

May Half-Term

ACTIVITY PROGRAMME

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

Monday 27th to Friday 31st May

For
children and
young people
aged 5-16
years



Bookable
from
Monday 29th
April

including

Short Breaks
for disabled children
and young people

Drop off and go!

Fully supervised sessions from 8:30am-6pm*

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



South Downs
Leisure

www.southdownsleisure.co.uk

Worthing Leisure Centre Activities

Shaftesbury Avenue • Worthing • BN12 4ET

Tel: 01903 905050 Option 3

Monday 27th May

Bank Holiday - No Activities



Need to work early or stay late?

Choose our **Earlybird** or **Twilighter** sessions

- fun and flexible general sessions*

**Please remember that you must pre-book these sessions.*

Tuesday 28th May

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Parachute and Games	09:30-12:30	5-7
Football & Tag Rugby	09:30-12:30	8-12
Supervised Lunch	12:30-13:30	5-12
Cooked Lunch	12:30-13:30	5-12
Football & Tag Rugby	13:30-16:30	5-7
The 'Cube' & Team Games	13:30-16:30	8-12
Twilighters	16:30-18:00	5-12

Thursday 30th May

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Target Games	09:30-12:30	5-7
Ultimate Frisbee	09:30-12:30	8-12
Supervised Lunch	12:30-13:30	5-12
Cooked Lunch	12:30-13:30	5-12
Crafts	13:30-16:30	5-7
Exercise Class & Games	13:30-16:30	8-12
Twilighters	16:30-18:00	5-12

Wednesday 29th May

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Assault Courses & Wacky Races	09:30-12:30	5-7
Badminton & Short Tennis	09:30-12:30	8-12
Supervised Lunch	12:30-13:30	5-12
Cooked Lunch	12:30-13:30	5-12
Racket Games	13:30-16:30	5-7
Assault Courses & Wacky Races	13:30-16:30	8-12
Twilighters	16:30-18:00	5-12

Friday 31st May

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Trampolining	09:30-12:30	5-7
Dodgeball & Benchball	09:30-12:30	8-12
Supervised Lunch	12:30-13:30	5-12
Cooked Lunch	12:30-13:30	5-12
Dodgeball & Benchball	13:30-16:30	5-7
Trampolining	13:30-16:30	8-12
Twilighters	16:30-18:00	5-12

WLC Activity Prices

	Non Member
Earlybirds:	£2.60
3.25 Hour Sessions:	£10.00
Lunch Supervision:	£1.30
Prepared Lunch:	£5.00
Twilighters:	£3.80

Centre Member

£2.60
£8.25
£1.30
£5.00
£3.80

FIT4 Member

£2.00
£6.50
£1.00
£5.00
£3.10

South Downs Leisure reserve the right to make changes to products and prices without prior consultation or notice.

Book now at www.southdownsleisure.co.uk

Davison Leisure Centre Activities

Selborne Road • Worthing • BN11 2JX

Tel: 01903 905050 Option 5

Monday 27th May

Bank Holiday - No Activities

Tuesday 28th May

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Tiny Terrors Funsports	09:30-12:45	5-7
Badminton & Kwik Cricket	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle & Water Games	13:15-16:30	5-12

Wednesday 29th May

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Basketball & Unihoc	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Roller Skating & Action Pack	13:15-16:30	5-12

Thursday 30th May

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Parachute Games, Tinies Quiz & Races	09:30-12:45	5-7
Tennis & Rounders	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Tinies Athletics & Scavenger Hunt	13:15-16:30	5-7
Problem Solving, Team Quiz & Football	13:15-16:30	8-12

Friday 31st May

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Artistic Adventures	09:30-12:45	5-7
Tri-Golf & Orienteering	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12



Davison Activity Prices

	Non Member	Centre Member	FIT4 Member
Earlystarter:	£2.60	£2.60	£2.00
Sessions (3.25 hours):	£10.00	£8.25	£6.50
Lunch Supervision:	£1.30	£1.30	£1.00

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Book now at www.southdownsleisure.co.uk

Field Place Manor House Activities

The Boulevard • Worthing • BN13 1NP

Tel: 01903 446401



Tennis

Course/session dates:

Tuesday 28th-Friday 31st May

Session times/ages:

10:00-16:00 for 5-8 years

10:00-16:00 8 years+

Whether you are an absolute beginner or budding superstar, the course will give you the opportunity to improve your tennis whilst having loads of fun. A great way to try out a fantastic sport. Drills/exercises/games designed to develop skills and allow children to enjoy playing. The children will need to bring a packed lunch and drinks.

Prices:

Per 4 day course:

Non-member £74.75, FIT4 Member £56.50

Per day, per session:

Non-member: £29.25, FIT4 member: £22.25

Session date: **Tuesday 28th May**

Session times/ages:

9:30-14:30 4-12 years

Prices: **1 day course:**

Non-member £18.25

FIT4 Member £14.50

The children will learn songs and dances from this musical. There will be a production by the children in the afternoon. The children will need to bring a packed lunch and drinks.



Annie
PRODUCTION

About
your
teacher

Suzanne Ford has worked as a professional dancer and singer since the age of 8, appearing in musicals such as Starlight Express, Les Miserables and Joseph. She has worked with the Spice Girls and Jamiroquai along with other internationally renowned acts. She is very happy to now be sharing her experience and love of teaching at South Downs Leisure.



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Let's get sporty & creative!

with our 2 day course...

**Thursday 30th &
Friday 31st May:**

DAY ONE: TENNIS 12:00-17:00

Take part in a fun, supported Tennis course - a great opportunity to try a new sport.

DAY TWO: POTTERY 10:00-15:00

Create a piece of pottery inspired by the previous days active session. Get sporty and creative!

Field Place Manor House are running an exciting two day course for children with special educational needs and disabilities during the May Half-Term. This scheme is available to any child aged 7 to 15 years receiving middle or higher rate Disability Living Allowance.

Limited spaces are available for siblings and children without additional needs. The children will need to bring a packed lunch and drinks.

Please contact reception for details and prices.

For more information and an application form, please email
andy.caiels@southdownsleisure.co.uk

Terms and conditions apply. Please see our website for further information. Bookings are subject to availability. Bookable in advance only. Requests will be processed on receipt of a fully completed application form.

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Short Breaks
for disabled children
and young people

**These
sessions
are drop off
and go!**



Splashpoint Leisure Centre Activities

Brighton Road • Worthing • BN11 2EN

Tel: 01903 905050 Option 2



INTENSIVE SWIMMING LESSONS

Monday 27th to Friday 31st May

Stage 1 (Non-swimmers) 08:30, 09:00, 09:30, 10:00

Suitability: For school aged children who cannot swim without buoyancy aids.

Aim: To learn to swim on front and back and gain water confidence.

Pool depth 0.85m.

Stage 2 09:00, 09:30, 10:00

Suitability: For school aged children who can jump in unaided, submerge completely and swim at least 5 metres.

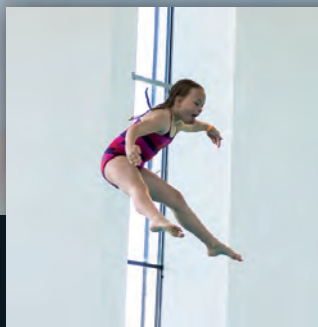
Aim: To teach front crawl, backstroke and introduce breaststroke.

Pool depth 0.85m.

Swimming lessons are 20 minutes in a half hour slot.

Cost: Non-members £34.70, Junior FIT4 members £17.35

**50%
off
for Junior FIT4
Members**



Public Diving (Pool depth 3.8m)

Monday	11:30-12:00, 14:00-18:00 & 19:30-20:30
Tuesday	11:30-12:00 & 13:45-17:30
Wednesday	11:30-12:00 & 13:45-20:30
Thursday	11:30-12:30 & 14:00-17:30
Friday	11:30-12:00, 14:00-18:00 & 19:15-22:00
Saturday	06:30-16:00
Sunday	07:00-10:15 & 11:30-17:00

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Please note: The Drop off and go sessions do not apply to activities at Splashpoint Leisure Centre.

Flip 'n' Fun

Flip 'n' Fun has been created for children who want to try diving, encouraging **Fundamental movement** skills in the swimming pool.

This 40 minute session is aimed at children from 8 to 12 years old. The prime objective is to give children the chance to experience something new and challenging. Flip 'n' Fun aims to develop fundamental skills, motivate and sustain participation in a positive and fun environment.

Please note these courses will take place in the diving pool, so participants must be deep water confident.

Pool depth 3.8m

Monday 27th to Thursday 30th April

10:35-11:15

Cost: Non-members £34.70, Junior FIT4 member £17.35

For bookings and further details please contact reception.

**50%
off**
for Junior FIT4
Members

Funtime Sessions (Pool depth 1.5m) Direct adult supervision

(These sessions take place in the Main Pool)

Monday to Friday

Mats & Floats 10:00-13:30

Inflatable 13:30-15:00

Mats & Floats 15:00-16:00

Saturday

Mats & Floats 10:00-13:30

Inflatable 13:30-16:00

Sunday

Mats & Floats 10:00-13:30

Inflatable 13:30-15:45



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 Splashpoint Leisure Centre | Field Place Manor House
 Worthing College

Telephone: 01903 90 50 50



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