

Worthing Leisure Centre | Splashpoint Leisure Centre | WADURS Swimming Pool

Don't miss our

SUMMER FUN

Activities

For children
aged 18 months
to 16 years



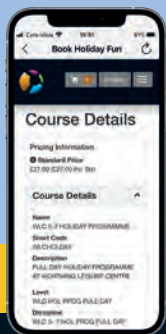
**Friday 22nd July to
Tuesday 30th August**

Available
to book
NOW!

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



Book via the App, online or call 01903 905050



South Downs
Leisure

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



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Download on the
App Store



Get it on
Google play





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.

Important Notes:

- 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
- 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

Time	Ages	DAY ONE: Friday 22nd 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	Dodgeball
	8-12	Football
10:45-11:00	5-12	Morning Break
11:00-12:00	5-7	Football
	8-12	Dodgeball
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges
13:00-14:00	5-7	Ball Games
	8-12	Basketball
14:00-14:15	5-12	Afternoon Break
14:15-15:15	5-7	Athletics
	8-12	Athletics
15:15-16:00	5-12	Awards, Celebration & Performance Time
16:00	5-12	De-Registration



Prices: £21.60 per day FIT4 Members | £27.00 per day Non-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

WEEK ONE: 25th - 29th July

Time	Ages	Monday 25th July	Tuesday 26th July	Wednesday 27th July	Thursday 28th July	Friday 29th 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	Bench Ball	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				

WEEK TWO: 1st - 5th August

Time	Ages	Monday 1st August	Tuesday 2nd August	Wednesday 3rd August	Thursday 4th August	Friday 5th 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	Trampoline	Football	Gymnastics	Ultimate Frisbee
	8-12	Cricket	Bench Ball	Athletics	Archery	Netball
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Athletics	Trampoline	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	Bench Ball	Multi-Skills
	8-12	Football	Trampoline	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	Trampoline	Bench Ball	Dodgeball	Mini Olympics
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

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WEEK THREE: 8th - 12th August

Time	Ages	Monday 8th August	Tuesday 9th August	Wednesday 10th August	Thursday 11th August	Friday 12th 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	Gymnastics	Hockey	Ball Games
	8-12	Handball	Tri Golf	Athletics	Cricket	Volleyball
10:45-11:00	5-12	Morning Break				
11:00-12:00	5-7	Bench Ball	Trampoline	Athletics	Cricket	Dodgeball
	8-12	Volleyball	Archery	Gymnastics	Hockey	Team Challenge
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Ball Games	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	Tri Golf	Team Challenge	Tagging Games	Parachute Games
	8-12	Basketball	Trampoline	Football	Handball	Dodgeball
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

WEEK FOUR: 15th - 19th August

Time	Ages	Monday 15th August	Tuesday 16th August	Wednesday 17th August	Thursday 18th August	Friday 19th 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 Challenge	Dodgeball	Coach vs Kids
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				

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Book now at www.southdownsleisure.co.uk

WEEK FIVE: 22nd - 26th August

Time	Ages	Monday 22nd August	Tuesday 23rd August	Wednesday 24th August	Thursday 25th August	Friday 26th 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	Assault 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	Assault Bouncy Castle
	8-12	Athletics	Fitness/Circuits	Archery	Basketball	Athletics
12:00-13:00	5-12	Lunch, Golden Time, Creative Tasks/Challenges				
13:00-14:00	5-7	Tri Golf	Parachute Games	Archery	Basketball	Athletics
	8-12	Football	Trampoline	Football	Tagging Games	Assault Bouncy Castle
14:00-14:15	5-12	Afternoon Break				
14:15-15:15	5-7	Cricket	Bench Ball	Football	Parachute Games	Ball Games
	8-12	Cricket	Trampoline	Ball Games	Dodgeball	Assault Bouncy Castle
15:15-16:00	5-12	Awards, Celebration & Performance Time				
16:00	5-12	De-Registration				



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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 throughout the session by the parent.

Prices: FIT4 Member: Free

Non-Member: £6.20

**Bookable
in
advance**

Dates and times...

Tuesday 26th July

9:45-10:30 & 10:45-11:30

Tuesday 2nd August

9:45-10:30 & 10:45-11:30

Tuesday 9th August

9:45-10:30 & 10:45-11:30

Tuesday 16th August

9:45-10:30 & 10:45-11:30

Tuesday 23rd August

9:45-10:30 & 10:45-11:30



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Book now at www.southdownsleisure.co.uk

Family Trampoline Sessions at Worthing Leisure Centre

Thursday 28th July

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

Thursday 4th August

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

Thursday 11th August

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

Thursday 18th August

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

Thursday 25th August

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

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

- ★ Each individual wanting to bounce must book a space and book under individuals name.
- ★ Not a drop off and go session.
- ★ Socks must be worn for trampoline sessions.
- ★ No zips, buckles, jeans or jewellery to be worn.
- ★ Ages: from 2 years +.
- ★ All abilities welcome.

*Bookable
in advance
- spaces
limited*

Session Prices: FIT4 Member: Free | Non-Member: £6.20

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.

Disability Trampoline Sessions at Worthing Leisure Centre

Thursday 4th August

With Hoist: 12:00-13:00

No Hoist: 13:15-14:15

Thursday 11th August

With Hoist: 12:00-13:00

No Hoist: 13:15-14:15

Thursday 18th August

With Hoist: 12:00-13:00

No Hoist: 13:15-14:15

Tuesday 30th August

With Hoist: 10:00-11:00

No Hoist: 11:15-12:15

Session Prices:

FIT4 Member: Free

Non-Member: £5.25

A fun trampolining session for people with disabilities and their siblings. Sessions are instructed by fully trained and experienced coaches and an accessibility hoist is available in the hoist sessions.

Hoist Session: A session for individuals who are more physically disabled, including wheelchair users or more able bodied individuals who find it difficult to share. This session involves the use of a hoist.

No Hoist: This session is suitable for those more physically abled and may be asked to share the trampoline with another person.

- ★ Participants requiring the hoist must bring their own sling.
- ★ All participants must have a parent/carer to supervise.
- ★ Minimum age: 2 years.

*Bookable
in advance
- spaces
limited*

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



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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

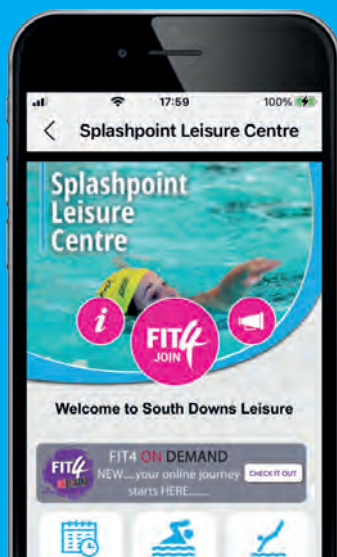
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INTENSIVE SWIMMING LESSONS

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:
£36.50
Junior FIT4
Member:
£18.25

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:	1st-5th Aug	8th-12th Aug	15th-19th Aug	22nd-26th 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	10:30	N/A

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.*

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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 1st -
Thursday 4th
August**

Times: 10:30-11:15

Cost:

**Junior FIT4 Member
£18.25**

**Non-Members
£36.50**

**50%
off
for Junior FIT4
Members**

Book Flip 'n' Fun online here...

For 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

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 8th - Thursday 11th August

Times: 10:30-11:15

Cost:

Junior FIT4 Member £18.25 | Non-Members £36.50

Book Waterpolo online here...

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

**50%
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Members



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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 22nd -
Thursday 25th August**

Times: 10:30-11:15

Cost:

**Junior FIT4 Member
£22.87**

**Non-Members
£45.75**

(Price is per course
and includes mask
and snorkel)

**50%
off
for Junior FIT4
Members**

Book Snorkelling online here...

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



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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 29th August Opening: 06:30-19:00**

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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

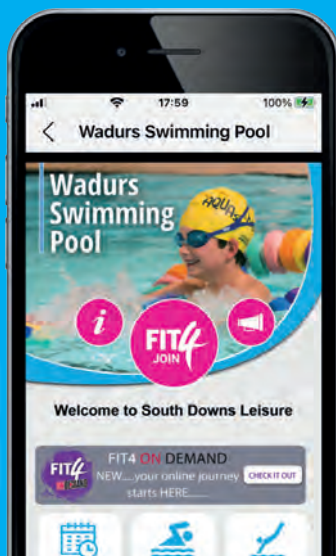
Book using the App



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:

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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:
£36.50
Junior FIT4 Member:
£18.25

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
1st-5th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	10:30	10:30	N/A
8th-12th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	N/A	N/A	10:30
15th-19th Aug	09:00, 09:30, 10:00	09:00, 09:30, 10:00	N/A	N/A	N/A
22nd-26th 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.

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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 15th - Thursday 18th August

Times: 10:30-11:15

Cost:

Junior FIT4 Member £18.25 | Non-Members £36.50

Book Waterpolo online here...

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

**50%
off**
for Junior FIT4
Members



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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



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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



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