



# TOTS

# ACTIVITIES



info@harlowleisurezone.co.uk  
www.harlowleisurezone.co.uk  
01279 621500



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## 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.

**Mon:** 10:00 - 10:45 & 14:00 - 14:45

**Thurs:** 10:00 - 10:45 & 14:00 - 14:45

**Sat:** 09:15 - 10:00

**Ages:** 2 - 5 years

**Cost:** £4.90 per session (member)

£6.90 per session (non-member)

Parent or Guardian must be present.

Booking is not required though it is recommended.

## Tots Activity Mornings - NEW

Come and join the fun in Kidzz Kingdom, the Art and Craft Room, Imaginary Play Room and bounce in Urban Limits\*

Every Tuesday 9.30-11.30am during term time

Booking recommended but not essential

**Ages:** 5 years and under

**Cost:** £8.50 per session (member)

£10.50 per session (non-member)

\*Only the trampolines section will be available to use in Urban Limits.



**Book now!**  
**01279 621500**



## Tots Swimming Lessons

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### Parent and Baby Lessons

Suitable for children 6 to 18 months.

These sessions are designed to introduce swimming and start building water 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.

Swimming lesson enquiries **MUST** be completed online by visiting [www.harlowleisurezone.co.uk/swimming-pool/swimming-lessons](http://www.harlowleisurezone.co.uk/swimming-pool/swimming-lessons)

### Crash Courses

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

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.

**Mon-Thu: 11:00 - 12:00**

**Adult:** £5.90 per session (member)  
£6.90 per session (non-member)

**Child:** £3.60 per session (member)  
£4.60 per session (non-member)

**Under 2 years:** FREE

Guest fee of £1 applied if a non-member

For more information please visit [www.harlowleisurezone.co.uk/swimming-pool](http://www.harlowleisurezone.co.uk/swimming-pool) or call: 01279 621505.

**Annual Junior membership is available for only £7.70. Please ask at Reception to register.**



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Prices correct  
until April 2024