

Junior Activities

Worthing Leisure Centre | Splashpoint Leisure Centre

Davison Leisure Centre | Field Place Manor House

For
children and
young people
aged 0 to 17
years

Please see website for full listings.



Courses
included in
**Junior
FIT4**

🏈 Football 🏉 Rugby 🏸 Badminton 🎭 Musical Theatre *and more...*



South Downs
Leisure

www.southdownsleisure.co.uk

Worthing Leisure Centre

Shaftesbury Avenue • Worthing • BN12 4ET

Tel: 01903 905050 Option 3

Worthing Leisure Centre offer a wealth of Junior Activities for all ages including the ability for your child to progress further in their chosen activity as they get older.

To register your interest or to find out further information please email wlcourses@southdownsleisure.co.uk

**British
Gymnastics**
More than a sport



Trampolining

Children can learn a variety of skill development working their way through the **British Gymnastics Trampoline Proficiency award scheme** where badges and certificates can be achieved.



Parent & Toddler Trampolining

Ages: 2-4 years old

Days: Tuesdays, Wednesdays & Thursdays

Junior Trampolining

Age: 4-17 years old

Days: Mondays, Tuesdays, Thursdays, Fridays & Saturdays

Gymnastics

Children can learn a variety of skill development working their way through the **British Gymnastics 'Jump into Gymnastics' Proficiency award scheme** where badges and certificates can be achieved.



Junior Gymnastics

Age: 5-13 years old

Days:

Wednesdays & Thursdays

Aiming High Trampolining

OR

A fun trampolining session for young people with disabilities and their siblings.

Days: Saturdays 13:00-14:30 with hoist, 14:30-16:00 without hoist

Adult Trampolining

Age: Adults only

Thursdays 20:00-21:00

Football

Mini kickers: Football fun for parents and their 2-4 year olds, learning balance, co-ordination and basic skills.

Pro-Coaching Junior Football:

Take your football to another level with progressive structured sessions.



Mini Kickers

Age: 2-4 years old
Days: Monday

Pro-Coaching Junior Football

Age: 4-14 years old
Days: Tuesdays, Thursdays and Saturdays
Please enquire for times and availability on 01903 718400

Football Clubs

Worthing Football Club:
www.worthingfc.com



Badminton

Children can work their way through the **Badminton England Racket Pack Proficiency Scheme** which incorporates a range of essential skills for badminton.



Junior Badminton

Age: 5-16 years old
Days: Fridays and Saturdays

Adult Badminton

Course only
Please enquire for times and availability

Badminton Clubs

Worthing Badminton Club:
www.worthingbadminton.co.uk/clubs/

Basketball

Play and learn at the home of Worthing Thunder.



Basketball

Age: 4-16 years old
Days: Mondays

Basketball Clubs

Worthing Thunder:
www.worthingthunder.club

Rugby

Get to know the game with skills, tactics and match play.



Tiny Tries

Age: 2-4 years old
Days: Mondays

Junior Rugby

Age: 5-15 years old
Days: Thursdays and Fridays

Rugby Clubs

Worthing Rugby Club:
www.worthingrfc.co.uk



Pre-School Term-Time Activity Timetable

Monday	Tuesday
Creche 0-5 years 09:10, 10:20, 11:20	Creche 0-5 years 09:10, 10:20, 11:20
Amazon Sensory Up to 11 years old 09:30-14:00	Amazon Sensory Up to 11 years old 09:30-14:00
Amazon Adventure Up to 11 years old/ under 4ft 9in 09:30-17:00	Amazon Adventure Up to 11 years old/ under 4ft 9in 09:30-17:00
Tiny Tries 2-4 years 09:15-10:00 & 10:00-10:45	Bee-Fit 18 months+ 09:45-10:30
Mini Kickers 2-4 years 10:45-11:30 & 11:30-12:15	Bee-Fit 18 months+ 10:45-11:30
Baby Sensory Up to 13 months 10:10-11:00	Parent & Toddler Trampolining 2-4 years 10:00-10:45 & 10:45-11:30
	Jo Jingles Walking-5 years 11:45-12:30

All the above classes are Term-Time only. See page 6 for a guide to the class descriptions...

Wednesday	Thursday	Friday
Creche 0-5 years 09:10, 10:20, 11:20	Creche 0-5 years 09:10, 10:20, 11:20	Creche 0-5 years 09:10, 10:20, 11:20
Amazon Sensory Up to 11 years old 09:30-14:00	Amazon Sensory Up to 11 years old 09:30-14:00	Amazon Sensory Up to 11 years old 11:00-14:00
Amazon Adventure Up to 11 years old/ under 4ft 9in 09:30-17:00	Amazon Adventure Up to 11 years old/ under 4ft 9in 09:30-17:00	Amazon Adventure Up to 11 years old/ under 4ft 9in 11:00-17:00 Term Time Only
Bee-Fit 18 months+ 09:15-10:00	Bee-Fit 2 ¹ / ₂ years+ 09:15-10:00	Amazon Adventure Rocky's Rhyme and Crafts Pre-School 10:00-11:00
Bee-Fit & Boogie 18 months-4 years 10:15-11:00	Bee-Fit 18 months-2 ¹ / ₂ years 10:15-11:00	
Parent & Toddler Trampolining 2-4 years 10:30-11:15 & 11:15-12:00	Parent & Toddler Trampolining 2-4 years 10:00-10:45, 10:45-11:30 & 11:30-12:15	
	Jo Jingles Walking-5 years 11:15-12:00	
	Baby Jingles 3 months-Walking 12:15-12:45	
	Tumbling Tinies Pre School 13:30-15:00	

All the above classes are Term-Time only. See page 6 for a guide to the class descriptions...

Starlight Musical Theatre

Perform song and dance routines to musicals.

Age: 4-12 years old
Days: Thursdays
Please enquire for times and availability



Dinky Dancers

Learn ballet basics and help develop balance, co-ordination, self-discipline, posture and lots more.



Age: 4-7 year olds
Days: Thursdays
Please enquire for times and availability

Pre-School Activities Guide to Classes

Amazon - Sensory

The Sensory area is located in Amazon Adventure and offers a range of specialist sensory equipment; Sparkle Cloud, Rainbow Light Bar and Bubble Tube, to name a few.

Amazon - Soft Play

Indoor soft play adventure for toddlers and children.

Baby Sensory

Specifically designed from birth, to aid your child's development, the sessions are packed with an incredible variety of sounds, smells, sights, textures, music, dance and singing.

Bee-Fit & Boogie

Bee-Fit activities encourage children to be energetic and develop themselves as individuals, providing fun, interactive fitness activities.

Creche

The Creche provides a happy, secure and stimulating environment for your child during our one hour sessions.

Football - Mini Kickers

Mini Kickers offers an introduction to the fundamental skills of football. Involving lots of games to encourage movement and team skills.

Jo Jingles - Baby Jingles

A fun interactive 30 minute session involving lap songs, nursery rhymes and puppets.

Jo Jingles

Jo Jingles provides fun, music and movement classes for pre-school children. These sessions can be booked in advance or you can drop in on the day (spaces limited).

Rocky's Rhyme & Crafts

Spend some time with your little ones singing along to rhymes and songs and putting your art skills to the test.

Rugby - Tiny Tries

Tiny tries offers an introduction to the fundamental skills of rugby, involving lots of games to encourage movement and team skills.

Trampoline - Parent & Toddler

A super fun, bouncy session where participants can learn basic trampolining skills with the opportunity to achieve badges along the way.

Tumbling Tinies

An Indoor adventure playground designed to develop co-ordination, social interaction and play skills in a fun filled environment on a bouncy castle.

Pre-School Information:

All sessions are available to members and non members.

All pre-school activities parents must supervise their children (excluding Creche).

Please visit our website for more details: www.southdownsleisure.co.uk/junior-activities/

We would like to inform parents that children are not permitted to bring any form of camera devices to sessions. The management reserve the right to confiscate any such devices and return them at the end of the session. Failure to comply may result in children being excluded from sessions.



Crèche

0-5 YEARS

Worthing Leisure Centre

Shaftesbury Avenue, Worthing, BN12 4ET

- Crèche places can be booked online, by phone or at reception
- FIT4 members can book up to one week in advance (Non-members; up to three days)
- Baby changing facilities available
- Sessions just £1 for FIT4 members* or £4.30 for non-members

*Ask for more details. Free if joined before September 1st, 2015.

Only
£1 per session
for FIT4
members*

Monday to Friday, one hour sessions at 9:10am, 10:20am and 11:20am

- Customers are able to advance book from 6am on day required.
- A waiting list is held at reception if your chosen session is booked. We'll contact you if a place becomes available.
- Parents & carers must remain on the premises.

- Children must be registered and signed in and out.
- Please provide a buggy for under 2s.
- You may provide own refreshments (dietary requirements, etc).



Book online or call **01903 905050 Option 3**

More details are available from www.southdownsleisure.co.uk

Field Place Manor House & Barns

The Boulevard • Worthing • BN13 1NP

Tel: 01903 446401

Junior Tennis Academy

The junior tennis programme is run all year round and provides a coaching pathway to improve from beginner level to county standard and above.

The programme runs in accordance to LTA guidelines, using 3 levels of mini tennis (Red, Orange, Green) and then full size tennis, again with different levels of playing standards.

A guide to levels of the JTA:

Mini Tennis Red for 5-7 years

Tuesday & Wednesday 16:00-17:00

Saturday 09:00-10:00

Mini Tennis Orange for 7-9 years

Tuesday & Wednesday 17:00-18:00

Saturday 10:00-11:00

Mini Tennis Green for 9-11 years

Tuesday & Wednesday 18:00-19:00

Saturday 11:00-12:00

Tennis Bronze for 11 years+

Monday 16:00-17:30

Tennis Silver for 11 years+

Monday 17:30-19:00

Tennis Gold for 11 years+

Thursday 16:00-17:30

Tennis Platinum for 11 years+

Thursday 17:30-19:00

Tennis Bronze for 11 years+

Saturday 12 noon-13:30



Please note: No photographic equipment is permitted in any venue.

Is your little one the next West End star?

STARLIGHT
MUSICAL THEATRE



Then come along to musical theatre where we will perform song and dance routines to musicals such as *Matilda*, *Sound of Music*, *Frozen*, *Mary Poppins*, and many more.

Term-time course:

Fridays 15:30-16:10 5-7 years
Fridays 16:10-16:50 5-7 years

Dinky Boppers

Taking place after Dinky Dancers, children at Dinky Boppers will learn some up to date dance moves to current pop music, sing and play games.

Term-time course:

Mondays 11:00-11:30 2-4 years
Wednesdays 11:30-12:00 2-4 years



Dinky Dancers

A structured 30 minute class lead by a qualified instructor. Learn ballet basics and help develop balance, co-ordination, self discipline, posture and lots more. Children will learn ballet using props, singing and lots of imagination.

Term-time course:

Mondays 10:30-11:00 2-4 years
Wednesdays 11:00-11:30 2-4 years
Wednesdays 15:45-16:15 4-8 years

Streetz

A brilliant opportunity to learn some cool moves, develop rhythm and co-ordination. Street dance boosts confidence and self esteem.

Term-time course:

Wednesdays 16:15-17:00 5-7 years
Wednesdays 17:00-17:45 8-12 years



Please note:

No photographic equipment is permitted in any venue.

Davison Leisure Centre

Selborne Road • Worthing • BN11 2JX

Tel: 01903 905050 Option 5

Gymnastics*

Tumble, swing and jump in our Gymnastics course while working on co-ordination and core strength. All abilities welcome. Ages 5-16 years old.

Fridays: 17:30-18:30 & 18:30-19:30
Saturdays: 09:00-09:55 & 09:55-10:50



Trampolining*

Learn safe techniques and skills on our super bouncy trampolines with a qualified instructor. Ages 5-16 years old.

Wednesdays: 19:00-20:00 (Ages 12-16)
Saturdays: 10:00-11:00 & 11:00-12:00



Roller Skating

Beginners/Family

(Speed restricted)

Saturday 14:45-15:30

Beginners/Family

(Speed restricted + no skate hire)

Saturday 15:45-16:30

Improvers/Family

Saturday 16:45-17:30

Confident Skaters Only

Includes games such as street hockey

Saturday 17:45-19:00



*A small waiting list currently operates for these sessions.

Please note: No photographic equipment is permitted in any venue.

Splashpoint Leisure Centre

60 Brighton Road • Worthing • BN11 2EN

Tel: 01903 905050 Option 2

Parent and baby

Structured drop in sessions for babies and toddlers, accompanied by a parent/carer, to help water confidence, strength, and co-ordination.

There are small floats and toys, with a swimming instructor offering advice and leading a sing-a-long.

Swim nappies are required and are available from reception.

Term time only:

Every Tuesday, Wednesday and Thursday, 10:30-11:30



Aquaschool Swimming Lessons - More details are available from our website for swimming lessons and waiting lists.

Junior swim coaching

This coaching session aims to improve stamina and stroke technique. The session is only suitable for swimmers that can swim 400 metres comfortably.

There are a maximum of three lanes and swimmers will work towards completing stage 8, 9, 10 of ASA competitive swimming.

Sundays:

17:00-18:00



Funtime Sessions

(These sessions take place in the Main Pool)

Term Time

Saturdays

Mats & Floats:

11:00-13:30

Inflatable:

13:30-16:00

Sundays

Mats & Floats:

10:00-13:30

Inflatable:

13:30-16:00

Please check holiday brochure for times during school holidays.

Diving Board Opening Times (Term Time)

Monday 19:15-20:30

Wednesday 19:30-20:30

Friday 19:15 -22:00

Saturday 12:15-16:00

Sunday 11:30-17:00

Please check holiday brochure for times during school holidays.

Please note: No photographic equipment is permitted in any venue.

More details are available from www.southdownsleisure.co.uk

Aquaschool progression chart



Aquaschool class descriptions:

Parent and Baby (Aquafun for tots)

Structured drop-in sessions, exclusive for babies and toddlers, accompanied by a parent/carer. To help build water confidence, strength and co-ordination. There are small floats and toys in the water, with a swimming instructor offering advice and leading a sing-a-long.

Term time only: every Tuesday, Wednesday and Thursday, 10.30-11.30.

Aquababy (4-18 months)

A course of structured sessions for babies, accompanied by a parent/carer. Designed, to promote water confidence and the babies' Fundamental Motor skills, through the use of songs and games.

Aquatots (18-36 months)

A course of structured sessions for toddlers, accompanied by a parent/carer. Designed, to promote water confidence and the toddler's Fundamental Motor Skill, through the use of basic teaching practices, songs and games.

Aquasplash (3-4 year olds)

A course of structured lessons to help develop water confidence and independent swimming practices. The lessons use basic teaching practices, through songs and games as an introduction to formal lessons, allowing the children to follow instructions whilst learning through play.

Stage 1 (Beginners/Non-Swimmers)

Suitability: For children aged 4+ who are in school and cannot swim without buoyancy aids. Water depth 0.85 metres.

Aim: To learn to travel a minimum distance of 5m on front and back, with correct kicking action for Front Crawl and Back Stroke. Building on water confidence, such as submerging, floating and jumping in.

Stage 2

Suitability: For school aged Children who can jump in unaided, submerge completely and travel at least 5 metres on front and back with correct kicking action for Front Crawl and Backstroke. Water depth 0.85 metres.

Aim: To introduce arms for Front Crawl and Backstroke and learn to swim a minimum distance of 10 metres on front, with basic side breathing and Backstroke. Breaststroke and Dolphin leg kick are also introduced.

Stage 3

Suitability: For school aged children who can jump in unaided, submerge completely and swim at least 10 metres Front Crawl (with basic side-breathing), Backstroke and basic Breaststroke. Water depth 1.2 metres.

Aim: To continue to improve on overall swimming technique and stamina for Front Crawl, Backstroke and Breaststroke. Butterfly and basic water survival techniques and skills will also be introduced.

Stage 4

Suitability: For children who can swim at least 25 metres Front Crawl with correct breathing, Backstroke and basic Breaststroke. Water depth 1.8 metres.

Aim: To continue to improve on overall swimming technique and stamina for Front Crawl, Backstroke and Breaststroke and basic Butterfly. Building on water survival skills and introducing diving. Children who complete Stage 4 are more than welcome to move to **Worthing Swimming Club**.

Email: headcoach@worthingswimmingclub.org

Stage 5

Suitability: For children who can swim at least 50m to 100m efficient Front Crawl, Backstroke, Breaststroke and basic Butterfly. Must be confident in deep water, minimum depth 1.8 metres.

Aim: To improve overall technique, build on stamina and teach personal survival skills and diving.

Stage 6

Suitability: For children who are able to swim 200m + and have excellent technique and awareness of lane etiquette. Confident in distance swims and deep water exercises. Water depth 1.8 metres.

Aim: To increase stamina and fitness and continue to refine stroke and diving techniques.

Stage 7 (Aquasquad)

Suitability: For children who already have the correct technique in Front Crawl, Backstroke and Breaststroke and are strong swimmers, completing long distances such as 400m+. Water depth 1.8 metres.

Aim: To refine swimming technique, introduce competitive starts and turns. Building on stamina and fitness. This is an hour long session.

Junior Coaching (Sundays 5pm - 6pm)

Suitability: For swimmers that can swim 400m comfortably. Water depth 1.5 metres.

Aim: To improve on stamina, overall fitness and stroke technique. Maximum of 3 lanes with swimmers working towards completing stage 8, 9 and 10 of ASA competitive swimming.

These sessions are bookable as a weekly class, either on-line or via Splashpoint Reception.

Rookies

A course for 8-12 year olds to teach personal survival and basic rescue techniques. Follows the RLSS Lifesaving Bronze, Silver and Gold Awards.

Children aged 13+ should join the **Worthing Life Saving Club**.

Email: worthinglifesavingclub@gmail.com
www.rlss-sussex.co.uk www.rlss.org.uk

Aquadive:

Diving courses for children aged 8+ to teach basic Diving Skills from Poolside, graduating to 1m and 3m Springboards. Children must be competent swimmers, Stage 4+ and deep water confident. Water depth 3.8 metres.

Junior FIT4 membership

Membership includes:

- Baby Sensory, Bee-Fit, Tumbling Tinies, Mini Kickers
- Basketball, football, rugby
- Aquababy, aquatots, aquasplash, swimming
- Badminton, tennis, table tennis, squash
- 4 modern fitness suites and classes
- Membership across five sites

and much more!

Only
£29.30
per month
0-17 years



Join online
or call us today!

Telephone:

01903 90 50 50

Option 1

FIT4

more
people

more
active

more
often

JUNIOR GYM^Δ TIMES:

Worthing Leisure Centre:

Mon-Fri: 09:00-12:00 & 14:00-17:30

Sat & Sun: 07:00-12:00 & 14:00-19:30

Splashpoint Leisure Centre:

Mon-Fri: 09:00-12:00 & 14:00-17:30

Sat & Sun: 07:00-12:00 & 14:00-19:00

^Δ Gym use is subject to certain criteria - refer to our website.



For more details about any of our classes,
check out the website or timetables.

School Holiday programmes

Each half-term and summer school holiday, South Downs Leisure run activity and sport programmes for 5-16 year olds.

Each programme features something different including swimming, diving, pottery, basketball, football, cricket and much more!

Drop off and go!*
Fully supervised sessions from 8:30am-6pm

discounts
for
FIT4
members



*Drop off and go sessions do not apply to Splashpoint Leisure Centre.

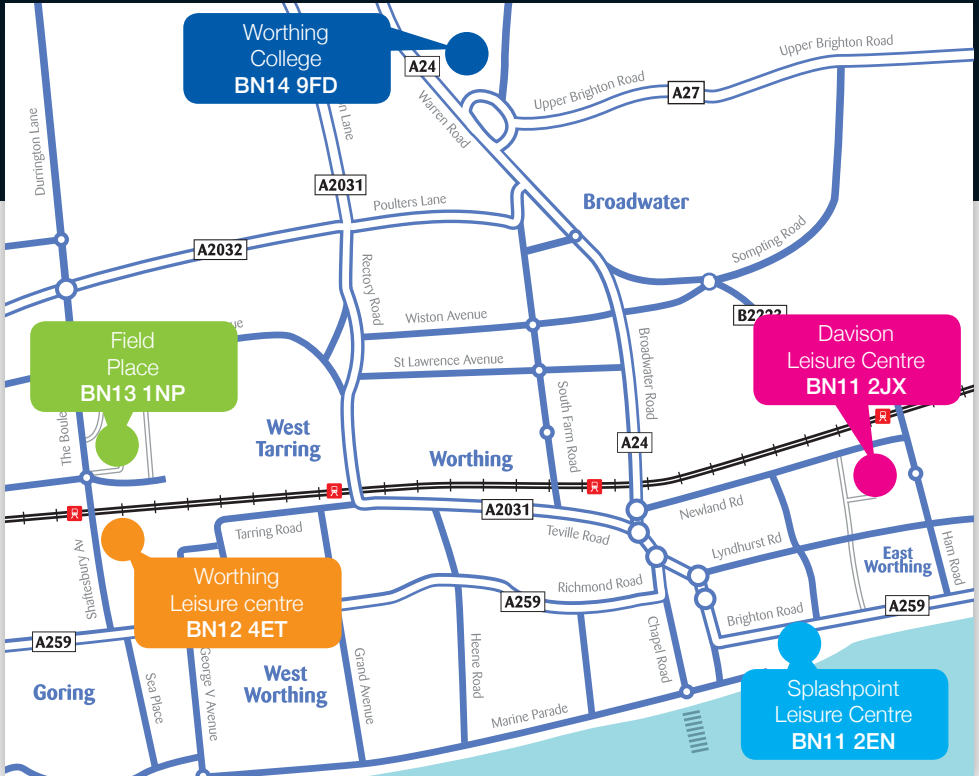
Junior FIT4 at a glance...

Junior FIT4 membership

includes **off peak racquet sports, swim sessions, fitness classes, trampolining, rugby, basketball** and so much more!

Activity	Worthing Leisure Centre	Splashpoint Leisure Centre	Davison Leisure Centre	Field Place Manor House	Worthing College
Amazon Adventure	●				
Aquaschool*		●			
Badminton courses	●				
Badminton courts	●		●		
Basketball	●				
Bee-fit	●				
Dinky Dancers	●			●	
Fitness classes#	●	●	●	●	●
Football Coaching	●				
Gym ^Δ	●	●	●		●
Gymnastics*	●		●		
Jo Jingles	●				
Junior Swim Coaching*		●			
Mini Kickers Course	●				
Parent & Baby Swim Session		●			
Roller Disco			●		
Rookies Lifesaving*		●			
Rugby Academy: Touch & Tag	●				
Squash courts	●				
Starlight Musical Theatre	●			●	
Streetz				●	
Swimming		●			
Table Tennis	●		●		
Tennis courts			●	●	
Tennis courses				●	
Trampolining courses*	●		●		
Tumbling Tinies	●				

*A waiting list currently operates for these sessions. ^ΔGym use is subject to certain criteria - refer to our website. #For more information about fitness classes that juniors can attend please refer to our website. Age and height restrictions may apply to all activities.



Worthing Leisure Centre | Davison Leisure Centre
 Splashpoint Leisure Centre | Field Place
 Worthing College

Telephone: 01903 90 50 50



www.southdownsleisure.co.uk