

Learn from  
the best  
coaches  
around

Harlow Leisurezone has an extensive trampoline programme and offers classes suitable for beginners through to National Competitors.

### Junior Trampolining

Designed for children, these sessions are basic introductions for children with no or little experience of trampolining.

A great way to start trampolining with lots of fun and fitness, these sessions will take you through the basics of trampolining and progress onto more difficult moves. You will also be working in line with the British Gymnastics award scheme to achieve various levels and obtain badges and certificates.

Monday	16:00 - 19:00
Thursday	16:00 - 19:00
Saturday	10.00 - 13.00

**Age:** 5 years +

**Cost:** £48.50 per 10 week course (1 hour session)

Pre-booking required.

Please call for details 01279 621500.

2018/2019

harlow  
leisurezone

Junior Coaching

Trampolining  
Football  
Karate  
Tennis



Harlow Leisurezone, Second Avenue, Harlow, Essex, CM20 3DT  
Tel: 01279 621500 Fax: 01279 444588

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

**Great  
courses,  
Great  
coaches**

## **Tennis Coaching**

WimX is the only coaching team where there are five former Wimbledon players working together to increase tennis participation and improve the levels of all standards of player. The Harlow Leisurezone tennis programme is suitable for beginners through to Internationally ranked players and allows all standards, ages and aspirations to enjoy easy progression in a fun and supportive environment.

### **Mini Tennis Red**

Wednesdays 16:30 - 17:30

**Age:** 5 - 7 years

**Course Duration:** In conjunction with the school term

**Cost:** £5.70 per week (full term to be paid upfront)

Parent or Guardian must be present.

### **Mini Tennis Orange**

Wednesdays 17:30 - 18:30

**Age:** 7 - 9 years

**Course Duration:** In conjunction with the school term

**Cost:** £5.70 (full term to be paid upfront)

Parent or Guardian must be present

### **Junior Tennis Coaching**

Wednesdays 18:30 - 19:30

**Age:** 10 years +

**Course Duration:** In conjunction with the school term

**Cost:** £6.90 per week (full term to be paid upfront)

All equipment is included in the session price.

For more information, please contact **Victoria Davies** on **07940 581036** or email **info@wimx.org.uk**. To book tennis coaching, please use the number below.

**WimX also coach under 5 year olds.**

**Please see our Tots Activities leaflet for details.**

## **Football Skills Coaching**

Harlow Leisurezone is home to the longest running football skills coaching programme in Harlow. Come along to learn or improve skills and drills in preparation for match play. From beginners to improvers these coaching courses are suitable for all.

Wednesdays 17:00 - 18:00 – 5 years +

**Cost: £48.50 per 10 week course**

Pre-booking required.

## **Karate**

Come along to Harlow Leisurezone's very own Karate sessions. Ideal for beginners these sessions teach the basics of the great martial art of Karate.

You will be able to progress onto higher levels, achieving coloured belts. These sessions are great for fitness and flexibility. Coached by highly qualified and experienced instructors.

Mondays 16:00-17:30 - Beginners

Fridays 16:00-17:30 - Beginners/Intermediate

17:30-19:00 - Advanced

**Cost: £48.50 per 10 week course**

Pre-booking required.

Please note that all prices quoted in this leaflet are member prices. Non members are subject to a £2 guest fee, or it is only £6.10 for an Annual Junior Membership. Ask at Reception to register.

**All coaches  
are fully  
qualified**



**Book NOW at Leisurezone Reception  
or call 01279 621500**

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