

STOURPORT SPORTS CENTRE

Beginner's Teen Gym Workouts

BOOK 11-15

Date: Monday 27th July - Friday 31st July

Time: 9:30am - 10:30am

Date: Monday 10th August - Friday 14th August

Time: 10:30am - 11:30am

Date: Monday 24th August - Friday 28th August

Time: 11:30am - 12:30pm

Cost: £20

Pre-Activity Readiness questionnaire to be completed on enrolment.

Qualified supervision, structured sessions to provide an introduction to fitness and exercise in a safe environment

ASA Junior Swim Lessons

BOOK 4+

Date: Monday 27th July - Friday 31st July

Monday 3rd August - Friday 7th August

Monday 10th August - Friday 14th August

Monday 17th August - Friday 21st August

Monday 24th August - Friday 28th August

Time: 9:30am - 10am / 10am - 10:30am Cost: £22.50

Lessons for all abilities - contact reception. Swimming cap must be worn - issued on enrolment.



BG Trampolining

BOOK 5+

Date: Monday 27th July - Thursday 30th July

Monday 10th August - Thursday 13th August

Monday 24th August - Thursday 27th August

Time: 9:30am - 10:30am Cost: £25

With British Gymnastics qualified coaches. T-Shirt or Leotard, Shorts and Socks to be worn. Long hair must be tied back. No jewellery.

Snorkelling

BOOK ALL AGES

Date: Monday 27th July - Thursday 30th July

Monday 17th August - Thursday 20th August

Time: 9:30am - 10:30am Cost: £20

Suitable for confident swimmers. Qualified instructor lead. Bring your own snorkel, mask and fins.

RLSS Rookie Lifeguard

BOOK 8-12

Date: Monday 10th August - Friday 14th August

Monday 24th August - Friday 28th August

Time: 9:30am - 10:30am Cost: £25

For confident swimmers. Delivers the required water safety elements of the National Curriculum Key Stage Two.

Bouncy Castle GIANT

BOOK 0-9

Date: Every Monday

Time: 10am - 11am: 18mths - 5yrs

11am - 12pm: 6yrs - 9yrs Cost: £2 per session

Socks to be worn.

Kids Go Karting

BOOK 4-9

Date: Every Wednesday

Time: 10am - 11am / 11am - 12pm

Cost: £5 per session

Tumble Fun

BOOK 0-5

Date: Every Friday

Time: 9am - 11am Cost: £3.55 per session

Fun and games, singing, basic trampolining/gymnastics including a bouncy castle.

For further information or to book onto any of these activities please contact the leisure centre direct on:

01299 822308

