

ACTIVITY DESCRIPTION

- Trampolining** Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
- Badminton** Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
- Netball** Aimed to help improve movement around the court whilst learning new skills that can be used in a game setting.
- Peerie Kickers** Build up your coordination, skills and techniques through various fun games and drills.
- Fitba Focus** This fun football session works on skills through drills with plenty of time for games as well.
- Secondary Circuits** A whole body workout. A selection of simple yet effective exercises that targets varied muscle groups to strengthen and work the body.

- Baby & Adult Swim** This class teaches your child (up to 3yrs) the basics to being in the water and yourself different techniques to keep them happy when in the pool. Watch their confidence grow, week by week. Before they start school, start swimming.
- Pre-School Swim** These classes for children aged 3-5 years old aim to encourage water confidence and develop core aquatic skills through fun games and activities.
- Swim Skills Swim** Work towards achieving the 4 Learn to Swim awards. These levels begin developing a safer swimmer by further developing water confidence, core aquatic skills, basic stroke technique, achieving triple S standard (Deep end test) and then multi aquatic and basic lifesaving skills.
- Club Ready Swim** This class aims to improve and maintain stroke technique over distance and to develop basic training and race skills.

West Mainland Leisure Centre

From Monday 15th March 2021

BAIRNS AT WMLC



Bookable NOW! (see details inside leaflet)

01595 807713



Junior Dry Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Monday						
Trampolining	1600-1700	15 March	26 April	7	P1-S4	£22.40
Tuesday						
	1600-1645				Novice	
*Badminton	1645-1730	16 March	27 April	7	Improver	£22.40
	1730-1815	*NOT Bookable Online			Advanced	
Wednesday						
Primary Netball	1600-1700	17 March	28 April	7	P4-P7	£22.40
Thursday						
Peerie Kickers	1600-1645	18 March	29 April	7	P1-P3	
Fitba Focus	1645-1730	18 March	29 April	7	P4-P7	£22.40
Secondary Circuits	1745-1830	18 March	29 April	7	S1-S6	

BOOKABLE NOW

PLEASE NOTE - Online Bookings to be completed under the participant's name.

Online Login ID's & PIN's can be provided from any SRT Facility.
Please get in touch if you need this information.

All bookings must be completed over the phone or online due to customers having to pre-book before they arrive at the facility.

Tel: 01595 807713 | E-mail: wmlc@srt.org.uk | Web: www.srt.org.uk

Junior Pool Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
Tuesday						
Swim Skills 1A (NC)	1600-1630					
		16 March	27 April	7	5+yrs	£28.70
Swim Skills 1B	1645-1715					
Wednesday						
Pre-School + Adult	1345 - 1415				3-5yrs	
		17 March	28 April	7		£28.70
Baby & Adult Swim	1430 - 1500				0-3yrs	
Thursday						
Swim Skills 1A (C)	1600-1630					
		18 March	29 April	7	5+yrs	£28.70
Swim Skills 4 / Club Ready Swim	1730-1800					
Saturday						
Swim Skills 1A (NC)	1100-1130					
		20 March	1 May	7	5+yrs	£28.70
Swim Skills 1A (C)	1145-1215					
Sunday						
Swim Skills 1B	1100 - 1130					
		21 March	2 May	7	5+yrs	£28.70
Swim Skills 3	1145 - 1215					
		21 March	2 May	7	5+yrs	£28.70
Swim Skills 2	1230 - 1300					

Swim Skills 1A (NC) - This class is for pupils who are **NOT CONFIDENT** in the water by themselves and require assistance whilst swimming. These lessons will require a parent in the water to assist them as instructors are unable to teach in the water.

Swim Skills 1A (C) - This class is for children who are **CONFIDENT** in the water on their own and don't need any assistance whilst swimming. These lessons do **NOT** require a parent in the water.