

# February Half-Term ACTIVITY PROGRAMME

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

**Monday 17th to Friday 21st February**



including

Short Breaks  
for disabled children  
and young people

For  
children and  
young people  
aged 5-16  
years

## Drop off and go!

**Fully supervised sessions from 8:30am-5pm\***

\*Drop off and go does not apply to all activities - please check before booking.



South Downs  
Leisure

[www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)

# Worthing Leisure Centre Activities

Shaftesbury Avenue • Worthing • BN12 4ET

Tel: 01903 905050 Option 3

**NEW STRUCTURE  
FOR 2020!**

**Half Day AM** (includes Earlybirds and supervised lunch):

FIT4 Member £10.14 ★ Non-member: £13.00

**Half Day PM** (includes Twilighters):

FIT4 Member £8.97 ★ Non-member: £11.50



*If you wish to book your child into a full day please book both AM and PM sessions.*

*\*The children must bring their own lunch if staying for a lunchtime session. Due to allergy concerns please do not include nuts in your children's lunch.*

## Monday 17th February

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Challenging Crafts	09:30-12:45	5-7
Team Building	09:30-12:45	8-12
OWN PACKED LUNCH*	12:45-13:15	5-12
Team Building	13:15-16:30	5-7
Challenging Crafts	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

## Tuesday 18th February

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Trampolining	09:30-12:45	5-7
The Cube & Team Games 	09:30-12:45	8-12
OWN PACKED LUNCH*	12:45-13:15	5-12
The Cube & Team Games	13:15-16:30	5-7
Trampolining 	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

## Wednesday 19th February

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Netball & Basketball	09:30-12:45	5-7
Unihoc & Team Games	09:30-12:45	8-12
OWN PACKED LUNCH*	12:45-13:15	5-12
Exercise Class	13:15-16:30	5-7
Netball & Basketball	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

## Thursday 20th February

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Parachute & Target Games	09:30-12:45	5-7
Kwik Cricket & Rounders	09:30-12:45	8-12
OWN PACKED LUNCH	12:45-13:15	5-12
Kwik Cricket & Rounders	13:15-16:30	5-7
Exercise Class	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

## Friday 21st February

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Trampolining	09:30-12:45	5-7
Dodgeball & Benchball	09:30-12:45	8-12
OWN PACKED LUNCH*	12:45-13:15	5-12
Dodgeball & Benchball	13:15-16:30	5-7
Trampolining	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12



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

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](http://www.southdownsleisure.co.uk) or call 01903 905050 Option 3



# Family Trampolining Drop-In Sessions

**Monday 17th February**

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

★ Ages: from 2 years + ★ All abilities welcome

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

- ★ Each participant must book individually.
- ★ Participants may only book one time slot per day.

★ **BOOKABLE IN ADVANCE**

FIT4 Member: Free | Non-member: £6.00



# Bee-Fit Drop-In Sessions

**Wednesday  
19th February**

09:15-10:00 & 10:15-11:00

★ Ages: 18 months-Pre-school

Bee-fit is a fun fitness class for toddlers. Each 45 minute session includes songs, parachute games, fitness circuits, relays and lots of fun!

★ **BOOKABLE IN ADVANCE**

FIT4 Member: Free | Non-member: £6.00



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Book now at [www.southdownsleisure.co.uk](http://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/](http://www.oakgrovecollege.org.uk/)

email: [cmoyle@oakgrovecollege.org.uk](mailto: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 17th February

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Artistic Adventures	09:30-12:45	5-7
Table Tennis, Short Tennis & Dodgeball	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Assault Course & Team Quiz	13:15-16:30	5-12

## Tuesday 18th February

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Football & Target Games	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Assault Course & Team Quiz	13:15-16:30	5-12

## Wednesday 19th February

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Tiny Terrors Funsports	09:30-12:45	5-7
Unihoc & Benchball	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Treasure Hunt & Tinies Ball Games	13:15-16:30	5-7
New Age Kurling & Street 20 Cricket	13:15-16:30	8-12

## Thursday 20th February

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Parachute Games & Tinies Athletics	09:30-12:45	5-7
Rounders & Football	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Action Pack & Skating	13:15-16:30	5-12

## Friday 21st February

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Sports Day Games & Races	09:30-12:45	5-7
Basketball & Badminton	09:30-12:45	8-12
SUPERVISED LUNCH	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:	£2.70	£2.70	£2.10
Sessions (3.25 hours):	£10.25	£8.40	£7.00
Lunch Supervision:	£1.35	£1.35	£1.05

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Book now at [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk) or call 01903 905050 Option 5

# Field Place Manor House Activities

The Boulevard • Worthing • BN13 1NP

Tel: 01903 446401

## Tennis

Monday 17th to Thursday 20th  
February

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

10:00-16:00 8 years+

**Price per 4 day course:**

FIT4 Member £59.00

Non-member £78.50

**Price per day, per session:**

FIT4 member: £23.50

Non-member: £30.50

Absolute beginner or budding superstar?

Improve your tennis whilst having loads of fun.

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.



## Pottery & Art

Tuesday 18th February

09:00-15:00 for 7-15 years

The children will work with clay to create pieces of pottery to then be fired in the kiln. They will also create some pieces of artwork to take home on the day. The children will need to bring a packed lunch and drink for the day.

**Price:**

FIT4 Member £29.00, Non-member £37.25



## School of Rock

Wednesday 19th February

9:30-14:30 5-12 years

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.

**Price:**

FIT4 Member £15.25, Non-member £19.25

### 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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**NEW STRUCTURE FOR 2020!**

Short Breaks  
for disabled children  
and young people

# SEN

## FAMILY FUN CLUB

Thursday 20th &  
Friday 21st February  
10.00-15:00



A fun way for children with special educational needs and disabilities to get sporty and creative this February Half Term!

This scheme is available to any child aged 7 to 15 years receiving middle

or higher rate Disability Living Allowance.

The sessions include tennis and pottery but may be changed on the day based on weather conditions. Children must be accompanied by a responsible adult 18+.

For more information and an application form, please email [andy.caiels@southdownsleisure.co.uk](mailto: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.

These  
sessions  
are Stay &  
Play!

For SEN Club bookings email [andy.caiels@southdownsleisure.co.uk](mailto:andy.caiels@southdownsleisure.co.uk)

# Splashpoint Leisure Centre Activities

Brighton Road • Worthing • BN11 2EN

Tel: 01903 905050 Option 2

## AQUA School

### INTENSIVE SWIMMING LESSONS

Monday 17th to Friday 21st February

**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.

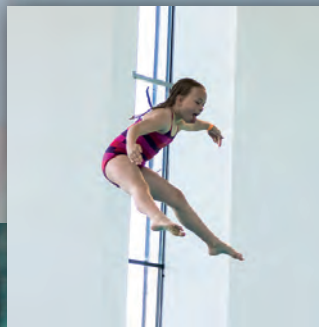
**Aim:** To teach front crawl, backstroke and introduce breaststroke.

Pool depth 0.85m.

*Swimming lessons are 20 minutes in a half hour slot.*

**Cost:** Junior FIT4 members £17.88, Non-members £35.75

50%  
off  
for Junior FIT4  
Members



## Public Diving (Pool depth 3.8m)

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

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Book now at [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk) or call 01903 905050 Option 2



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 17th to  
Thursday 20th February**

10:35-11:15

**Cost: Junior FIT4 member £17.88, Non-members £35.75**

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](http://www.southdownsleisure.co.uk) or call **01903 905050 Option 2**

# Junior FIT4 membership



Membership includes:

- 3 modern fitness suites
- Membership across four sites
- Amazon Adventure, Beefit, Tumbling Tinies, Mini Kickers, Tiny Tries
- Basketball, football, rugby
- Aquababy, Aquasplash, Aquatots, Rookies, Swimming
- Badminton, tennis, table tennis, squash and much more!

From just  
**£30.00**  
per month

Join today at [www.southdownsleisure.co.uk/join](http://www.southdownsleisure.co.uk/join)  
or for further information call **01903 905050 Option 1**

## More than just a gym



 South Downs  
Leisure

[www.southdownsleisure.co.uk](http://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
Amazon Adventure	●			
Aquaschool*		●		
Badminton courses	●			
Badminton courts	●		●	
Basketball	●			
Bee-fit	●			
Dinky Dancers	●			●
Fitness classes#	●	●	●	●
Football Coaching	●			
Gym $\Delta$	●	●	●	
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.  $\Delta$ Gym 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.

Join today at [www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk) or call **01903 905050 Option 1**



Telephone: 01903 90 50 50



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