

The sure fire way to have loads of fun and use up all that energy!



Tots Swimming Lessons

Parent and Baby Lessons

Suitable for children 6 to 18 months.

These sessions are designed to introduce swimming and start building confidence for both Parent and Baby. These sessions include swimming, developmental play and songs. An ideal way to start your child's swimming journey. Parent or Guardian must be present in the pool.

Parent and Toddler

A great introduction to swimming, these sessions aim to build confidence and water skills with fun, interactive songs and games. These sessions also work towards the Swim England Award scheme. Parent or Guardian must be present in the pool.

3 years plus Swimming Lessons

Suitable for children 3 years and over.

Your child will be enrolled into the LZ Swim School, all lessons follow the Swim England programme of progression.

Crash Courses

LZ Swim School offer Swimming Crash Courses during each school holiday. Courses comprise of a 30 minute lesson each day for 4 or 5 days at the same time each day.

Crash Courses provide a good platform for a beginner to improve confidence in a short space of time and for improvers to build on their ability.

Toddler Splash

We run drop in fun float sessions for toddlers and parents as part of our normal timetable.

For more information please see our **Swimming timetable** or contact our **Swimming Coordinator** on 01279 621505.

2018/2019



Tots Activities



Exciting, Fun Activities for Pre-school Children



Is your child
a future
World Cup
star?



Soccer Tots - Football for Pre-school children

These fun packed sessions will introduce your child to the nation's favourite game, building confidence and developing ball skills. These sessions will be on target to give your child a kick start in the world of football.

These sessions are suitable for boys and girls.

Parent or Guardian participation may be required.

Wednesdays 16.15 - 17.00

Saturdays 10:00 - 10.45

Cost: £3.90 per session

Parent or Guardian must be present.

Booking is not required, though it is recommended.

Tots Tennis

Coached by WimX, the only coaching team to have five former Wimbledon players, this superb Tots Tennis session aims to develop skill and co-ordination from an early age in a fun and supportive environment.

Wednesdays 16:00 – 16:30

Age: 3 – 5 yrs

Duration: 6 week course

Cost: £17.40 per course

All equipment supplied and included in price

Pre Booking is required

Parent or Guardian must be present.

For more information, please contact **Victoria Davies** on **07940 581036** or email **info@wimx.org.uk**

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 a £6.10 charge for an annual Junior Membership. Ask at Reception to register.



Kangaroo Club - Trampolining for pre-school children

These sessions are a basic introduction to trampolining, building confidence and learning new skills. Children are also able to work towards the British Gymnastics scheme.

This session finishes with a song and a sticker - it's sure to be a big hit with your little ones.

Mondays 10:00 - 10:45 and 14:00 - 14:45

Tuesdays 14:00 - 14:45

Thursdays 10:00 - 10:45 and 14:00 - 14:45

Saturdays 09:15 - 10:00

Cost: £3.90 per session

Parent or Guardian must be present.

Booking is not required though it is recommended.

Tots Activity Mornings/Afternoons

We now run regular Tots Activity Mornings and Afternoons with a wide selection of great fun activities for pre-school children.

Cost: £3.90 per session

Parent or Guardian must be present. Booking is not required though it is recommended.

To find out when the next activity morning/afternoon is, please call 01279 621500



Let them
bounce their
way to fun
and fitness



**For more information and to book
Call 01279 621500**

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