

Monday 6th to Friday 17th April



Drop off and go!

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

EASTER HOLIDAY ACTIVITY PROGRAMME

Bookable from
Monday 2nd March

For children and young
people aged 5-16 years

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



South Downs
Leisure

www.southdownsleisure.co.uk

Worthing Leisure Centre Activities

Shaftesbury Avenue • Worthing • BN12 4ET

Tel: 01903 905050 Option 3



Monday 6th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Easter Crafts	09:30-12:45	5-7
Netball & Basketball	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Netball & Basketball	13:15-16:30	5-7
Easter Crafts	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

Tuesday 7th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Trampolining	09:30-12:45	8-12
Team Building	09:30-12:45	5-7
SUPERVISED LUNCH	12:45-13:15	5-12
Trampolining	13:15-16:30	5-7
Team Building	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12



Wednesday 8th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Target & Parachute Games	09:30-12:45	5-7
Assault Courses & Wacky Races	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Assault Courses & Wacky Races	13:15-16:30	5-7
Fitness Circuits	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

Thursday 9th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Circus Skills	09:30-12:45	5-7
Dodgeball & Benchball	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Dodgeball & Benchball	13:15-16:30	5-7
Circus Skills	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

Friday 10th April

NO SESSIONS
Good Friday Bank Holiday

WORTHING LEISURE CENTRE ACTIVITY PRICES

Half Day (08:30-13:15)

(includes Earlybirds & Supervised Lunch)

Afternoon (13:15-17:00) (includes Twilighters)

Full Day (08:30-17:00)

Non Member	Centre Member	FIT4 Member
£14.55	£11.35	£10.90
£11.45	£8.90	£8.60
£26.00	£20.25	£19.50

Note: 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.

Book now at www.southdownsleisure.co.uk or call 01903 905050 Option 3

Monday 13th April

NO SESSIONS
Easter Monday Bank Holiday

Tuesday 14th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Trampolining	09:30-12:45	5-7
Kwik Cricket & Rounders	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Kwik Cricket & Rounders	13:15-16:30	5-7
Trampolining	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

Wednesday 15th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Sports Quiz & Puzzles	09:30-12:45	5-7
Assault Courses & Wacky Races	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Assault Courses & Wacky Races	13:15-16:30	5-7
Sports Quiz & Puzzles	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

Thursday 16th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Football & Rugby	09:30-12:45	5-7
Unihoc	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Agility Balance Co-ordination Games & Silent Disco	13:15-16:30	5-7
Football & Rugby	13:15-16:30	8-12
TWILIGHTERS	16:30-17:00	5-12

Friday 17th April

Activity	Time	Age
EARLYBIRDS	08:30-09:30	5-12
Fitness Circuits	09:30-12:45	5-7
Trampolining	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Trampolining	13:15-16:30	5-7
Invasion Games	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 5 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 or call 01903 905050 Option 3

Family Trampolining Drop-In Sessions

Monday 6th April

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

Wednesday 15th April

13:00-14:00, 14:00-15:00 & 15:00-16:00

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

- ★ Each participant must book individually.
- ★ Only one time slot, per person per day.
- ★ Ages: from 2 years + ★ All abilities welcome

FIT4 Member: Free | Centre Member: £4.68 | Non-member: £6.00



Aiming High Trampoline

Wednesday 8th April

10:30-11:30 with hoist & 11:30-12:30 without hoist

FIT4 Member: Free | Centre Member: £4.68 | Non-member: £6.00

Sessions for young people with disabilities and their siblings.

**Bookable
in advance
- spaces
limited**



Drop-In Sessions

Tuesday 7th April

09:45-10:30 & 10:45-11:30

Thursday 16th April

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

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

- ★ Ages: 18 months-Pre-school

FIT4 Member: Free | Centre Member: £4.68 | Non-member: £6.00

**Bookable
in advance
- spaces
limited**



Junior Pole Fitness Drop-In Sessions

Monday 6th & Thursday 16th April

09:30-12:45 & 13:15-16:30

Pole Fitness works the whole body, improving muscle tone, flexibility, co-ordination, posture as well as upper body and core strength.

- ★ Ages: 11-16 years

FIT4 Member: £12.00 | Centre Member: £15.60 | Non-member: £20.00

**Bookable
in advance
- spaces
limited**



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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 6th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Bop It With A Bat	09:30-12:45	5-7
Badminton & Street 20 Cricket	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Tinies Treasure Hunt & Games	13:15-16:30	5-7
Team Quiz & Rounders	13:15-16:30	8-12

Tuesday 7th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Parachute Games & Activities	09:30-12:45	5-7
Fencing & Table Tennis	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Multi-Sports Competition	13:15-16:30	5-12

Wednesday 8th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Basketball & Football	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Target Games & What's That Noise? Quiz	13:15-16:30	5-7
Roller Skating & New Age Kurling	13:15-16:30	8-12

Thursday 9th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Biscuit Decorating & Activities	09:30-12:45	5-7
Street 20 Cricket & Table Tennis	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Action Pack & Assault Course	13:15-16:30	5-12

Friday 10th April

NO SESSIONS
Good Friday Bank Holiday



Fencing

**Brand
New
Activity**

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**

Monday 13th April

NO SESSIONS
Easter Monday Bank Holiday

Tuesday 14th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
3 Ball Rounders & Mini Tennis	09:30-12:45	5-7
Orienteering & Team Building	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

Wednesday 15th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Sports Day Games & Mini Skills Challenges	09:30-12:45	5-7
Benchball & Unihoc	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Roller Skating & Funsports	13:15-16:30	5-12

Thursday 16th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Sports Day Games & Races	09:30-12:45	5-7
Tennis & Problem Solving	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Parachute Games & Scavenger Hunt	13:15-16:30	5-7
Belly Baseball & Dodgeball	13:15-16:30	8-12

Friday 17th April

Activity	Time	Age
EARLYSTARTER	08:30-09:30	5-12
Arts & Crafts	09:30-12:45	5-7
Kwik Cricket & Football	09:30-12:45	8-12
SUPERVISED LUNCH	12:45-13:15	5-12
Easter Fun Finale	13:15-16:30	5-12

General information about all centre sessions and workshops:

Please note all activities are subject to change; however we aim to cover with a similar activity. Booking forms and further information are available from reception or on our website.

Please note: Children can be signed in at any time between 08:30-09:30. No adjustments to prices of sessions will be made.

We regret that no refunds or transfers can be made.

Please note that suitable clothing and footwear is required.

For arts and crafts sessions please supply your child with 'old' clothes and plenty of layers for outdoor activities. Where possible, please provide your child with a labelled, reusable drinks bottle or cup.

Book at Reception
17:30-21:30
Mon-Fri and
09:30-18:30
Weekends

DAVISON LEISURE CENTRE ACTIVITY PRICES

	Non-Member	Centre Member	FIT4 Member
Half Day (08:30-13:15) (includes Earlystarters & Supervised Lunch)	£14.55	£11.35	£10.90
Afternoon (13:15-16:30)	£9.95	£7.75	£7.45
Full Day (08:30-16:30)	£24.50	£19.10	£18.35

Note: 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.

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**

Splashpoint Leisure Centre Activities

Brighton Road • Worthing • BN11 2EN

Tel: 01903 905050 Option 2



INTENSIVE SWIMMING LESSONS

Week 1: Monday 6th to Friday 10th April

Week 2: Monday 13th to Friday 17th April

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.

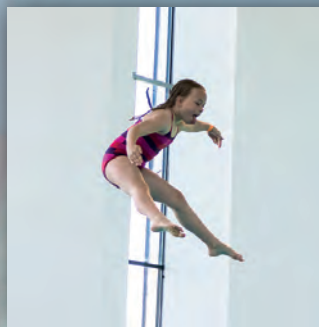
Aim: To teach front crawl, backstroke and introduce breaststroke.

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)

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

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 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

Week 1: Monday 6th to Thursday 9th April

Week 2: Monday 13th to Thursday 16th April

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** or call **01903 905050 Option 2**

Field Place Manor House Activities

The Boulevard • Worthing • BN13 1NP

Tel: 01903 446401



Pottery & Art

Session date:

Tuesday 14th April

Session time: **09:00-15:00**

Ages: **7-15 years**

Prices: **Per 1 day session:**

FIT4 Member £29.00

Non-member £37.25

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.



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 446401**

Field Place Manor House

Musical Theatre

Session times/ages:

9:30-14:30

5-12 years

Prices:

FIT4 Member

£15.25

Non-member

£19.25

Disney

WORKSHOP

Wednesday 8th April

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

Session times/ages:

9:30-14:30

5-12 years

Prices:

FIT4 Member

£15.25

Non-member

£19.25

THE GREATEST SHOWMAN

Wednesday 15th April

The children will learn songs and dances from this production. 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, Joseph and Les Miserables. 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.

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 446401**



SEN FUN CLUB Pottery & Sports

Wednesday 8th & Thursday 9th April
10.00-15:00



A fun way for children with special educational needs and disabilities to get sporty and creative during the Easter Holidays!

This scheme is available to any child aged 7 to 15 years receiving middle or higher rate Disability Living Allowance.

£16.50
for 2 day sessions

Siblings
welcome

These
sessions
are Drop
& Go!

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.

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 446401

Church House Tennis

Church House Grounds, Church Road, Tarring BN13 1EU

Tel: 01903 446401

Tennis

at Church House Grounds

Monday 6th-Thursday 9th April

Tuesday 14th-Friday 17th April

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.

Session times: **10:00-16:00**

Ages: **5-8 years/8 years+**

Prices: **Per 4 day course:**

FIT4 Member £59.00 | Non-member £78.50

Prices: **Per 1 day session:**

FIT4 Member £23.50 | Non-member £30.50



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 446401**

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
or for further information call **01903 905050 Option 1**

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
Amazon Adventure	●			
Aquaschool*		●		
Badminton courses	●			
Badminton courts	●		●	
Basketball	●			
Bee-fit	●			
Dinky Dancers	●			●
Fitness classes#	●	●	●	●
Football Coaching	●			
GymΔ	●	●	●	
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.

Join today at www.southdownsleisure.co.uk or call **01903 905050 Option 1**



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

Telephone: 01903 90 50 50



South Downs
Leisure

www.southdownsleisure.co.uk