

Summer Fun

ACTIVITY PROGRAMME

Worthing Leisure Centre | Splashpoint Leisure Centre | Davison Leisure Centre
Lancing Manor Leisure Centre | Southwick Leisure Centre | WADURS Swimming Pool

Monday 26th July to Friday 3rd September

Available
to book
NOW!

For
children
aged 18
months to
16 years

Drop off and go!*

With various supervised session lengths to fit your needs;
full day, half day and shorter sessions available.

*Drop off and go sessions do not apply to activities at Splashpoint Leisure Centre or WADURS Swimming Pool



South Downs
Leisure

www.southdownsleisure.co.uk

School's out for Summer...



Summer is here and with time on their hands, your kids need entertaining! Whether they are sporty, creative or just want to have fun with friends then South Downs Leisure has it covered. From football, rugby, cricket or skating, to tennis, swimming, team games, bouncy castles and assault courses, there's an abundance of great activities guaranteed to keep them entertained.

Splashpoint Leisure Centre and **WADURS Swimming Pool** are ideal for enjoying swimming, diving, snorkelling, waterpolo and inflatable fun sessions. (sessions vary at each centre)

Worthing Leisure Centre is an ideal summer destination for energetic children who want to try a variety of sporty activities, with sessions hosted by Premier Education for guaranteed fun.

Davison Leisure Centre has something for everyone with lots of flexible morning or afternoon options.

Lancing Manor Leisure Centre and **Southwick Leisure Centre** are offering shorter sessions to fill those holiday gaps.



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

Contents

Activities at
Worthing Leisure Centre..... **6-11**

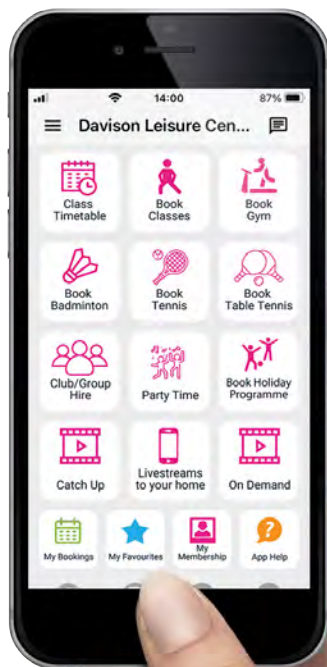
Activities at
Splashpoint Leisure Centre..... **12-17**

Activities at
Davison Leisure Centre..... **18-23**

Activities at
Lancing Manor Leisure Centre..... **24-26**

Activities at
Southwick Leisure Centre..... **28-31**

Activities at
WADURS Swimming Pool..... **32-35**



and it's so easy to book too...

Book



online

Book



via the App

Book



in person

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

IMPORTANT INFORMATION - PLEASE READ CAREFULLY:

Covid Specific Information for Holiday Programme bookings

The following **applies to all centres** and may be subject to change if the official guidance on operating junior activities during the pandemic changes.

Attendance on the day is subject to your child being virus-free, as far as it is practicable to be sure. **Do not bring your child if they:**

Show any symptoms of COVID-19 on the day (high temperature, new persistent cough, loss of taste or smell)

Show any symptoms within 7 days prior to attending.

Are living with an individual who has shown symptoms within 14 days before the date of their attendance (they and you should be self-isolating as per government guidelines)

Children who turn up with a cough – or who are accompanied by an adult or sibling with a cough – or who are otherwise obviously unwell will not be accepted into the building by the Duty Manager. Regretfully no refund/ credit will be applied under these circumstances.

Please be responsible when making a decision about bringing your child. Our staff are required to self-isolate at the first sign of any symptoms, so if you send a poorly child – even if you are convinced that they do not have COVID-19, it can impact upon our ability to run the programme – we really don't want to have to cancel subsequent sessions because all our staff have been forced to self-isolate.

In accordance with the Government guidelines, we will arrange the children in “bubbles” with a maximum size of 17. This number may increase if any easing of restrictions allows us to do so. Generally, this will be in the age groups 5-7 and 8-12. We will also try to make use of the “outdoor” space available – hardcourts and grass so do please ensure the children have a suitable extra layer of clothing available if necessary.

Where the sessions are advertised as for the 5-12's the 2 age groups will use the equipment at different times and the equipment will be sanitised between use by each group.

Always tricky with younger children, but we will be reminding them about social distancing during their session and we will be encouraging children to avoid contact with each other wherever possible.

Regular hand washing and use of hand sanitisers will take place throughout the day.

Touch points and equipment around the setting will be sanitised during the day.

Information on who has attended, in which group and with which instructor will be securely retained for a minimum of 21 days.

It all seems a lot to take in, but the vast majority of the children will already be very used to much of this from being back at school.



Additional important information...

1. Although every effort is made to ensure the advertised activities take place, the management reserves the right to cancel at any time and, where possible, offer a suitable alternative.
2. Please remember to provide a packed lunch if your child is staying all day. Please do not bring in any nuts as a snack or as part of a packed lunch.
3. We have a selection of skates for skating sessions but do please send children with their own if they have them. Knee/elbow pads and even a cycling helmet are a good idea.
5. Please ensure children are brought to and collected from the Centre on time. Please phone us if you are going to be late. Children will be instructed to wait inside the building if parents are delayed.

Clothing

Please ensure your child is dressed appropriately for all activities, this includes:

- Sports/casual clothing and trainers (no flip flops please).
- Socks to be worn for ALL trampoline sessions.
- All jewellery removed or taped.
- Gymnastics at Lancing Manor - Leotards are optional, but please ensure suitable clothing is worn that children can move around in and ensure it is not restricting.
- Remember an apron or old clothing for Art and Craft sessions. These use water based paints however, darker colours may stain. We can not accept responsibility for any clothing affected in this way.
- Towels, water bottles and full change of clothes and shoes for water games.
- **High Factor Sunscreen and hats must be provided as well as appropriate outer layers for cold or wet weather.**

Failure to provide the appropriate attire may result in your child not being able to participate in activities. We cannot accept responsibility for any damaged clothing items.



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



Summer Fun Activities at Worthing Leisure Centre

 Shaftesbury Avenue • Worthing • BN12 4ET

 01903 905050 Option 2 Option 2

 Book online

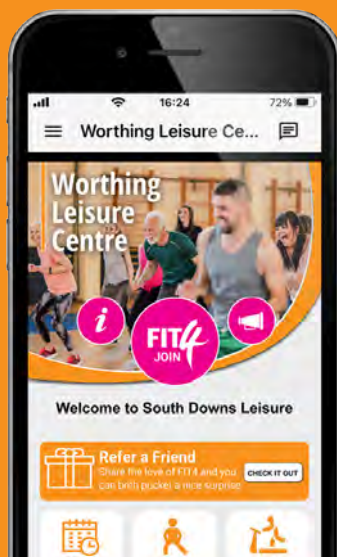
 enquiries@southdownsleisure.co.uk

 Find us on Google Maps

Book using the App

 Download on the
App Store

 Get it on
Google play



Premier Education have been running holiday camps and keeping kids happy for over 20 years.

This summer holiday is no different, offering super-fun multi-sport sessions that are jam-packed with safe activities for every child to enjoy.

For ages 5 to 12 years old.



- Each day has to be booked into separately (each day will show on the app/website online booking)
- Bookings are for the whole day (no half days)
- Two age groups (5-7 year olds and 8-12 year olds)
- Bring your own packed lunch (**must not contain nuts**)
- Bring sun cream
- Parents will be asked to issue a password for their child on arrival which is their password for that child to be signed out at the end of the day.
- Activity Timetable attached
- Dates 26th July-27th August (excluding 11th and 12th August)
- 08:30 drop off with 16:00 collection
- We must be aware of any relevant medical information (you can notify us by phone)
- We cannot cater for individuals that require 1-2-1 support

Prices: £26.00 per day Non Members | £19.50 per day FIT4 Members

WEEK ONE - 26th July - 30th July

Time	Ages	Monday 26th July	Tuesday 27th July	Wednesday 28th July	Thursday 29th July	Friday 30th July
08:30-09:00	5-12	Start Active - Earlybird Club				
09:00-09:45	5-12	Registration, Ice Breaker Games & Welcome Talk				
09:45-10:45	5-7	Multi-Skills	Trampoline	Gymnastics	Tri-Golf	Ultimate Frisbee
	8-12	Cricket	Basketball	Athletics	Archery	Team Challenge
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Benchball	Trampoline	Athletics	Archery	Dodgeball
	8-12	Hockey	Archery	Gymnastics	Tri-Golf	Ultimate Frisbee
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Hockey	Archery	Football	Dodgeball	Multi-Skills
	8-12	Football	Trampoline	Cricket	Fitness/Circuits	Multi-Sports
14:00-14:15	5-12	Afternoon Break				
14:15-15:15	5-7	Tagging Games	Parachute Games	Team Challenge	Tagging Games	Parachute Games
	8-12	Athletics	Trampoline	Football	Handball	Dodgeball
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

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

WEEK TWO - 2nd August - 6th August

Time	Ages	Monday 2nd August	Tuesday 3rd August	Wednesday 4th August	Thursday 5th August	Friday 6th August
08:30-09:00	5-12	Start Active - Earlybird Club				
09:00-09:45	5-12	Registration, Ice Breaker Games & Welcome Talk				
09:45-10:45	5-7	Tagging Games	Gymnastics	Football	Gymnastics	Ultimate Frisbee
	8-12	Cricket	Benchball	Athletics	Archery	Netball
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Athletics	Gymnastics	Tri-Golf	Archery	Netball
	8-12	Hockey	Athletics	Football	Gymnastics	Ultimate Frisbee
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Archery	Athletics	Multi-Skills	Benchball	Multi-Skills
	8-12	Football	Gymnastics	Cricket	Fitness/Circuits	Team Building
14:00-14:15	5-12	Afternoon Break				
14:15-15:15	5-7	Football	Team Challenge	Ball Games	Parachute Games	Mini Olympics
	8-12	Archery	Gymnastics	Bench Ball	Dodgeball	Mini Olympics
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

WEEK THREE - 9th August - 13th August

Time	Ages	Monday 9th August	Tuesday 10th August	Wednesday 11th August	Thursday 12th August	Friday 13th August
08:30-09:00	5-12	Start Active - Earlybird Club				
09:00-09:45	5-12	Registration, Ice Breaker Games & Welcome Talk				
09:45-10:45	5-7	Multi-Skills	Trampoline	No Activities	No Activities	Ball Games
	8-12	Football	Archery	No Activities	No Activities	Benchball
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Football	Trampoline	No Activities	No Activities	Multi-Skills
	8-12	Cricket	Dodgeball	No Activities	No Activities	Team Challenges
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Cricket	Archery	No Activities	No Activities	Football
	8-12	Team Building	Trampoline	No Activities	No Activities	Athletics
14:00-14:15	5-12	Afternoon Break				
14:15-15:15	5-7	Parachute Games	Ball Games	No Activities	No Activities	Tagging Games
	8-12	Tri-Golf	Trampoline	No Activities	No Activities	Football
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

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

WEEK FOUR - 16th August - 20th August

Time	Ages	Monday 16th August	Tuesday 17th August	Wednesday 18th August	Thursday 19th August	Friday 20th August
08:30-09:00	5-12	Start Active - Earlybird Club				
09:00-09:45	5-12	Registration, Ice Breaker Games & Welcome Talk				
09:45-10:45	5-7	Multi-Skills	Trampoline	Football	Ball Games	Gymnastics
	8-12	Football	Handball	Cricket	Archery	Ultimate Frisbee
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Football	Trampoline	Cricket	Archery	Ultimate Frisbee
	8-12	Archery	Tri-Golf	Football	Fitness/Circuits	Gymnastics
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Archery	Tri-Golf	Ball Games	Dodgeball	Parachute Games
	8-12	Cricket	Trampoline	Mini Olympics	Archery	Handball
14:00-14:15	5-12	Afternoon Break				
14:15-15:15	5-7	Cricket	Dodgeball	Mini Olympics	Tagging Games	Coach vs Kids
	8-12	Hockey	Trampoline	Team Challenges	Dodgeball	Coach vs Kids
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

WEEK FIVE - 23rd August - 27th August

Time	Ages	Monday 23rd August	Tuesday 24th August	Wednesday 25th August	Thursday 26th August	Friday 27th August
08:30-09:00	5-12	Start Active - Earlybird Club				
09:00-09:45	5-12	Registration, Ice Breaker Games & Welcome Talk				
09:45-10:45	5-7	Multi-Skills	Trampoline	Ball Games	Tagging Games	Bouncy Castle
	8-12	Tri-Golf	Dodgeball	Cricket	Basketball	Ball Games
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Football	Trampoline	Cricket	Hockey	Ball Games
	8-12	Athletics	Fitness/Circuits	Archery	Basketball	Bouncy Castle
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Tri-Golf	Parachute Games	Archery	Basketball	Bouncy Castle
	8-12	Football	Trampoline	Football	Tagging Games	Mini Olympics
14:00-14:15	5-12	Afternoon Break				
14:15-15:15	5-7	Cricket	Benchball	Football	Basketball	Mini Olympics
	8-12	Cricket	Trampoline	Ball Games	Dodgeball	Bouncy Castle
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

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

Family Trampoline Sessions at Worthing Leisure Centre

Tuesday 3rd August

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

Wednesday 4th August

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

Monday 9th August

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

Thursday 19th August

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

Thursday 26th August

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

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

- ★ All participants must book under their own name/membership.
- ★ Only one session per day can be attended by each participant.
- ★ Socks must be worn for trampoline sessions.
- ★ No Jeans or zipped clothing to be worn.
- ★ Ages: from 2 years +.
- ★ All abilities welcome.

*Bookable
in advance
- spaces
limited*

Prices: Non-Member: £6.00 | Centre Member: £4.80 | FIT4 Member: Free

Family Trampolining Sessions are run by South Downs Leisure rather than Premier Education.



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



18 months - Pre-School SESSIONS

Bee-fit is a fun fitness class for toddlers 18 months to pre-school age.

Each 45 minute session includes songs, parachute games, fitness circuits, relays and lots of fun!

One parent per child and your child must be supervised by you for the entire session.

Prices: Non-Member: £6.00

Centre Member: £4.80 | FIT4 Member: Free

★ ★ ★
**BOOKABLE
IN
ADVANCE**
★ ★ ★



Dates, times and venue...

Tuesday 3rd August

9:00-09:45 & 10:00-10:45 Main Hall

Thursday 5th August

9:00-09:45 & 10:00-10:45 Main Hall

Tuesday 10th August

9:00-09:45 & 10:00-10:45 Main Hall

Thursday 12th August

9:00-09:45 & 10:00-10:45 Pitch 3

Tuesday 17th August

9:00-09:45 & 10:00-10:45 Main Hall

Thursday 19th August

9:00-09:45 & 10:00-10:45 Main Hall

Tuesday 24th August

9:00-09:45 & 10:00-10:45 Main Hall

Thursday 26th August

9:00-09:45 & 10:00-10:45 Main Hall

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



Summer Fun Activities at Splashpoint Leisure Centre



Brighton Road • Worthing • BN11 2EN



01903 905050 Option 2 Option 1



Book online



enquiries@southdownsleisure.co.uk



Find us on Google Maps

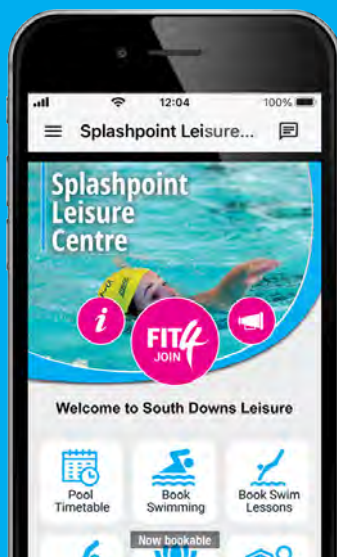
Book using the App



Download on the
App Store



Get it on
Google play





INTENSIVE SWIMMING LESSONS

Our courses are structured to provide children of school age with the best opportunity to learn correct techniques and develop their swimming skills.

Ability guide and course aims:

Swimming lessons are 20 minutes in a half hour slot.

Stage 1 (Non Swimmer)

For School aged children who cannot swim without buoyancy aids.

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

Pool depth 0.80m.

Stage 2 (Beginners)

For children who can jump in unaided, submerge fully and swim at least 5 metres.

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

Pool depth 0.80m.

Non Member: £35.75
Junior FIT4 Member: £17.88

Stage 3 (Improvers)

To build on technique for front crawl, backstroke and breaststroke. Pool depth 1.2m.

Breaststroke Clinic

For those stage 3/4 swimmers who need extra tuition in breaststroke technique. This is a 40 minute lesson. Pool depth 1.2m.

New Class: 8+ Stage 1

For older children who cannot swim without buoyancy aids. This class is aimed at older non swimmers (over 8). Pool depth 1.2m.

50% off
for Junior FIT4 Members

DATES:	2nd-6th Aug	9th-13th Aug	16th-20th Aug	23rd-27th Aug
Stage 1	09:00, 09:30, 10:00	09:00, 09:30	09:00, 09:30, 10:00	09:00, 09:30
Stage 2	09:00, 09:30, 10:00	09:00, 09:30	09:00, 09:30, 10:00	09:00, 09:30
Stage 3	N/A	10:00	N/A	10:00
8+ Stage 1	N/A	10:00	N/A	10:00
Breaststroke Clinic	N/A	N/A	N/A	10:30

To book your child's place please book online, using the App or call **Splashpoint reception** on **01903 905050 Option 2 Option 1**

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

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

Waterpolo

Waterpolo Introduction at Splashpoint Leisure Centre!

Waterpolo sessions for children aged 8+ and Stage 4 competent or above (deep water confident).

Teaching the basics of waterpolo skills, such as swimming with ball, egg-beating, passing and catching ball, whilst learning the basic rules of Waterpolo games.

This intensive course is for 4 sessions of 40 minutes – one each day from Monday to Thursday and is a great introduction to Waterpolo.

Session Dates:

Monday 2nd - Thursday 5th August

Times: 10:30-11:15

Cost:

Junior FIT4 Member £17.88 | Non-Members £35.75

For bookings and further details please visit www.southdownsleisure.co.uk or contact reception.

**50%
off**
for Junior FIT4
Members



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

Flip 'n' Fun

Flip 'n' Fun has been created for children as an introduction to Diving, encouraging FUNdamental movement skills in the swimming pool. (Goggles can't be worn during Flip 'n' Fun courses).

This 40 minute session is aimed at children from 8 to 12 years old. The prime objective is to have fun and give children the chance to experience something new and challenging. Flip 'n' Fun aims to develop fundamental skills and 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.

Session Dates:

**Monday 9th -
Thursday 12th August**

Times: 10:30-11:15



**50%
off**
for Junior FIT4
Members

Cost:

Junior FIT4 Member £17.88 | Non-Members £35.75

For bookings and further details please visit
www.southdownsleisure.co.uk or contact reception.

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

Snorkelling Courses

Experience the excitement of exploring the underwater world!

An introduction to the skills and techniques required for safe and enjoyable snorkelling in a pool environment.

*Snorkelling is suitable for children over the age of 8, who are able to swim at least 50 metres, able to tread water and are confident in deep water.
Pool depth 3.8m.*

Session Dates:

**Monday 16th -
Thursday 19th August**

Times: 10:30-11:15

Cost:

**Junior FIT4 Member
£22.88**

**Non-Members
£45.75**

(Price is per course and includes mask and snorkel)

For bookings and further details please visit
www.southdownsleisure.co.uk
or contact reception.

**50%
off
for Junior FIT4
Members**



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



Funtime Sessions

(Pool depth 1.2m) Direct adult supervision required

Monday to Friday

Mats & Floats 10:00-13:30

Inflatable 13:30-15:00

Mats & Floats 15:00-16:00

Saturday & Sunday

Mats & Floats 10:00-13:30

Inflatable 13:30-16:00

Public Diving (Pool depth 3.8m)

Monday 11:30-12:00, 14:00-18:00 & 19:15-20:30*

Tuesday 11:30-12:00 & 13:15-17:30

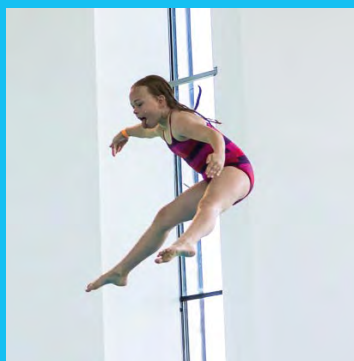
Wednesday 11:30-12:00 & 13:00-19:15

Thursday 11:30-12:30 & 14:00-17:30

Friday 11:30-12:00, 13:15-18:15 & 19:20-22:00

Saturday 08:00-16:00

Sunday 08:00-10:15 & 11:30-17:00



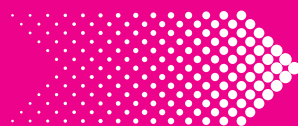
* Please note: **Bank Holiday Monday 30th August Opening: 06:30-19:00**

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



Summer Fun Activities at Davison Leisure Centre



Selborne Road • Worthing • BN11 2JX



01903 905050 Option 2 Option 3



Book online

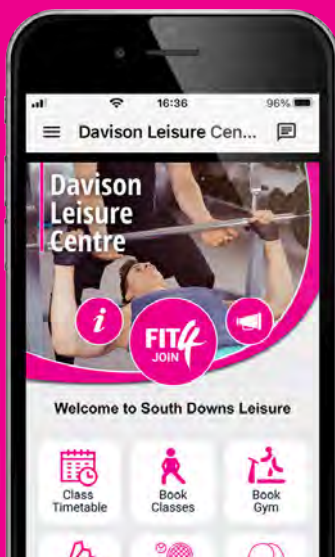


enquiries@southdownsleisure.co.uk



Find us on Google Maps

Book using the App



Monday 26th July**WEEK 1**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Unihoc & Street 20 Cricket	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Team Games & Skating	13:15-16:30	5-12

Tuesday 27th July**WEEK 1**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Action Pack & Assault Course	09:30-12:45	5-12
Lunch Supervision	12:45-13:15	5-12
Fun Sports & Water Games	13:15-16:30	5-12

Wednesday 28th July**WEEK 1**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Shooting Stars Target Games & Challenges	09:30-12:45	5-7
Rounders, Netball & Tennis	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

Thursday 29th July**WEEK 1**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Football & Basketball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack Treasure Hunt & Bouncy Castle	13:15-16:30	5-12

Friday 30th July**WEEK 1**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Scavenger Hunt & Tinies Cricket	09:30-12:45	5-7
Football & Athletics	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Skating & Team Quiz	13:15-16:30	5-12

Monday 2nd August**WEEK 2**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Mini Quiz & Ball Games	09:30-12:45	5-7
Badminton & Unihoc	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Dodgeball, Benchball & Water Games	13:15-16:30	5-12

Tuesday 3rd August**WEEK 2**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Action Pack & Assault Course	09:30-12:45	5-7
Table Tennis, Tennis & New Age Kurling	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Team Superstars Challenges	13:15-16:30	5-12

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

Wednesday 4th August**WEEK 2**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Tiny Terrors Funsports	09:30-12:45	5-7
Rounders & Football	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Skating, Treasure Hunt & Team Games	13:15-16:30	5-12

Thursday 5th August**WEEK 2**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Whack It With A Racket	09:30-12:45	5-7
Badminton, Belly Baseball & Tri-Golf	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

Friday 6th August**WEEK 2**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Target Games & Team Challenges	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

Monday 9th August**WEEK 3**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Drawing & Odds 'n' Ends Arts	09:30-12:45	5-7
Benchball, Badminton & Basketball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Scavenger Hunt & Tinies Cricket	13:15-16:30	5-7
Dodgeball & Team Quiz	09:30-12:45	8-12

Tuesday 10th August**WEEK 3**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Musical Bingo & Tennis Fun	09:30-12:45	5-7
Tri-Golf & Netball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Fun Sports & Water Games	13:15-16:30	5-12

Wednesday 11th August**WEEK 3**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Parachute Games & Tinies Ball Games	09:30-12:45	5-7
Belly Baseball & Unihoc	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

Thursday 12th August**WEEK 3**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Mini Quiz & Ball Games	09:30-12:45	5-7
Athletics & Football	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Tiny Terrors Funsports	13:15-16:30	5-7
Awesome Orienteering & Rounders	09:30-12:45	8-12



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



Friday 13th August

WEEK 3

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Artistic Adventures	09:30-12:45	5-7
Musical Bingo & Street 20 Cricket	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Assault Course	13:15-16:30	5-12

Wednesday 18th August

WEEK 4

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Playground Games & 3 Ball Rounders	09:30-12:45	5-7
Table Tennis, Tennis & Dodgeball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Team Sports Medley	13:15-16:30	5-12

Monday 16th August

WEEK 4

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Target Games & Parachute Games	09:30-12:45	5-7
Basketball & Softball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

Thursday 19th August

WEEK 4

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Bop It With A Bat	09:30-12:45	5-7
Target Games & Team Challenges	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 17th August

WEEK 4

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Whack It With A Racket	09:30-12:45	5-7
Belly Baseball & Dodgeball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Assault Course	13:15-16:30	5-12

Friday 20th August

WEEK 4

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Fun With Paint	09:30-12:45	5-7
Team Quiz & New Age Curling	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Assault Course	13:15-16:30	5-12

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

Monday 23rd August**WEEK 5**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Mini Athletics & Kwik Cricket	09:30-12:45	5-7
Tennis & Badminton	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Fun Sports & Water Games	13:15-16:30	5-12

Tuesday 24th August**WEEK 5**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Treasure Hunt & Games	09:30-12:45	5-7
Football & Roller Hockey	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack Treasure Hunt & Bouncy Castle	13:15-16:30	5-12

Wednesday 25th August**WEEK 5**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Tri-Golf & Unihoc	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Assault Course	13:15-16:30	5-12

Thursday 26th August**WEEK 5**

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

Friday 27th August**WEEK 5**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Whack It With A Racket	09:30-12:45	5-7
Table Tennis, Unihoc & Benchball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Water Games, Team Quiz & Puzzles	13:15-16:30	5-12

Monday 30th August**WEEK 6****Bank Holiday - No Activities****Tuesday 31st August****WEEK 6**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Parachute Games & Tinies Ball Games	09:30-12:45	5-7
Invent A Game & Football	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Rounders & Skating	13:15-16:30	5-12

Wednesday 1st September**WEEK 6**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Shooting Stars Target Games & Challenges	09:30-12:45	5-7
Badminton & Cricket	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Bouncy Castle	13:15-16:30	5-12

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

Thursday 2nd September **WEEK 6**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Party Games & Races	09:30-12:45	5-7
Athletics & Basketball	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Team Superstars	13:15-16:30	5-12

Friday 3rd September **WEEK 6**

Activity	Time	Age
Earlystarter	08:30-09:30	5-12
Tiny Terrors Funsports	09:30-12:45	5-7
Football, Cricket & Unihoc	09:30-12:45	8-12
Lunch Supervision	12:45-13:15	5-12
Action Pack & Funtime Finale	13:15-16:30	5-12

Davison Activity Prices

AM Session (08:30-13:15):

Non-Member

£15.00

Junior Member

£12.75

FIT4 Member

£11.25

PM Session (13:15-16:30):

£10.60

£9.00

£7.95

Prices are per session. Note: AM sessions include a brief half hour lunch break at the end. PM sessions do not include anything of this nature.

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



Summer Fun Activities at Lancing Manor Leisure Centre

 Manor Road • Lancing • BN15 0PH

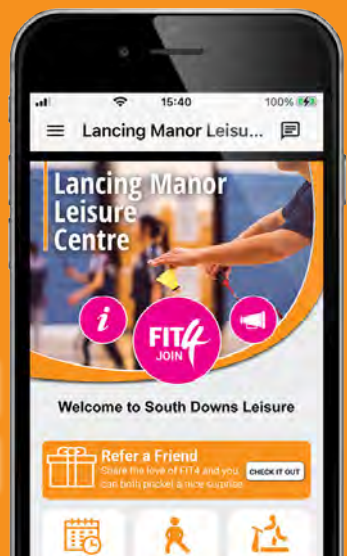
 01903 905050 Option 3 Option 1

 **Book online**

 enquiries@southdownsleisure.co.uk

 Find us on Google Maps

Book using the App



All Lancing Manor Leisure Centre Summer Activities

comprise of 2-hour sessions:

AM: 09:30-11:30 or PM: 13:30-15:30

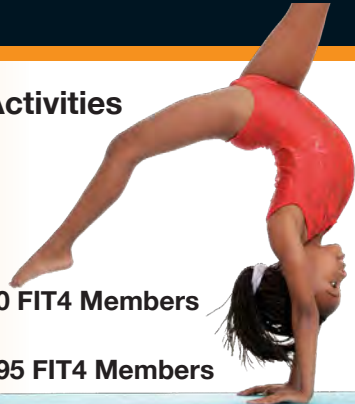
Each session is for ages 5-7 or 8-12

Prices for each 2 hour session (except Gymnastics):

£8.40 Non Members | £6.40 Centre Members | £6.00 FIT4 Members

2 hour Gymnastics sessions:

£10.60 Non Members | £9.00 Centre Members | £7.95 FIT4 Members



Monday 26th July

WEEK 1

Activity	Time	Age
Gymnastics	09:30-11:30	8-12
Action Pack & Bouncy Castle	13:30-15:30	5-7

Tuesday 27th July

WEEK 1

Activity	Time	Age
Gymnastics	09:30-11:30	5-7
Unihoc & Rounders	13:30-15:30	8-12

Wednesday 28th July

WEEK 1

Activity	Time	Age
Badminton, Short Tennis & Basketball	13:30-15:30	5-7

Thursday 29th July

WEEK 1

Activity	Time	Age
Dodgeball, Scavenger Hunt & Orienteering	09:30-11:30	8-12
Trampolining OR Tiny Terrors Funsports & Bouncy Castle	13:30-15:30	5-7

Friday 30th July

WEEK 1

Activity	Time	Age
Gymnastics	09:30-11:30	5-7
Football, Cricket & Athletics	13:30-15:30	8-12

Monday 2nd August

WEEK 2

Activity	Time	Age
Party Games & Races	09:30-11:30	5-7
Football, Basketball & Athletics	13:30-15:30	8-12

Tuesday 3rd August

WEEK 2

Activity	Time	Age
Gymnastics	09:30-11:30	8-12
Action Pack & Bouncy Castle	13:30-15:30	5-7

Wednesday 4th August

WEEK 2

Activity	Time	Age
Tinies Treasure Hunt & Games	13:30-15:30	5-7

Thursday 5th August

WEEK 2

Activity	Time	Age
Tinies Obstacle Races & Quiz	09:30-11:30	5-7
Badminton, Basketball & Unihoc	13:30-15:30	8-12

Friday 6th August

WEEK 2

Activity	Time	Age
Kwik Cricket, Football & Table Tennis	09:30-11:30	8-12
Tiny Terrors Funsports	13:30-15:30	5-7

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

Monday 9th August**WEEK 3**

Activity	Time	Age
Gymnastics	09:30-11:30	8-12
Action Pack & Bouncy Castle	13:30-15:30	5-7

Tuesday 10th August**WEEK 3**

Activity	Time	Age
Gymnastics	09:30-11:30	5-7
Unihoc & Rounders	13:30-15:30	8-12

Wednesday 11th August**WEEK 3**

Activity	Time	Age
Badminton, Short Tennis & Basketball	13:30-15:30	8-12

Thursday 12th August**WEEK 3**

Activity	Time	Age
Dodgeball, Scavenger Hunt & Orienteering	09:30-11:30	8-12
Trampolining OR Tiny Terrors Funsports & Bouncy Castle	13:30-15:30	5-7

Friday 13th August**WEEK 3**

Activity	Time	Age
Gymnastics	09:30-11:30	5-7
Football, Cricket & Athletics	13:30-15:30	8-12

Monday 16th August**WEEK 4**

Activity	Time	Age
Party Games & Races	09:30-11:30	5-7
Football, Basketball & Athletics	13:30-15:30	8-12

Tuesday 17th August**WEEK 4**

Activity	Time	Age
Gymnastics	09:30-11:30	8-12
Action Pack & Bouncy Castle	13:30-15:30	5-7

Wednesday 18th August**WEEK 4**

Activity	Time	Age
Tinies Treasure Hunt & Games	13:30-15:30	5-7

Thursday 19th August**WEEK 4**

Activity	Time	Age
Tinies Obstacle Races & Quiz	09:30-11:30	5-7
Badminton, Basketball & Unihoc	13:30-15:30	8-12

Friday 20th August**WEEK 4**

Activity	Time	Age
Kwik Cricket, Football & Table Tennis	09:30-11:30	8-12
Tiny Terrors Funsports	13:30-15:30	5-7



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

Junior
FIT4

**Summer
Membership**



Just
£35

**Membership period from
24th July to 5th September
inclusive**

Junior FIT4 membership includes:

- Swimming ● Track
- Racquet sports
- Discounted holiday play schemes
- Amazon Adventure Soft Play
- Discounted intensive courses

For **ages 13-17 years** it **also** includes:

- Junior Gym
- Junior Group Exercise Classes

Some activities have age restrictions.
Terms and conditions apply.

Up to
**17 years
old**

**Speak to a membership advisor at any of our centres
for this very special offer**



South Downs
Leisure

www.southdownsleisure.co.uk



Summer Fun Activities at Southwick Leisure Centre



Old Barn Way • Southwick • BN42 4NT



01903 905050 Option 3 Option 2



Book online



enquiries@southdownsleisure.co.uk



Find us on Google Maps

Book using the App



Download on the
App Store



Get it on
Google play



All Southwick Leisure Centre Summer Fun Activities

comprise of 2-hour sessions:

AM: 09:30-11:30 or PM: 13:30-15:30

Check each activity session for age groups, either 5-7 or 8-12

Prices for each 2 hour session:

£8.40 Non Members | £6.40 Centre Members | £6.00 FIT4 Members

Monday 26th July

WEEK 1

Activity	Time	Age
Tinies Football & Athletics	09:30-11:30	8-12
Basketball, Rounders & Football	13:30-15:30	5-7

Monday 2nd August

WEEK 2

Activity	Time	Age
Tennis, Kwik Cricket & Team Quiz	09:30-11:30	8-12
Sports Day Games & Races	13:30-15:30	5-7

Tuesday 27th July

WEEK 1

Activity	Time	Age
Tennis, Table Tennis & Unihoc	13:30-15:30	8-12

Tuesday 3rd August

WEEK 2

Activity	Time	Age
Dodgeball, Benchball & Rounders	13:30-15:30	8-12

Wednesday 28th July

WEEK 1

Activity	Time	Age
Action Pack & Bouncy Castle	13:30-15:30	5-7

Wednesday 4th August

WEEK 2

Activity	Time	Age
Action Pack & Bouncy Castle	13:30-15:30	8-12

Thursday 29th July

WEEK 1

Activity	Time	Age
Trampolining OR Football & Cricket	09:30-11:30	8-12
Tiny Terrors Funsports	13:30-15:30	5-7

Thursday 5th August

WEEK 2

Activity	Time	Age
Action Pack & Bouncy Castle	09:30-11:30	5-7
Skating & Unihoc	13:30-15:30	8-12

Friday 30th July

WEEK 1

Activity	Time	Age
Party Games & Treasure Hunt	09:30-11:30	5-7
Skating & Athletics	13:30-15:30	8-12

Friday 6th August

WEEK 2

Activity	Time	Age
Football & Orienteering	09:30-11:30	8-12
Action Pack & Bouncy Castle	13:30-15:30	5-7

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



Monday 9th August

WEEK 3

Activity	Time	Age
Tinies Football & Athletics	09:30-11:30	8-12
Basketball, Rounders & Football	13:30-15:30	5-7

Tuesday 10th August

WEEK 3

Activity	Time	Age
Tennis, Table Tennis & Unihoc	13:30-15:30	8-12

Wednesday 11th August

WEEK 3

Activity	Time	Age
Action Pack & Bouncy Castle	13:30-15:30	5-7

Thursday 12th August

WEEK 3

Activity	Time	Age
Trampolining OR Football & Cricket	09:30-11:30	8-12
Tiny Terrors Funsports	13:30-15:30	5-7

Friday 13th August

WEEK 3

Activity	Time	Age
Party Games & Treasure Hunt	09:30-11:30	5-7
Skating & Athletics	13:30-15:30	8-12

Monday 16th August

WEEK 4

Activity	Time	Age
Tennis, Kwik Cricket & Team Quiz	09:30-11:30	5-7
Sports Day Games & Races	13:30-15:30	8-12

Tuesday 17th August

WEEK 4

Activity	Time	Age
Dodgeball, Benchball & Rounders	13:30-15:30	8-12

Wednesday 18th August

WEEK 4

Activity	Time	Age
Action Pack & Bouncy Castle	13:30-15:30	8-12

Thursday 19th August

WEEK 4

Activity	Time	Age
Action Pack & Bouncy Castle	09:30-11:30	5-7
Skating & Unihoc	13:30-15:30	8-12

Friday 20th August

WEEK 4

Activity	Time	Age
Football & Orienteering	09:30-11:30	8-12
Action Pack & Bouncy Castle	13:30-15:30	5-7

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



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



Summer Fun Activities at WADURS Swimming Pool



Kingston Broadway • Shoreham-by-Sea • BN43 6TE



01903 905050 Option 3 Option 3



Book online



enquiries@southdownsleisure.co.uk



Find us on Google Maps

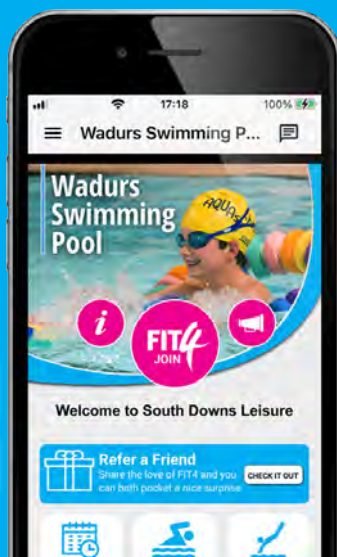
Book using the App



Download on the
App Store



Get it on
Google play



AQUASchool

INTENSIVE SWIMMING LESSONS

Our courses are structured to provide children of school age with the best opportunity to learn correct techniques and develop their swimming skills.

Ability guide and course aims:

Swimming lessons are 20 minutes in a half hour slot.

Stage 1 (Non Swimmer)

For School aged children who cannot swim without buoyancy aids.

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

Pool depth 0.80m.

Stage 2 (Beginners)

For children who can jump in unaided, submerge fully and swim at least 5 metres.

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

Pool depth 0.80m.

Non Member:
£35.75
Junior FIT4 Member:
£17.88

Stage 3 (Improvers)

To build on technique for front crawl, backstroke and breaststroke.

Pool depth 1.2m.

Breaststroke Clinic

For those stage 3/4 swimmers who need extra tuition in breaststroke technique.

This is a 40 minute lesson.

Pool depth 1.2m.

New Class: 8+ Stage 1

For older children who cannot swim without buoyancy aids. This class is aimed at older non swimmers (over 8).

Pool depth 1.2m.

50% off
for Junior FIT4 Members

Dates	Stage 1	Stage 2	Stage 3	8+ Stage 1	Breaststroke Clinic
2nd-6th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	10:30	10:30	N/A
9th-13th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	N/A	N/A	10:30
16th-20th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	N/A	N/A	N/A
23rd-27th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	10:30	10:30	N/A

To book your child's place please book online, using the App or call **WADURS reception** on **01903 905050 Option 3 Option 3**

Please note: The Drop off and go sessions do not apply to Swimming Lessons at WADURS Swimming Pool.

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

Waterpolo

Waterpolo Introduction at WADURS Swimming Pool

Waterpolo sessions for children aged 8+ and Stage 4 competent or above (deep water confident).

Teaching the basics of waterpolo skills, such as swimming with ball, egg-beating, passing and catching ball, whilst learning the basic rules of Waterpolo games.

This intensive course is for 4 sessions of 40 minutes – one each day from Monday to Thursday and is a great introduction to Waterpolo.

Session Dates:

Monday 16th - Thursday 19th August

Times: 10:30-11:15

Cost:

Junior FIT4 Member £17.88 | Non-Members £35.75

For bookings and further details please visit www.southdownsleisure.co.uk or contact reception.

**50%
off**
for Junior FIT4
Members



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



Funtime Sessions

(Pool depth 0.9-1.8m) Adult supervision required as pool depth changes.

Monday & Friday

Mats & Floats 11:30-13:30

Inflatable 13:30-15:00

Mats & Floats 15:00-16:00

Tuesday, Wednesday & Thursday

Mats & Floats 11:30-12:30

Aquaerobics 12:30-13:30

Inflatable 13:30-15:00

Mats & Floats 15:00-16:00

Saturday & Sunday

Mats & Floats 10:00-13:30

Inflatable 13:30-16:00



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



7 CENTRES ACROSS ADUR & WORTHING:

Worthing Leisure Centre | Splashpoint Leisure Centre
Davison Leisure Centre | Field Place Manor House & Barns
Lancing Manor Leisure Centre | WADURS Swimming Pool
Southwick Leisure Centre

Telephone: 01903 90 50 50

enquiries@southdownsleisure.co.uk



www.southdownsleisure.co.uk