Junior Activities

Worthing Leisure Centre | Splashpoint Leisure Centre
Davison Leisure Centre | Field Place Manor House

For children and young people aged 0 to 17 years

Courses included in Junior FIT4

Football ✰ Rugby ✰ Badminton ✰ Musical Theatre and more...

www.southdownsleisure.co.uk

Please see website for full listings.
Worthing Leisure Centre offer a wealth of Junior Activities for all ages including the ability for your child to progress further in their chosen activity as they get older.

To register your interest or to find out further information please email wlccourses@southdownsleisure.co.uk

Gymnastics
Children can learn a variety of skill development working their way through the British Gymnastics 'Jump into Gymnastics' Proficiency award scheme where badges and certificates can be achieved.

Trampolining
Children can learn a variety of skill development working their way through the British Gymnastics Trampoline Proficiency award scheme where badges and certificates can be achieved.

Junior Gymnastics
Age: 5-13 years old
Days: Wednesdays & Thursdays

Junior Trampolining
Age: 4-17 years old
Days: Mondays, Tuesdays, Thursdays, Fridays & Saturdays

Aiming High Trampolining
A fun trampolining session for young people with disabilities and their siblings.
Days: Saturdays 13:00-14:30 with hoist, 14:30-16:00 without hoist

Parent & Toddler Trampolining
Ages: 2-4 years old
Days: Tuesdays, Wednesdays & Thursdays

Adult Trampolining
Age: Adults only
Thursdays 20:00-21:00

More details are available from www.southdownsleisure.co.uk
Football

Mini kickers: Football fun for parents and their 2-4 year olds, learning balance, co-ordination and basic skills.

Pro-Coaching Junior Football:
Take your football to another level with progressive structured sessions.

Junior Badminton
Age: 5-16 years old
Days: Fridays and Saturdays

Badminton
Children can work their way through the Badminton England Racket Pack Proficiency Scheme which incorporates a range of essential skills for badminton.

Mini Kickers
Age: 2-4 years old
Days: Monday

Pro-Coaching Junior Football
Age: 4-14 years old
Days: Tuesdays, Thursdays and Saturdays
Please enquire for times and availability on 01903 718400

Football Clubs
Worthing Football Club:
www.worthingfc.com

Basketball
Play and learn at the home of Worthing Thunder.

Basketball
Age: 4-16 years old
Days: Mondays

Basketball Clubs
Worthing Thunder:
www.worthingthunder.club

Junior Rugby
Age: 5-15 years old
Days: Thursday and Fridays

Rugby
Get to know the game with skills, tactics and match play.

Tiny Tries
Age: 2-4 years old
Days: Mondays

Rugby
Worthing Rugby Club:
www.worthingrfc.co.uk

Rugby Clubs
Worthing Rugby Club:
www.worthingrugbyclub.com

More details are available from www.southdownsleisure.co.uk
## Pre-School Term-Time Activity Timetable

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>Creche</strong></td>
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<tr>
<td><strong>Amazon Sensory</strong></td>
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<td><strong>Tiny Tries</strong></td>
<td><strong>Bee-Fit</strong></td>
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<td>2-4 years</td>
<td>18 months+</td>
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<td>09:15-10:00 &amp; 10:00-10:45</td>
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<tr>
<td><strong>Baby Sensory</strong></td>
<td><strong>Parent &amp; Toddler Trampolining</strong></td>
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<td>Up to 13 months</td>
<td>2-4 years</td>
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<td>10:10-11:00</td>
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<tr>
<td><strong>Jo Jingles</strong></td>
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<tr>
<td>Walking-5 years</td>
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<td>11:45-12:30</td>
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All the above classes are Term-Time only. See page 6 for a guide to the class descriptions...

More details are available from [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)
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<thead>
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<td></td>
<td><strong>Baby Jingles</strong></td>
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<td>3 months-Walking</td>
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<td></td>
<td><strong>Tumbling Tinies</strong></td>
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<td></td>
<td>Pre School</td>
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<td>13:30-15:00</td>
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</tbody>
</table>

All the above classes are Term-Time only. See page 6 for a guide to the class descriptions...

More details are available from [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)
Starlight Musical Theatre
Perform song and dance routines to musicals.

Dinky Dancers
Learn ballet basics and help develop balance, co-ordination, self-discipline, posture and lots more.

Pre-School Information:
All sessions are available to members and non-members. All pre-school activities parents must supervise their children (excluding Creche). Please visit our website for more details: www.southdownsleisure.co.uk/junior-activities/

We would like to inform parents that children are not permitted to bring any form of camera devices to sessions. The management reserve the right to confiscate any such devices and return them at the end of the session. Failure to comply may result in children being excluded from sessions.

More details are available from www.southdownsleisure.co.uk

Pre-School Activities Guide to Classes

Amazon - Sensory
The Sensory area is located in Amazon Adventure and offers a range of specialist sensory equipment; Sparkle Cloud, Rainbow Light Bar and Bubble Tube, to name a few.

Amazon - Soft Play
Indoor soft play adventure for toddlers and children.

Baby Sensory
Specifically designed from birth, to aid your child’s development, the sessions are packed with an incredible variety of sounds, smells, sights, textures, music, dance and singing.

Bee-Fit & Boogie
Bee-Fit activities encourage children to be energetic and develop themselves as individuals, providing fun, interactive fitness activities.

Creche
The Creche provides a happy, secure and stimulating environment for your child during our one hour sessions.

Football - Mini Kickers
Mini Kickers offers an introduction to the fundamental skills of football. Involving lots of games to encourage movement and team skills.

Jo Jingles - Baby Jingles
A fun interactive 30 minute session involving lap songs, nursery rhymes and puppets.

Jo Jingles
Jo Jingles provides fun, music and movement classes for pre-school children. These sessions can be booked in advance or you can drop in on the day (spaces limited).

Rocky’s Rhyme & Crafts
Spend some time with your little ones singing along to rhymes and songs and putting your art skills to the test.

Rugby - Tiny Tries
Tiny Tries offers an introduction to the fundamental skills of rugby, involving lots of games to encourage movement and team skills.

Trampolining - Parent & Toddler
A super fun, bouncy session where participants can learn basic trampolining skills with the opportunity to achieve badges along the way.

Tumbling Tinies
An Indoor adventure playground designed to develop co-ordination, social interaction and play skills in a fun filled environment on a bouncy castle.

Starlight Musical Theatre
Age: 4-12 years old
Days: Thursdays
Please enquire for times and availability

Dinky Dancers
Age: 4-7 year olds
Days: Thursdays
Please enquire for times and availability

Pre-School Information:
All sessions are available to members and non members.
All pre-school activities parents must supervise their children (excluding Creche).
Please visit our website for more details: www.southdownsleisure.co.uk/junior-activities/

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More details are available from www.southdownsleisure.co.uk
Crèche
0-5 YEARS
Worthing Leisure Centre

Shaftesbury Avenue, Worthing, BN12 4ET

- Crèche places can be booked online, by phone or at reception
- FIT4 members can book up to one week in advance (Non-members; up to three days)
- Baby changing facilities available
- Sessions just £1 for FIT4 members* or £4.30 for non-members

*Ask for more details. Free if joined before September 1st, 2015.

Monday to Friday, one hour sessions at 9:10am, 10:20am and 11:20am

- Customers are able to advance book from 6am on day required.
- A waiting list is held at reception if your chosen session is booked. We’ll contact you if a place becomes available.
- Parents & carers must remain on the premises.
- Children must be registered and signed in and out.
- Please provide a buggy for under 2s.
- You may provide own refreshments (dietary requirements, etc).

Book online or call 01903 905050 Option 3

More details are available from www.southdownsleisure.co.uk
Junior Tennis Academy

The junior tennis programme is run all year round and provides a coaching pathway to improve from beginner level to county standard and above. The programme runs in accordance to LTA guidelines, using 3 levels of mini tennis (Red, Orange, Green) and then full size tennis, again with different levels of playing standards.

A guide to levels of the JTA:

**Mini Tennis Red** for 5-7 years
- Tuesday & Wednesday 16:00-17:00
- Saturday 09:00-10:00

**Mini Tennis Orange** for 7-9 years
- Tuesday & Wednesday 17:00-18:00
- Saturday 10:00-11:00

**Mini Tennis Green** for 9-11 years
- Tuesday & Wednesday 18:00-19:00
- Saturday 11:00-12:00

**Tennis Bronze** for 11 years+
- Monday 16:00-17:30

**Tennis Silver** for 11 years+
- Monday 17:30-19:00

**Tennis Gold** for 11 years+
- Thursday 16:00-17:30

**Tennis Platinum** for 11 years+
- Thursday 17:30-19:00

**Tennis Bronze** for 11 years+
- Saturday 12 noon-13:30

Please note: No photographic equipment is permitted in any venue.
Term-time course:
Fridays 15:30-16:10  5-7 years
Fridays 16:10-16:50  5-7 years

Term-time course:
Mondays 10:30-11:00  2-4 years
Wednesdays 11:00-11:30  2-4 years
Wednesdays 15:45-16:15  4-8 years

Term-time course:
Mondays 11:00-11:30  2-4 years
Wednesdays 11:30-12:00  2-4 years

Term-time course:
Wednesdays 16:15-17:00  5-7 years
Wednesdays 17:00-17:45  8-12 years

Dinky Dancers
A structured 30 minute class lead by a qualified instructor. Learn ballet basics and help develop balance, co-ordination, self discipline, posture and lots more.
Children will learn ballet using props, singing and lots of imagination.

Dinky Boppers
Taking place after Dinky Dancers, children at Dinky Boppers will learn some up to date dance moves to current pop music, sing and play games.

Streetz
A brilliant opportunity to learn some cool moves, develop rhythm and co-ordination. Street dance boosts confidence and self esteem.

Please note:
No photographic equipment is permitted in any venue.

More details are available from www.southdownsleisure.co.uk
Gymnastics*

Tumble, swing and jump in our Gymnastics course while working on co-ordination and core strength. All abilities welcome. Ages 5-16 years old.

Fridays: 17:30-18:30 & 18:30-19:30
Saturdays: 09:00-09:55 & 09:55-10:50

Trampolining*

Learn safe techniques and skills on our super bouncy trampolines with a qualified instructor. Ages 5-16 years old.

Wednesdays: 19:00-20:00 (Ages 12-16)
Saturdays: 10:00-11:00 & 11:00-12:00

Roller Skating

Beginners/Family
(Speed restricted)
Saturday 14:45-15:30

Beginners/Family
(Speed restricted + no skate hire)
Saturday 15:45-16:30

Improvers/Family
Saturday 16:45-17:30

Confident Skaters Only
Includes games such as street hockey
Saturday 17:45-19:00

*A small waiting list currently operates for these sessions.

Please note: No photographic equipment is permitted in any venue.

More details are available from www.southdownsleisure.co.uk
Parent and baby
Structured drop in sessions for babies and toddlers, accompanied by a parent/carer, to help water confidence, strength, and co-ordination. There are small floats and toys, with a swimming instructor offering advice and leading a sing-a-long. Swim nappies are required and are available from reception.

**Term time only:**
Every Tuesday, Wednesday and Thursday, 10:30-11:30

Aquaschool Swimming Lessons - More details are available from our website for swimming lessons and waiting lists.

Junior swim coaching
This coaching session aims to improve stamina and stroke technique. The session is only suitable for swimmers that can swim 400 metres comfortably. There are a maximum of three lanes and swimmers will work towards completing stage 8, 9, 10 of ASA competitive swimming.

Sundays:
17:00-18:00

Funtime Sessions
(These sessions take place in the Main Pool)

**Term Time**

<table>
<thead>
<tr>
<th>Saturdays</th>
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<tbody>
<tr>
<td>Mats &amp; Floats:</td>
<td>Mats &amp; Floats:</td>
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<tr>
<td>11:00-13:30</td>
<td>10:00-13:30</td>
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<td>Inflatable:</td>
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<tr>
<td>13:30-16:00</td>
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</tbody>
</table>

Please check holiday brochure for times during school holidays.

Diving Board
Opening Times (Term Time)

- **Monday** 19:15-20:30
- **Wednesday** 19:30-20:30
- **Friday** 19:15 -22:00
- **Saturday** 12:15-16:00
- **Sunday** 11:30-17:00

Please check holiday brochure for times during school holidays.

Please note: No photographic equipment is permitted in any venue.

More details are available from [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)
Aquaschool progression chart

Parent and Baby
Drop in session

Aquababy
(6-18 months)

Aquatots
(18-36 months)

Aquasplash
(3-4 years)

Stage 1
Non-swimmers

Stage 2

Stage 3

Stage 4

Rookies
Worthing Lifeguard Corps

Stage 5

Stage 6

Worthing BSAC/Arun Divers

Stage 7

Worthing Swimming Club

Aquadive

More details are available from www.southdownsleisure.co.uk
Parent and Baby (Aquafun for tots)
Structured drop-in sessions, exclusive for babies and toddlers, accompanied by a parent/carer. To help build water confidence, strength and co-ordination. There are small floats and toys in the water, with a swimming instructor offering advice and leading a sing-a-long.
Term time only: every Tuesday, Wednesday and Thursday, 10.30-11.30.

Aquababy (4-18 months)
A course of structured sessions for babies, accompanied by a parent/carer. Designed to promote water confidence and the babies’ Fundamental Motor skills, through the use of songs and games.

Aquatots (18-36 months)
A course of structured sessions for toddlers, accompanied by a parent/carer. Designed to promote water confidence and the toddler’s Fundamental Motor Skill, through the use of basic teaching practices, songs and games.

Aquasplash (3-4 year olds)
A course of structured lessons to help develop water confidence and independent swimming practices. The lessons use basic teaching practices, through songs and games as an introduction to formal lessons, allowing the children to follow instructions whilst learning through play.

Stage 1 (Beginners/Non-Swimmers)
Suitability: For children aged 4+ who are in school and cannot swim without buoyancy aids. Water depth 0.85 metres.
Aim: To learn to travel a minimum distance of 5m on front and back, with correct kicking action for Front Crawl and Back Stroke. Building on water confidence, such as submerging, floating and jumping in.

Stage 2
Suitability: For school aged Children who can jump in unaided, submerge completely and travel at least 5 metres on front and back with correct kicking action for Front Crawl and Backstroke. Water depth 0.85 metres.
Aim: To introduce arms for Front Crawl and Backstroke and learn to swim a minimum distance of 10 metres on front, with basic side-breathing and Backstroke. Breaststroke and Dolphin leg kick are also introduced.

Stage 3
Suitability: For school aged children who can jump in unaided, submerge completely and swim at least 10 metres Front Crawl (with basic side-breathing), Backstroke and basic Breaststroke. Water depth 1.2 metres.
Aim: To continue to improve on overall swimming technique and stamina for Front Crawl, Backstroke and Breaststroke. Butterfly and basic water survival techniques and skills will also be introduced.

Stage 4
Suitability: For children who can swim at least 25 metres Front Crawl with correct breathing, Backstroke and basic Breaststroke. Water depth 1.8 metres.
Aim: To continue to improve on overall swimming technique and stamina for Front Crawl, Backstroke and Breaststroke and basic Butterfly. Building on water survival skills and introducing diving. Children who complete Stage 4 are more than welcome to move to Worthing Swimming Club.
Email: headcoach@worthingswimmingclub.org

Stage 5
Suitability: For children who can swim at least 50m to 100m efficient Front Crawl, Backstroke, Breaststroke and basic Butterfly. Must be confident in deep water, minimum depth 1.8 metres.
Aim: To improve overall technique, build on stamina and teach personal survival skills and diving.

Stage 6
Suitability: For children who are able to swim 200m + and have excellent technique and awareness of lane etiquette. Confident in distance swimming and deep water exercises. Water depth 1.8 metres.
Aim: To increase stamina and fitness and continue to refine stroke and diving techniques.

Stage 7 (Aquasquad)
Suitability: For children who already have the correct technique in Front Crawl, Backstroke and Breaststroke and are strong swimmers, completing long distances such as 400m+. Water depth 1.8 metres.
Aim: To refine swimming technique, introduce competitive starts and turns. Building on stamina and fitness. This is an hour long session.

Junior Coaching (Sundays 5pm - 6pm)
Suitability: For swimmers that can swim 400m comfortably. Water depth 1.5 metres.
Aim: To improve on stamina, overall fitness and stroke technique. Maximum of 3 lanes with swimmers working towards completing stage 8, 9 and 10 of ASA competitive swimming.
These sessions are bookable as a weekly class, either on-line or via Splashpoint Reception.

Rookies
A course for 8-12 year olds to teach personal survival and basic rescue techniques. Follows the RLSS Lifesaving Bronze, Silver and Gold Awards. Children aged 13+ should join the Worthing Life Saving Club.
Email: worthinglifesavingclub@gmail.com
www.rlss-sussex.co.uk    www.rlss.org.uk

Aquadive:
Diving courses for children aged 8+ to teach basic Diving Skills from Poolside, graduating to 1m and 3m Springboards. Children must be competent swimmers, Stage 4+ and deep water confident. Water depth 3.8 metres.

More details are available from www.southdownsleisure.co.uk
Membership includes:

- Baby Sensory, Bee-Fit, Tumbling Tinies, Mini Kickers
- Basketball, football, rugby
- Aquababy, aquatots, aquasplash, swimming
- Badminton, tennis, table tennis, squash
- 4 modern fitness suites and classes
- Membership across five sites

and much more!

School Holiday programmes

Each half-term and summer school holiday, South Downs Leisure run activity and sport programmes for 5-16 year olds.

Each programme features something different including swimming, diving, pottery, basketball, football, cricket and much more!

Drop off and go!*

Fully supervised sessions from 8:30am-6pm

*Drop off and go sessions do not apply to Splashpoint Leisure Centre.

More details are available from www.southdownsleisure.co.uk
**Junior FIT4 at a glance...**

**Junior FIT4 membership**

includes off peak racquet sports, swim sessions, fitness classes, trampolining, rugby, basketball and so much more!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Worthing Leisure Centre</th>
<th>Splashpoint Leisure Centre</th>
<th>Davison Leisure Centre</th>
<th>Field Place Manor House</th>
<th>Worthing College</th>
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<td>Amazon Adventure</td>
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*A waiting list currently operates for these sessions. ΔGym use is subject to certain criteria - refer to our website. #For more information about fitness classes that juniors can attend please refer to our website. Age and height restrictions may apply to all activities.

More details are available from [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)