



Dry Course Programme

January – August 2010

Fleming Park Leisure Centre
02380 684800

Bounce-about (8 weeks - 4yrs)

Roll, climb and play on our equipment and bouncy castle.

Sessions available:

Tuesdays, Wednesdays, Thursdays & Fridays

09.30 – 10.25 and 10.30 – 11.25

Please see holiday programmes for alternative dates during school holidays

Pre School Gymnastics

As a British Gymnastics Approved Centre we run pre school gymnastics for children aged 2-4 where they can learn balance, co-ordination, movement and body awareness in a fun environment.

Friday

13.30 – 14.00 Aged 2

14.10 – 14.40 Aged 3

Pre School Trampoline

Introducing children as young as 3years old to Trampoline, using full size Trampolines and following the British Gymnastics Award Scheme where they will learn seat drops, front and back drops, tuck, pike and straddle jumps, twists and simple routines.

Parents must attend this session and help supervise the children.

For further information or to book onto Pre School Gymnastics / Pre School Trampoline please contact the Course Office on 02380 684809

Important Information

- Parents need to help supervise children in most sessions particularly Trampoline where they will need to help 'spot' each child.
- All children attending a session must wear appropriate sports clothing e.g. T-Shirt and Shorts or Soft Trousers, Socks and Trainers. Hair must be tied back and jewellery removed. **Jeans, combat shorts, shirts and unsafe shoes such as sandals are not permitted.**
- Parents should supply the child with a drinks bottle for each session
- Coaches have the right not to accept a child into the session if they are not wearing the appropriate clothing and if parents/guardians do not attend the sessions where they are requested to supervise their child.

Gymnastics

Children can progress through the British Gymnastics Award Scheme in our General Gymnastics Programme, incorporating tumbling, beam, floor work, vaulting and more. We take children from beginners upwards on this course.

Frídáys

Beginners 16.00pm – 16.55pm Age 5-16

Improvers 17.00pm – 17.55pm Age 5-16

Trampoline Course

Our Trampoline Programme is available to school age children through to adults. Participants will develop through the British Gymnastics Award Scheme learning more complex skills and routines.

For times and further information please contact the Course Office on **02380 684809**

Dance Mats

Children aged 8+ can enjoy this fantastic dance workout using state of the art dance mats, learning the latest dance moves and enjoying this exercise class with friends. Sessions are available throughout the week and during school holiday times, please contact reception for details.



Kick-a-bout

Kick-a-bout football services provide football coaching for 3-6 year olds via an entertaining story book theme to introduce them to the sport at an early age.

Fridays

13.30 – 14.15 (3-4 years)

16.00 – 16.45 (4-5 years)

17.00 – 17.45 (5-6 years)



Saints in the Community

Soccer Course (4 – 16years)

This course is available for boys and girls where they can learn new techniques, work as a team and develop their existing football skills. By attending these courses, children have the opportunity to be recommended to the Saints Academy. Develop their talent in football by booking your child into the Saints Soccer Course available:



Saturday

9.00 - 10.25 and 10.35 - 12.00

To book onto Kick-a-bout or Saints in the Community please contact the Course Office on 02380 684809

Fleming Park Tennis Centre



- Junior Development Programme available for all ages and abilities
- "Return to Tennis" Coaching for adults who have not played for a while
- Indoor and outdoor coaching for year-round development
- Special offers available – Juniors get 1 free session; Adults 4 sessions for £16

Please telephone 02380 667532 for booking / information or visit www.tennis-service.net

The MEND Programme

This government funded programme is aimed at children aged 8 – 13 who are above their ideal weight. The 10 week course is free for participants and will start in January 2010 on Tuesdays and Thursdays 5.00pm – 7.00pm. There will also be another 10 week course available in May. If your child is over their ideal weight and you would like them to live a more active and healthy lifestyle then please contact us for further information or to book onto the course on 02380 684800

Teen Workout (11-15)

Kick start your healthy active adult lifestyle by joining the gym early, in our Teen Workout sessions. Pick up a Workout Timetable for session details.

Contact reception for details

The Hub Club

Keep your children fit and active with our after school hub club. Children will get to take part in a range of activities each week. Sessions are available on Wednesdays 5.00pm – 6.00pm during term time only.

We have a wide range of clubs available at Fleming Park Leisure Centre, Please view our Sport and Leisure Programme for a full listing or contact reception for details.



LOTTERY FUNDED

FREE fun programme for kids to become fitter, healthier and happier!

Do you have children 8 to 13 years old?
Are you worried they might be unhealthy or even overweight?
Then call us at the Centre to join the MEND Programme!
The MEND Programme gets kids healthy and fit in only
10 weeks - and helps them stay that way!
Find out about other children having fun on
the MEND Programme www.mendprogramme.org



For more information on your nearest programme
call 02380 684800

Adult Courses

Its not just the children that get to have all the fun!
You too can take advantage of the range of activities
available at Fleming Park Leisure Centre and return to
sport through our Adult Courses.

Tennis Opportunities for All

We run a wide variety of tennis coaching groups for
adults who are anything from complete beginners to
club players. Groups are run by professional coaches
in a relaxed but structured manner. Please telephone
023 8066 7532 or visit www.tennis-service.net for
details.

Badminton Academy

This academy is available to children and adults.
So why not show the kid's just how its done. Or you
can choose to play competitively and train to win in
this academy. Contact Chris on 07915 060042 to get
started.

Return to Sport

We have a number of clubs available for adults to
participate in a variety of sports. Please look in the
main brochure for a full listing. We also run Return
to Sport programmes to encourage adults back into
traditional sports. So no matter your interest there is
always something available for everyone.

Enquiry Form

If you would like further information or
want to put your name down on the
waiting list then please complete this
form and hand into reception.

Course interested in:

.....

Name:

Address:

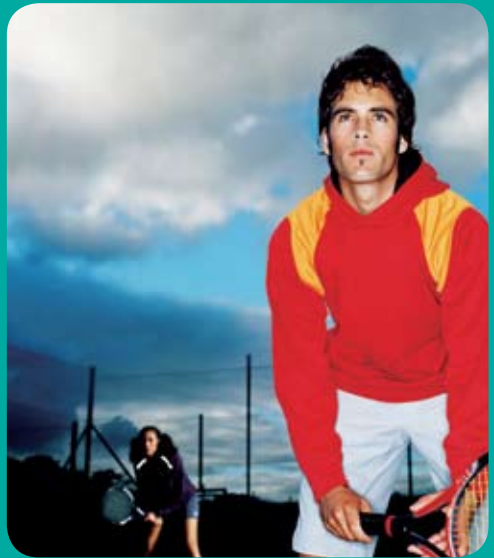
.....

Post Code:

Mobile:

Email:

Comment:



DCL24001

fleming park



Fleming Park Leisure Centre

Passfield Avenue, Eastleigh

Hampshire

SO50 9NL

02380 684800

enquiries@flemingparkleisurecentre.co.uk

www.flemingparkleisurecentre.co.uk

*Subject to availability