



# Junior Activities

at River Park Leisure Centre

We run a variety of activities throughout the year which are ideal for children of all ages.

## Activities for pre-school children

### Creepy Crawlies

A supervised session including soft play equipment and bouncy castle. Parents must stay in attendance.

Monday	09:30 - 10:15 & 10:20 - 11:05
Wednesday & Friday	09:30 - 10:15, 10:20 - 11:05 & 11:10 - 11:55

### Mini Trampolining Course

A chance for children to develop their control on a trampoline and have great fun. Suitable for 2 ½ to 4 year olds and parent's participation is required.

### Tots Bop

A fun session for under 4's to take part in action songs and moving to music. Parents must stay in attendance.

Tuesday	09:30 - 10:00
---------	---------------

### Rug Rats

An interactive drop in sessions for 2½-4yr olds designed to assist co-ordination and balance through multi sport activities.

Mondays	11:10 - 12:00
---------	---------------

**Please note parents MUST stay in attendance at all of our pre-school sessions.**

## Activities for children aged 5 -11yrs

### Gymnastics Course

All levels are welcome, from beginners to advanced, available for children aged 5 to 16 years old. Please see over for more information.

### Judo

River Park Judo is suitable for girls and boys aged 6-16yrs. Sessions include throwing and holding techniques. Please contact reception to join.

Friday

Beginners	16:00 - 16:55
Intermediate	17:00 - 17:55
Advanced	18:00 - 18:55

### Trampolining Courses

Mixed ability courses are available for 5 to 16 year olds, learning techniques from seat drops to somersaults.

### Football Courses

We run Kick-a-bout football courses at River Park where children can learn new techniques, develop upon existing ones as well as working in teams. For more information please speak to a member of our reception team.

### Sea Splash

Come along and try our fun water session with pool inflatable and foam rafts. Children MUST be over 8yrs and competent swimmers to be able to go onto the inflatable.

Please note: Tickets are only available for purchase 10 minutes before the session starts.

Saturday	12:00 - 13:00 & 14:00 - 15:00
----------	-------------------------------



### Ocean Adventure Play Zone

A drop in session in our soft play area equipped with slide, ball pit and soft play equipment. The safety of the children is the responsibility of the parent/guardian. Parents MUST stay in attendance at all times.

Opening hours

Monday - Friday	10.00 - 18.00
Saturday & Sunday	10.00 - 18.00 (depending on private bookings)



# Activities for children aged 11-16yrs

## Street Dance\*

A funky aerobics class aimed at 11-16yrs. Combining aerobics and dance moves to the latest sounds of hip-hop and funk.

Friday 18:30 - 19:30

We also run a variety of activities for adults too! Set your inner child free and come along to one of sessions including street dance, trampolining and gymnastics.

## Teen Fitness for 11-16yrs

Young people can enjoy the use of our kinetika gym too! The sessions are supervised by specially qualified staff, fully aware of the way youngsters should exercise whilst their bodies are still developing and maturing. (An induction is compulsory before your first visit).

Tuesday 16:30-17:15  
Thursday 16:00-16:45 & 17:00-17:45  
Friday 18:30-19:15 & 19:30-20:15  
Saturday 17:00-17:55 & 18:00-18:55

# Gymnastics at River Park

## Gyminis

Suitable for 3 to 4 year olds, Gyminis is a stepping stone for children to learn agility, balance and co-ordination skills before gymnastics.



## Gymnastics

All levels are welcome, from beginners to advanced, with courses available for children aged 5 to 16 years old. River Park Gymnastics Club is a fun and enthusiastic Gym Mark accredited club providing structured lessons which cover fundamental gymnastics skills to bar, beam, vault, trampoline and sports acrobatics work.

## Mini Gym sessions

Designed to build strength and improve co-ordination, flexibility and confidence. These 30 minute sessions are a great way to meet new friends! Parents must stay in attendance.

Tuesday & Thursday 13:30 - 14:00  
& 14:10 - 14:40



# River Park Swimming Academy

We follow the ASA National Plan for Teaching Swimming (NPTS). Our 'all-inclusive programme' takes the non-swimmer from his or her first splash to developing confidence and competence in the water.

The swimmers journey will result in the development of a wide range of skills and should result in a competent, confident and safe swimmer.

Please contact reception for more information 01962 848700.



## It's party time!

Turn your child's party into an exciting day to remember. There's no stress, no mess, and we do all the work whilst you, your child and their friends have lots of FUN!

### Choose from:

- Kiddi Karts & Castle
- Mini Splash
- Mega Splash
- Mega Bounce
- SportsJam
- Ocean Adventure

For more details, availability and to book simply call our Party Line on 01962 848706.

**Call us now on 01962 848700 for more information!**

River Park Leisure Centre  
Gordon Road, Winchester  
Hampshire SO23 7DD

[enquiries@riverparkleisurecentre.co.uk](mailto:enquiries@riverparkleisurecentre.co.uk)  
[www.riverparkleisurecentre.co.uk](http://www.riverparkleisurecentre.co.uk)