



Dryside Sports Courses

Activities for 3 years to adults

Arena Leisure Centre

01276 417111

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



Managed by D C Leisure on behalf of Surrey Heath Borough Council

Dryside Sports Courses

Arena Ballet School

The Arena Ballet School offers a fun and friendly environment for your child to learn the basics of ballet dancing with Royal Academy of Dance registered teachers

Monday Pre-School 1.00pm - 1.45pm

Thursday 4+ 3.30pm - 4.15pm

Children's Golf

A fun session introducing children to the basics of golf.

Children will join in with games & activities to help develop hand/eye co-ordination & balance. Plastic clubs & balls will be used for practice shots & putting.

Tuesday 2 - 5yrs 4.00pm - 4.45pm

Tuesday 5 - 8yrs 4.45pm - 5.30pm

Musical Theatre

West End star Marsha has appeared in hit musicals including Saturday Night Fever and Mary Poppins. Along with her extensive experience and qualifications, Marsha will coach children in singing, dancing, acting and a routine to perform at the end of term

Thursday 7-10 yrs 4.15pm - 5.00pm

Thursday 11-14 yrs 5.00pm - 5.45pm

Street Dance

Street Dance is great fun for boys and girls and combines fun, funky dance moves to the latest hip-hop, R&B and chart tunes. Presentation show at the end of term.

Thursday

6 - 8yrs 4.00pm - 4.45pm

9yrs+ 4.45pm - 5.45pm

Trampoline

3yrs to adults

Working towards B.A.G.A National Trampoline Proficiency Awards. All Trampoline classes are split according to age not ability. Each class has one instructor and one bed, with between one and three classes running at any time.

Monday - Thursday **3-6yrs** from 3.45pm

6yrs + from 4.30pm

Monday **Teens** 5.30pm - 6.30pm

Wednesday & Thursday **Teens** 6.30pm - 7.30pm

Thursday **Adults** 7.30pm - 9.00pm

All abilities welcome

Funfit Gymnastics

3yrs to full time school

Pre school Gymnastics working with a qualified instructor. Children have the opportunity to progress to further levels.

Friday 1.00pm - 1.45pm

Gymnastics

Full time school upwards. Working with qualified coaches towards the British Gymnastics Proficiency awards scheme. Children are also given the opportunity to take part in additional competitions and displays throughout the year.

Friday

Beginners 3.45pm - 4.30pm

Intermediate 4.30pm - 5.30pm

Advanced 5.30pm - 6.30pm

Chelsea Football Club Coaching

All of our Football courses are coached by qualified Chelsea Football coaches. Certificates and medals are awarded to all children at the end of each term.

Mini Dribblers 3-4yrs

Tuesday 3.45pm - 4.30pm

Wednesday 3.45pm - 4.30pm

Mini Soccer 4-5yrs

Tuesday 4.30pm - 5.15pm

Wednesday 4.30pm - 5.15pm

Sharp Shooters 5-6yrs

Wednesday 3.45pm - 4.35pm

The Skills Squad 6-7 years

Wednesday 4.35pm - 5.30pm

Courses take place during term time only.

Children under 8 years old must be accompanied by an adult at all times.

For further details or to book a place contact

Arena Leisure Centre

Grand Avenue (Just off the A30)

Camberley

01276 417111

email: enquiries@arenaleisurecentre.co.uk

www.arenaleisurecentre.co.uk