

## Crèche Hours

Monday-Thursday 9am-  
12pm (payable)  
Up to 5 years

# Junior Programme

29<sup>th</sup> July 2019- 1st September 2019



	Monday		Tuesday		Wednesday		Thursday		Saturday		Sunday
9.15-10.00	<u>Get active</u> 3 - 6yrs Superstar Sports	4.00-5.00	<u>Basketball</u> 5 - 10yrs Superstar Sports	9.30-10.30	<u>Get active</u> 5 - 10yrs Superstar Sports	4.00-5.00	<u>Athletics/Tag Rugby</u> 5 - 10yrs Superstar Sports	9.30-10.30		9.15 - 10.15	<u>Get Active</u> 5-10yrs Squash court 4 Gym team
4.30-5.00	<u>Gymnastics</u> 7 - 10yrs Superstar Sports	5.30-6.30	<u>Kids Gym</u> 10 - 15yrs Gym Team	4.15-4.45	<u>Mini Squash</u> 4 - 7yrs Superstar Sports	4.45-5.30		10.30-11.30		10.30 - 11.00	<u>Kids Gym</u> 10 - 15 yrs Gym team
6.00-7.00	<u>Kids Gym</u> 10 - 15yrs Gym Team			6.00-7.00	<u>Kids Gym</u> 10 - 15yrs Gym Team	5.30-6.15		10.30-11.15			
						5.30-6.30		10.30-11.30			<u>Kids Gym</u> 10 - 15 yrs Gym team
						6.15-7.00		10.30-11.30			
								10.45-11.30			
								11.30-12.15			
								11.30-12.30			
								12.15-1.00			

### Bookings:

All bookings to be made at reception 45 minutes before or up until the class begins on a first come first serve basis if you are not booked in you cannot attend.

Please ensure that you read through our golden rules for the children's safety whilst taking part in junior programme activities.

### Term Dates

Summer Term 2019

Reduced time table will run through Half Terms

Karate/Squash run by squash team will not run through the half terms or weekend of half term.



You are required to sign your child in at reception, enter all details and initial their attendance with the coach or instructor before and after when dropping off/collecting on each occasion.

It is important we have up to date details so we can inform you of any changes, cancellations or updates. All sessions will be monitored on an occupancy chart to ensure we provide the most suitable programme.

After the term has ended classes lower than 35% occupancy maybe removed.

All Superstar Sport sessions are...

Fun, engaging, informative and educational

Benefits of the programme:

- Improved general fitness
- Improved flexibility
- Improved co-ordination
- Enhanced gross motor skills
- Ability to work as part of a team
- Improved listening and general discipline
- Fun and Enjoyment

Feedback:

We love to hear you thoughts and suggestions;

Please provide feedback on the sessions and how we can improve the clubs facilities for you and your family.

Junior Programme

Please email [Jessica.woodruff@nuffieldhealth.com](mailto:Jessica.woodruff@nuffieldhealth.com)

