



Term Time Junior Activities 2009/2010 Programme

Tolworth Recreation Centre
0208 391 7910

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008/9



Junior Activities

DAY/TIME	ACTIVITY	FULL MEMBER	CENTRE MEMBER	NON-MEMBER
MONDAY				
9.00am – 1.00pm	Crèche (6weeks – 4 years)	FREE	£2.50	£3.50
TUESDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.50	£3.50
10.00am – 12.00pm	Fun House Club	FREE	£2.70	£3.20
3.30pm – 4.15pm	Junior workout (11 – 15 years)	FREE	£3.00	No entry for non-members
4.15pm – 5.00pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-members
WEEDSDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.50	£3.50
3.30pm – 4.15pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-member
4.15pm – 5.00pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-members
8.30pm – 10.00pm	Trampoline Club Drop In (13 years+)	Ask at reception		
THURSDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.50	£3.50
FRIDAY				
9.00am – 1.00pm	Crèche (6 weeks – 4 years)	FREE	£2.50	£3.50
10.00am – 12.00pm	Fun House Club (0 – 4 years)	FREE	£2.70	£3.20
SATURDAY				
9.30am – 12.30pm	Crèche (6 weeks – 4 years)	FREE	£2.50	£3.50
9.30am – 11.30pm	K-Zone (5 – 11 years) Max stay 1hr 55 mins.	FREE	£4.00	£5.00
8.45am – 9.30am	Mini Dribblers (3 – 4 years)	FREE	£2.50	£3.00
9.30am – 10.15am	Mini Dribblers (3 – 4 years)	FREE	£2.50	£3.00
9.30am – 11.00am	Mini Soccer FFC (5 – 6 years)	£29.75	£29.75	£38.50 (per term)
9.30am – 11.00am	Mini Soccer FFC (7+ years)	£36.75	£36.75	£45.50 (per term)
1.00pm – 2.00pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-members
3.00pm – 4.00pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-members
4.00pm – 5.00pm	Trampoline Drop In (Special Needs) 1st Sat of the Month	£4.00	£4.00	£5.00
5.00pm – 6.00pm	Roller-skating /Mini Disco (Under 10s & Families)	£3.00		
6.00pm – 7.30pm	Roller-skating Disco (10 – 15 years)	£4.00		
SUNDAY				
1.00pm – 2.00pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-members
3.00pm – 4.00pm	Junior Workout (11 – 15 years)	FREE	£3.00	No entry for non-member

Trampolining Time Table

DAY	TIME	AGE
Monday	5.30pm - 6.30pm	3-7 years
Monday	6.30pm - 7.30pm	5-12 years
Monday	7.30pm - 8.30pm	12-16 years
Tuesday	6.00pm - 7.15pm	5-12 years
Tuesday	7.15pm - 8.30pm	12-16 years
Wednesday	6.00pm - 7.15pm	5-12 years
Wednesday	7.15pm - 8.30pm	12-16 years
Friday	4.00pm - 5.00pm	3-7 years
Friday	5.00pm - 6.00pm	5-12 years
Friday	6.00pm - 7.15pm	5-12 years
Friday	7.15pm - 8.30pm	12-16 years
Saturday	8.30am - 9.30am	5-12 years
Saturday	9.30am - 10.45am	5-12 years
Saturday	10.45am - 12.00pm	12-16 years
Saturday	1.00pm - 2.00pm	3-7 years

Spaces are limited on each course but we do have a waiting list if you have missed out. The waiting lists can take up to 6 months so put your name down today. We will also run holiday courses so look out for our fantastic holiday programme.



Week End Football (ages 5 - 12 years)

FFC community sports trust

Football coaching for boys and girls of all abilities. This course is designed to improve your child's football skills. Coached by Fulham FC outside on grass your child will have fun, get active and make new friends.

Every Saturday Morning

9.30am - 11am

Activity Descriptions

Sessions (S) - Pay as you attend, advised to book in advance. Members can book up to 6 days in advance, Non-members 2 days. Non-members will have to pay at the time of booking and will incur a £1 booking fee if payment is taken over the phone.

Courses (C) - Must Book in advance and pay in full.

Trampoline Drop In (S) - Kids can bounce to their hearts content at our drop-in session, learning basic moves and shapes.

Junior Workout (S) - This is a great session to help introduce your child to a healthier life style. They can let off steam in our kinetika gym on cardiovascular equipment with expert supervision. (Every child must complete a Pre activity questionnaire with parental consent to partake)

Fun House Club (S) - Supervised activities, with soft play shapes, music & movement. (Parent or guardian supervision is required)

Mini Dribblers (S) - Drop-in session designed to introduce your youngsters to "the beautiful game" with our F.A qualified coaches. (All children must be supervised by a parent or guardian).

K-Zone (S) - An active morning of fun and games. Activities may include bouncy castle, arts & crafts, badminton, football and basketball.

Roller Skating (No Advanced Bookings) - A disco on skates! Skate hire is included in the price with limited sizes available, we can cater for the whole family!



Tolworth Recreation Centre

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