

October Half-Term ACTIVITY PROGRAMME

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

Monday 28th October to Friday 1st November



including

Short Breaks
for disabled children
and young people

For
children and
young people
aged 5-16
years

NEW! Lego
Workshop

Bookable
from
Monday 9th
September

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 28th October

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Trampoline	09:30-12:45	5-7
Assault Course & Wacky Races	09:30-12:45	8-12
Supervised Lunch	12:45-13:15	5-12
Cooked Lunch	12:45-13:15	5-12
Assault Course & Wacky Races	13:15-16:30	5-7
Trampoline	13:15-16:30	8-12
Twilighters	16:30-18:00	5-12

Tuesday 29th October

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Badminton & Short Tennis	09:30-12:45	5-7
Trampoline	09:30-12:45	8-12
Supervised Lunch	12:45-13:15	5-12
Cooked Lunch	12:45-13:15	5-12
Trampoline	13:15-16:30	5-7
Badminton & Short Tennis	13:15-16:30	8-12
Twilighters	16:30-18:00	5-12

Wednesday 30th October

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Halloween Themed Crafts	09:30-12:45	5-7
Dodgeball & Benchball	09:30-12:45	8-12
Supervised Lunch	12:45-13:15	5-12
Cooked Lunch	12:45-13:15	5-12
Silent Spooky Disco	13:15-16:30	5-7
Dodgeball & Benchball	13:15-16:30	8-12
Twilighters	16:30-18:00	5-12

Thursday 31st October

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Parachute & Games	09:30-12:45	5-7
Mask Making Arts & Crafts	09:30-12:45	8-12
Supervised Lunch	12:45-13:15	5-12
Cooked Lunch	12:45-13:15	5-12
Oversized Games	13:15-16:30	5-7
Silent Spooky Disco	13:15-16:30	8-12
Twilighters	16:30-18:00	5-12

Friday 1st November

Activity	Time	Age
Earlybirds	08:30-09:30	5-12
Rounders & Kwik Cricket	09:30-12:45	5-7
Trampoline	09:30-12:45	8-12
Supervised Lunch	12:45-13:15	5-12
Cooked Lunch	12:45-13:15	5-12
Trampoline	13:15-16:30	5-7
Rounders & Kwik Cricket	13:15-16:30	8-12
Twilighters	16:30-18:00	5-12



Oak Grove College will join us for the sessions highlighted in green. See page 4 for more details.

WLC Activity Prices

	NM	CM	FIT4
Earlybirds:	£2.60	£2.60	£2.00
3.25 Hour Sessions:	£10.00	£8.25	£6.50
Lunch Supervision:	£1.30	£1.30	£1.00
Prepared Lunch:	£5.00	£5.00	£5.00
Twilighters:	£3.80	£3.80	£3.10

NM - Non Member, **CM** - Centre Member

FIT4 - FIT4 Member

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

Aiming High Trampoline Sessions

Bookable in advance – spaces limited

Wednesday 30th October

10:30-11:30 with hoist

11:30-12:30 without hoist

(All ages/abilities welcome)

Aimed at those with additional needs and their siblings on our super bouncy trampolines with qualified instructors.

★ Each participant must book individually.

★ Only one session bookable per day.

Non-Member: £5.10

FIT4 Member: Free



Family Trampoline Sessions

Bookable in advance – spaces limited

Thursday 31st October

09:30-10:30, 10:30-11:30, 11:30-12:30

(All ages/abilities welcome)

Learn safe techniques and skills on our super bouncy trampolines with qualified instructors.

★ Each participant must book individually.

★ Only one session bookable per day.

Non-Member: £6.00 | FIT4 Member: Free

NEW! Lego Workshop

Tuesday 29th October

09:30-14:30

Build and learn to program **Wild Animal Robots** using Lego!

This session is split into two parts:

09:30-11:30

Lego Robotics Workshop

Run by **Curiosity Hub**.

11:30-14:30

Lego Play Session

(Bring your own Lego or play with ours.)

Non-Member: £20.00 | FIT4 Member: £15.00

Price is inclusive of both sessions.



Family Badminton Sessions

Monday 28th October

10:00-11:00 & 11:15-12:15

(Ages 5+ All abilities welcome)

These family-friendly badminton sessions are a great opportunity for parents and kids alike to play the game together under the expert guidance of a qualified coach.

Non-Member: £4.50 | FIT4 Member: Free



Bookable in advance – spaces limited

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 or call **01903 905050 Option 3**

Does your child have a disability and would like to attend our exciting holiday programme?



Oak Grove holiday provision provides an inclusive program as part of Worthing Leisure Centre's holiday provision. The sessions have experienced staff from Oak Grove College working alongside WLC staff to provide a fun inclusive experience. (Maximum 15 places per session). This will include a maximum of 3, 1-2-1 places, but if you bring your own Carer/PA you can attend any sessions. Please book all sessions using the booking form which will be on the Oak Grove College website:

www.oakgrovecollege.org.uk/

email: cmoyle@oakgrovecollege.org.uk

or telephone: **07762013949**.



Everyone matters, every day counts

Forms are normally posted on the Oak Grove website 6 weeks prior to booking and the closing date is a week before the school holidays start.

Davison Leisure Centre Activities

Selborne Road • Worthing • BN11 2JX

Tel: 01903 905050 Option 5

Monday 28th October

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Tinies Games & Dodgeball	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

Tuesday 29th October

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Treasure Hunt & Tinies Quiz	09:30-12:45	5-7
Football & Rounders	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Party Games & Races	13:15-16:30	5-7
Belly Baseball & Unihoc	13:15-16:30	8-12

Wednesday 30th October

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Parachute Games & Athletics	09:30-12:45	5-7
Indoor Cricket & Assault Course	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Tiny Terrors & Assault Course	13:15-16:30	5-7
Racket Sports	13:15-16:30	8-12

Thursday 31st October

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

Friday 1st November

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Tiny Terrors Funsports	09:30-12:45	5-7
Unihoc, New Age Curling & Team Quiz	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Skating & Team Superstars Competition	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

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 or call 01903 905050 Option 5

Field Place Manor House Activities

The Boulevard • Worthing • BN13 1NP

Tel: 01903 446401

Tennis

Course/session dates:

Monday 28th to Thursday 31st October

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 and 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:

Wednesday 30th October

Session times/ages:

9:30-14:30 5-12 years

**"You Can't Stop
The Beat"**

Prices: **1 day course:**

Non-member £18.25

FIT4 Member £14.50

hairspray



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.

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!

Short Breaks
for disabled children
and young people

with our 2 day course...

**Thursday 31st October
& Friday 1st November:**

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 October 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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Book now at www.southdownsleisure.co.uk or call **01903 905050 Option 4**



These
sessions
are drop off
and go!

Splashpoint Leisure Centre Activities

Brighton Road • Worthing • BN11 2EN

Tel: 01903 905050 Option 2

AQUASchool

INTENSIVE SWIMMING LESSONS

Monday 28th October to Friday 1st November

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

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

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 28th October
to Friday 1st November**

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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Book now at www.southdownsleisure.co.uk or call **01903 905050 Option 2**

Junior FIT4 membership



Membership includes:

- Amazon Adventure, Beefit, Tumbling Tinies, Mini Kickers, Tiny Tries
- Basketball, football, rugby
- Aquababy, Aquasplash, Aquatots, Rookies, Swimming
- Badminton, tennis, table tennis, squash
- 4 modern fitness suites and classes
- Membership across five sites

and much more!

Just
£29.30
per month

Join today at www.southdownsleisure.co.uk/join
or for further information call 01903 905050

More than just a gym



 South Downs
Leisure

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!

Activity	Worthing Leisure Centre	Splashpoint Leisure Centre	Davison Leisure Centre	Field Place Manor House	Worthing College
Amazon Adventure	●				
Aquaschool*		●			
Badminton courses	●				
Badminton courts	●		●		
Basketball	●				
Bee-fit	●				
Dinky Dancers	●			●	
Fitness classes#	●	●	●	●	●
Football Coaching	●				
Gym ^Δ	●	●	●		●
Gymnastics*	●		●		
Jo Jingles	●				
Junior Swim Coaching*		●			
Mini Kickers Course	●				
Parent & Baby Swim Session		●			
Roller Disco			●		
Rookies Lifesaving*		●			
Rugby Academy: Touch & Tag	●				
Squash courts	●				
Starlight Musical Theatre	●			●	
Streetz				●	
Swimming		●			
Table Tennis	●		●		
Tennis courts			●	●	
Tennis courses				●	
Trampolining courses*	●		●		
Tumbling Tinies	●				

*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.

Book now at www.southdownsleisure.co.uk or call **01903 905050 Option 1**



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

Telephone: 01903 90 50 50



www.southdownsleisure.co.uk