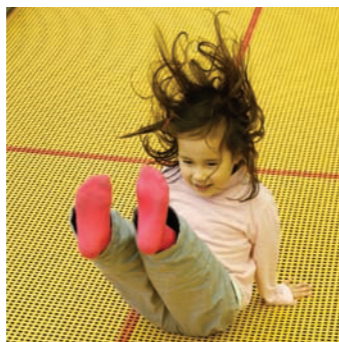


South Northants Leisure Trust

## More Activities

## Wave Rave

For all children aged between 8-15 years. Strictly No Adults allowed. Mega fun session with floats, inflatables, balls, flumes and waves all to the ravin sounds of some serious tunes.



## Heely's Disco Nights

Bring along your Heely's and in-line skates for the monthly Heely's Disco. A DJ provides the soundtrack to this great night out. Days and times vary, contact centre for details. Ages 8+. Under 8s must be accompanied by an adult.

## Mighty Atoms

Soft play session suitable for children aged 8 months and over. Parents are required to stay with their children during the play session.



## Why not try a birthday party with a difference?

Less mess, less hassle and more fun! Our parties are designed to ensure your child has a wonderful and memorable day and you have the hassle and stress taken away from running your child's party.

We offer a range of parties, activities and menus so you don't have to think of new things to do every year. Our party packages ensure that you will have a fantastic time! Our parties cater for children of all ages, please contact the centre for booking information.

**Includes: Inflatable Pool Parties**  
**Wet and Wild Parties Multi Sports**  
**Football Parties Bouncy Castle**  
**Roller Skating/Heely's Soft Play**

Book a birthday party for your child before August 15<sup>th</sup> 2010 and **SAVE 10%.**

Call your local leisure centre to discuss your requirements or pop into the centre to view the facilities.  
 Please present this voucher at the time of booking

**OFFICE USE**  
 Name: \_\_\_\_\_ Date of Party: \_\_\_\_\_

South Northants Leisure Trust

## Junior Activity Programme

## Membership feels great...

Towcester Centre for Leisure  
 Springfields, Northants NN12 6UW

Telephone: 0845 2671201

Web: [www.southnorthantsleisure.co.uk](http://www.southnorthantsleisure.co.uk)

OFSTED Registration No. 242246 - Unique Reference No. 219967

Brackley Leisure Centre  
 Springfield Way, Brackley, Northants NN13 6JJ

Telephone: 0845 2671194

Brackley Swimming Pool  
 Manor Road, Brackley, Northants, NN13 6EE

Telephone: 0845 2671195



South Northants Leisure Trust

## Junior Activity Programme



Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.

## Swimming Lessons



*Swim Life* is our learn to swim programme for both children and adults, from beginners to advanced levels.

It is designed to provide first class swimming tuition at value for money prices. It provides swimmers with the opportunity to learn and experience the fun and security of an excellent swimming development programme.

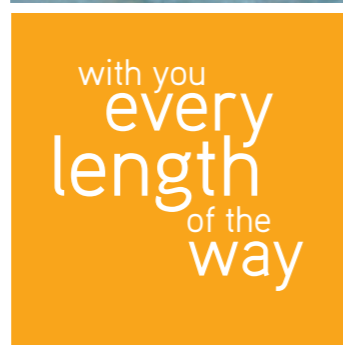
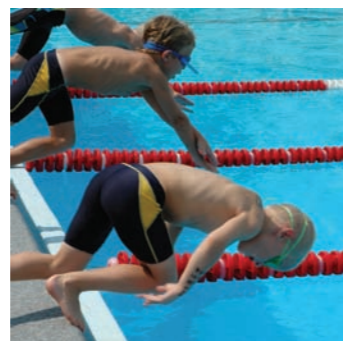
*Swim Life* offers a range of swimming classes and courses designed to cater for all ages and abilities. Each class is carefully structured within a comprehensive syllabus to enable a seamless progression between levels.

Each of our terms run for between 12 and 15 weeks and will help you to improve water skills and confidence.

Each swimmer will benefit from:

- Small class sizes to ensure that individual needs are addressed
- Fully qualified teachers dedicated to the provision of high quality swimming lessons
- A comprehensive and progressive programme of development
- Personal development file and record of achievement

We operate a waiting list for anyone who wishes to join the programme. Please contact your local centre for full details.



## Swimming Lessons



The first level of Swim Life is designed for babies from the age of 6 months to 30 months.

**Level 1 - 6-12 months**

Offers a very basic introduction to the water for you and your child

**Level 2 - 12-20 months**

Builds up and develops the water confidence gained in level 1

**Level 3 - 20-30 months**

Develops confidence and skills in preparation for your child's solo introduction to the water



**From 30 months**

This section of Swim Life consists of 5 levels.

As your child moves through the 5 levels they can expect to develop water skills both under and on top of the water. All 5 levels enable pupils to work confidently and safely in the water with a swimming teacher.

Pupils will learn valuable water skills including:

- How to make a safe entry into the pool
- How to float, glide and retrieve objects from the pool floor
- How to confidently swim 5m unassisted



To enter the programme at this level, children must be able to confidently swim 5m, front and back, unassisted.

Children will develop strokes and stamina including:

- breaststroke, backstroke and butterfly
- front crawl with proficient breathing technique
- racing starts and competition turns
- personal water safety

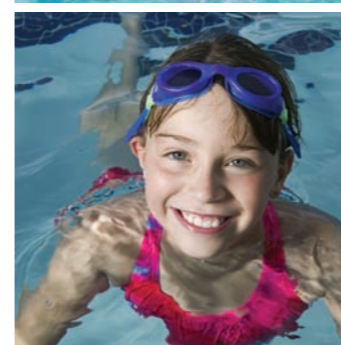
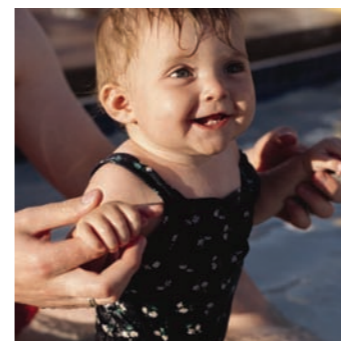
Children will work through the different levels achieving numerous distance badges with the goal of achieving 800m by the end of the level



This is the Swim Life academy.\* Pupils can expect to learn life saving skills, snorkelling,

diving, water polo as well as further perfecting swimming and stroke technique.

\*not available at all centres



## Childrens Courses

### WAGS

If you are between 9 and 13 years of age, and love playing football, we would like to invite you to join our WAGS football course at Towcester Centre for Leisure on our brand new 3G All Weather Pitch. At last bring on the girls.

### Football

For all children aged 4-7 years, our qualified coaches will deliver sessions that are based around skill, game play and developing an understanding of the game of football. Our football courses will give your children sufficient skills and experience for them to progress into local clubs.

### Gymnastics

Your child can start gymnastics at just 3 years in our pre school class and our highly qualified coaches will develop your child all the way through to advanced level in gymnastics. Children can progress through each class as they become older and more able. This class structure allows gymnasts to learn new skills on different elements, and progress through our classes.

### Judo

Judo is known as a modern physical activity, as well as an art form. Our qualified coach will teach the necessary skills to develop an understanding of this sport, there is the opportunity for your child to be assessed and obtain grades within the sport.

### Trampolining

Children can start Trampolining as young as 5 years; our qualified coach will deliver structured but safe sessions. They will learn the different types of jumps and drops, as your child progresses through our class they will have the opportunity to gain awards as they demonstrate their ability during the sessions.

Other Junior Activities:

Fencing WJO Kickboxing

CESKA Karate Badminton

Table Tennis Step by Step Dance

Techno Kids Techno Circuits

