantastic holiday programme.

Trampolining

Trampoline courses are run daily (Except Sundays) for children aged 3 years to 16 years. Please see our Trampoline flyer for specific days and times.

Please note spaces are limited on each course but we do have a waiting list if you have missed out. The waiting lists can take up to 6 months so put your child's name down today.

We also run holiday courses so look out for our fantastic holiday programmes.



Activity Descriptions

Sessions - Pay as you attend, advised to book in advance. Members can book up to 6 days in advance, Non-members 2 days. Non-members will have to pay at the time of booking and will incur a £1 booking fee if payment is taken over the phone.

Courses - Must Book in advance and pay in full.

Trampoline Drop In - Kids can bounce to their hearts content at our drop-in session, learning basic moves and shapes.

Junior Workout - This is a great session to help introduce your child to a healthier life style. They can let off steam in our kinetika gym on cardiovascular equipment with expert supervision. (Every child must complete a Pre activity questionnaire with parental consent to partake)

Toddler Zone - Supervised activities, with soft play shapes, music & movement. (Parent or guardian supervision is required)

Mini Dribblers - Drop-in session designed to introduce your youngsters to "the beautiful game" with our F.A qualified coaches. (All children must be supervised by a parent or guardian).

K-Zone - An active morning of fun and games. Activities may include bouncy castle, arts & crafts, badminton, football and basketball.

Roller Skating (No Advanced Bookings) - A disco on skates! Skate hire is included in the price with limited sizes available, we can cater for the whole family!

Crèche - Let our qualified childcare team take care of your child whilst you exercise. Our Crèche is OFSTED registered.

Basketball - Our Saturday Junior Basketball sessions include qualified coaches taking your child through skills and games to help with co-ordination and development.

"... so easy and stress-free, I can't believe how much fun the kids had..." Nikki Smith NAS

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