



## You Can Do It!

A range of activities for disabled children aged 5 - 19 years and their siblings. Activities include trampolining, gymnastics and re-bounce therapy.



For more information on the programme or to register please see reception or call

**01403 211311.**

## How to Contact us...

Broadbridge Heath Leisure Centre  
Wickhurst Lane, Broadbridge Heath  
Horsham, West Sussex, RH12 3YS  
01403 211311  
[enquiries@broadbridgeheathleisurecentre.co.uk](mailto:enquiries@broadbridgeheathleisurecentre.co.uk)  
[www.broadbridgeheathleisurecentre.co.uk](http://www.broadbridgeheathleisurecentre.co.uk)



Another Leisure Service from...



DC Leisure Management Ltd working in partnership with Horsham District Council

DC123383

## Junior Activities for 0 - 16 years

At Broadbridge Heath Leisure Centre



## UNDER FIVE'S

### Mums and Mites

Mondays 10.00am – 12.00noon  
Bouncy castle and soft play fun with a sing-a-long to finish.  
Walking - 4 years.

### Dinomites

Tuesdays, Wednesdays and Fridays  
9.30am – 10.15am Walking – 2 years  
10.30am – 11.15am 2 – 3 years  
11.30am – 12.15pm 3 – 5 years  
Fridays Only  
12.45pm – 1.30pm 2 – 5 years  
Fun and exciting activity using climbing apparatus, tunnels and soft play shapes.

### Heath Horrors

Fridays 9.30am – 10.30am & 10.45am – 11.45am  
Trampolining, bouncy castle, soft play shapes with bikes and trikes. Walking - 4 years

### Crèche

Monday – Wednesday  
9.30am – 10.30am & 10.30am – 11.30am  
Fridays  
9.15am – 10.00am & 10.00am – 11.00am  
Why not try our superb Crèche facility. 8 weeks - 4 years.



## OVER FIVE'S

### Cricket

Mondays 4.30 – 6.00pm Beginners & Intermediates  
Come and join in our cricket course, learn some new skills, meet some new friends and become the next Freddie Flintoff.  
5 - 10 year olds

### Basketball

Tuesdays 5.00 – 6.00pm  
Shoot some hoops with this great sport. 8 - 12 year olds

### Judo

Tuesdays 5.30 – 6.30pm 5 – 9 yrs  
6.30 – 7.30pm 10+  
Why not try this fun sport? Coached by BJA registered coaches.  
5 - 16 year olds

### Funky Beatz

Saturdays 11.00 – 12.00noon 6 – 10 years  
Mondays 5.00 – 6.00pm 11 – 16 years  
Street Dance to the latest music



### Gymnastics

Mondays & Fridays  
Classes for beginners, intermediate and advanced.  
Registered with British Gymnastics. 5 - 14 year olds

### Trampolining

Monday - Friday  
Coaching and development progressing through the British Gymnastics badge scheme. 3 - 14 year olds

### Rockets Trampolining

Fridays 6.30 – 7.30pm  
7.30 – 8.30pm  
Fun session for the older age group. 10 - 16 year olds.

### Cheerleading

Wednesdays 4.00pm-4.45pm 5-7 years  
5.00pm-5.45pm 8-13 years

