

Xperience memberships
from £17 per month

Xperience **One**
Xperience **Energy**
Xperience **Max**
Xperience **Student**

Our Xperience courses include:

- Active Swimming Lessons
- Active Dance
- Active Gymnastics
- Active Football
- Active Tennis
- Active Minis
- And much more



Saving you money on your sports courses! Quality coaching!

For further information visit our website www.active4today.co.uk

To help with a quick, hassle-free transaction, PARENTS please ensure you have your child's membership/Active cards to hand when booking.

Payment MUST be made when sessions are booked with reception staff.

TERMS and CONDITIONS

Children Under 8 years of age attending the activities MUST have a responsible parent/carer (16+yrs) stay within the Centre while activities take place.

Some activities may take place outside so please bring your child with relevant clothing, protection and plenty to drink.

If you wish your children to walk home unsupervised, please send in a letter stating this along with an emergency contact number.

All activities need to be booked and paid for at reception either in person or by telephone using Switch and most credit cards. £5.00 minimum. Refunds will only be issued in respect of medical conditions.

All details are believed to be correct at the time of going to press but events and activities are subject to amendment and some changes may subsequently have been made.

24 hours notice of cancellation required. Failure to comply will result in the full charge being made.

Xperience members will be charged £3.00 if booked activities are not attended.

Participants Code of Conduct

- NO bullying or fighting
- NO foul and abusive language
- Always play fair and by the rules
- Listen to and follow instructions from staff
- Do Not leave the activity areas without permission from a member of staff
- Do Not wear jewellery or bring mobile telephones
- Respect other people, the facilities and the equipment

If these points are followed everyone should enjoy themselves.

Southwell Leisure Centre HALF-TERM TIMETABLE

23rd – 27th October 2017



Wetside

Sea Scooters *Main Pool*

Wednesday 25th October
11:15am - 12 noon

Fun and exciting way to move either on top or underneath the water.

Must have gained Angel Fish 3 badge. Goggles required. 8yrs+

Snorkelling *Teaching Pool*

Thursday 26th October
9:30am - 10:30am

Learning the basics.
5 - 7yrs

Splash *Main Pool*

Thursday 26th October
10:15am - 11:15am

Snorkelling, canoeing & water polo.
5 - 7yrs

Snorkelling Plus *Main Pool*

Monday 23rd October
10:30am - 11:30am

Develop your snorkelling skills and try new games. 8 - 11yrs

Fun Swim *Main Pool*

Wednesday 25th October
6pm - 7pm

Friday 27th October
6:15pm - 7:15pm

Large inflatable fun. Must be able to swim 50+metres. 8 - 13yrs

Pool Pirates *Teaching Pool*

Friday 27th October
11am - 12 noon

Fun and games with Captain Splash.
5 - 7yrs

Floats & Toys *Teaching Pool*

Friday 27th October
6:50pm - 7:30pm

Under 8yrs

Dryside

Trampolining

Monday 23rd October
3:15pm - 4pm

Balance, co-ordination & routines whilst bouncing high. 6 - 12yrs

Roller Disco

Tuesday 24th October
1pm - 3pm

Skate and have fun to the latest music.
5 - 12yrs

Archery

Wednesday 25th October
2pm - 3pm and 3pm - 4pm

Be the next Robin Hood! Introducing young children to archery in a fun and safe way. 5 - 8yrs

Creative Crafts

Tuesday 24th October
10am - 12 noon

Lots to make, do or cook and take home.
5 - 10yrs

Drum Fun

Wednesday 25th October
2pm - 3pm

The latest, fun fitness workout to all your favourite tunes, parents come along too.
8yrs+

Street Dance

Thursday 26th October
10am - 12 noon

Learn new skills & bust out some moves.
6 - 12yrs

Daily Activities

House of Fun

Monday 23rd - Friday 27th October
12:30pm - 7pm

An indoor play area designed for children.
1 - 6yrs

Crèche

Monday 23rd - Friday 27th October
10am - 12 noon

In the House of Fun where your child can play and have fun in a safe and fun environment - *Booking essential*. Under 5's

Junior Gym

**Monday 23rd, Tuesday 24th,
Thursday 26th & Friday 27th October**
3:45pm - 4:30pm

Wednesday 25th October
2:45pm - 3:30pm

A chance for young adults to experience using the equipment in the gym, under supervision.
14 - 16yrs

Under 5 Activities

Gymnastics

Monday 23rd October
3:15pm - 4pm

Fundamental movement for early years.
3 - 5yrs

Trampolining

Friday 27th October
2:30pm - 3:15pm and 3:15pm - 4pm

Co-ordination and balance for early years.
3 - 5yrs