

UNDER 5'S

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
Toddler Sport## Let them run wild and burn up energy with our ball pond, bouncy castle, trikes, bikes and soft play.	Every Wednesday and Friday	10.30am-12.00noon	Under 5's	£3.10	£3.95
Toddler Trampolining## Come along and try out the big trampolines for a fun, bouncy session. Qualified instructor.	Tuesday 14th February	1.15pm-2.00pm	2-4 years	£4.55	£5.40
Puddleducks Creche Let us look after your youngsters whilst you enjoy a swim, class, gym workout or just a cup of coffee. Ofsted registered with qualified nursery nurses. (Parents must remain on site)	Monday - Friday	9.30am-11.00am 	Birth - 5 years	£3.20 per hour	£3.20 per hour
Toddler Splash## Fun swim sessions in the teaching pool with toys and floats.	Every Wednesday and Friday	12.00noon-1.00pm	Under 5's	Child - £2.05 £1.60 (If combined with Toddler Sport Session)	Child - £2.05 £1.60 (If combined with Toddler Sport Session)
Paint and Make## Let your kids make a mess (out of the house) and experiment with paint, glue and a wide range of materials.	Monday 13th February	10.00am-11.00am	2-5 years	£4.55	£5.40

Terms and Conditions

DAY CAMPS:*Please bring swimming costumes. Before starting the camp, each child must be registered with one of the instructors and must be signed in and out of all sessions. Children not collected on time will incur an additional fee of £5.00 per half hour when booked on day camps. Our Camps are registered with Ofsted.

CRASH COURSES:

Class descriptions

Non Swimmer	3½ - 6 years	Non Swimmer
Weak Swimmer	3½ - 6 years	Water Confident – able to float on front and back unaided
Swimmer	3½ - 6 years	Able to swim 3+ metres unaided on front & back
Improvers	7+ years	Able to swim 25m comfortably

ACTIVITIES FOR LESS:** Please bring own skates if you have them

TASTER SESSIONS: Unless stated otherwise, ALL sessions need to be booked in advance to avoid disappointment. The centre reserves the right to amend the programme or cancel sessions where there are low numbers booked.

TRAMPOLINING: For all children under 8, parents must act as spotters around the trampoline. Socks must be worn.

SWIMMING POLICY: Applies to all swimming and water based sessions. We operate a policy of parent accompanied swimming. All swimming sessions listed are subject to our full under 8's swimming policy, please check centre for details.

\$ DIVING: Children must be able to swim 50 metres sometimes unaided

APPROPRIATE CLOTHING: must be worn to all sessions including trampolining, pottery and arts and crafts.

ADMISSION POLICY: 1) All children under 5 years must be accompanied in the activity by an adult, unless attending a day camp. 2) All children under 8 years must have an adult present in the building, unless they are booked into a day camp, or the activity description specifically states no supervision required. For class descriptions, please see reception.

All sessions are subject to availability, terms and conditions apply.

N-R GAZE

Children's Holiday Activities Programme



sencio community leisure

**EDENBRIDGE
LEISURE CENTRE**

01732 865 665

13th February-17th February



www.sencio.org.uk

sencio
community leisure

Day Camps

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
Day Camps* Designed to work around you.	Tuesday 14th February	8.45am-5.30pm	8-12 Years	£21.00 if booked in advance	£21.85 If booked in advance
Come and join us for an action packed day to include arts and crafts, team games, swimming and a variety of coached sports with our experienced and qualified staff	and Thursday 16th February			£22.00 On the day	£22.85 On the day
*Limited Spaces apply - book early to guarantee your place.					

CRASH COURSES

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
Swimming Teaching Pool Weak Swimmer.	Monday 13th February - Friday 17th February	8.30am-9.00am	3-6 years	£26.80	£31.80
Teaching Pool Swimmer.	Monday 13th February - Friday 17th February	9.00am- 9.30am	3-6 years	£26.80	£31.80
Teaching Pool Non Swimmer.	Monday 13th February - Friday 17th February	9.30am-10.00am	3-6 years	£26.80	£31.80
Main Pool Improvers.	Monday 13th February - Friday 17th February	3.30pm-4.00pm	7+ years	£26.80	£31.80

TASTER SESSIONS

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
Trampolining Come and experience the joys of trampolining with our qualified instructor.	Tuesday 14th February	2.00pm-3.00pm 3.00pm-4.00pm	4-16 years	£4.55	£5.40
Advanced Trampolining An advanced session with our qualified instructor. Children must be on badge level 7 or be able to do front and back drops.	Tuesday 14th February	9.00am-12.00noon	6+ years	£15.00	£16.00
Inflatable Fun Session Wet, weird, wild, wonderful inflatable fun! - normal pool rules apply (Inflatable for those that can swim only and subject to staff availability) Toys in the small pool for our beginners.	Monday 13th February Wednesday 15th February Thursday 16th February	2.00pm-3.00pm 3.00pm-3.45pm 1.00pm-2.00pm	8+ years	£2.05	£2.90
Diving\$ Come and learn the basics to improve your diving technique.	Friday 17th February	10.00am-10.30am	Need to be able to swim a length of the pool confidently	£5.35	£6.20
Valentine's Arts and Crafts Come and make some heart and flower, Valentine themed.	Tuesday 14th February	11.00am-12.00noon	5-12 years	£4.55	£5.40

ACTIVITIES FOR LESS

Activity	Date	Time	Age	Member (Sencio Card)	Non Member
Roller Skating** Come and skate with your friends to some music in the Sports Hall.	Thursday 16th February	3.00pm-4.00pm	5-12 years	£2.50	£3.35
Dance Mats Come and have fun on our state of the art interactive dance mats. Challenge your friends to a 'dance off'. Large visual, easy to follow screen with levels for all abilities.	Wednesday 15th February	2.00pm-3.00pm	6+ years	£1.50	£2.35
Dance attack the interactive dance experience					
Junior Gladiators Come and join us for a fun assault course challenge to improve fitness, balance and co-ordination.	Friday 17th February	3.00pm-4.00pm	5-8 years	£2.50	£3.35
New Age Kurling Come and have a go at this unusual Olympic sport. Can you score the most points?	Monday 13th February	2.00pm-3.00pm	5-8 years	£2.50	£3.35
Paralympic Family Fun Day Come and join us for a cycling themed day to help celebrate the build up to the Olympics.	Wednesday 15th February	11.00am-4.00pm	Whole Family	Free	Free
<i>Paralympic family Fun day!</i>					
See below for some of the free activities that are happening					
Bike Marking Bring your bike down to have it security marked by the police in order for it to be easily identified if stolen.	Wednesday 15th February	11.00am-4.00pm	All ages	Free	Free

RICH JOHNSON - ENTERTAINMENT BIKE SHOW

The show is performed by Rich Johnson, a professional cyclist / qualified instructor and cycle mechanic. Having performed on TV shows such as Blue Peter, Disney Channel and Britain's Got Talent - Rich shares his passion and enthusiasm about all forms of cycling and talks about his career from racing BMX competitions as a child, to becoming a professional Mountain Biker through hard work and determination. Rich aims to educate and entertain spectators and promote the benefits of cycling whilst interacting with the crowd throughout, followed by a question and answer session. More info can be found here - <http://www.rjrideguide.com>

Rich Johnson - Entertainment Bike Show	15th February	12noon-1.00pm	All ages	Free	Free
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SMOOTHIE BIKE

Promoting healthy eating, exercise and sustainable energy in a really fun, interactive and engaging way. Stationary bikes are fitted with special blenders that spin as you pedal, mixing up delicious fruit smoothies in an instant. You simply fill the blender with fruit and juices, pedal away for a minute or two, and you have yourself a healthy pedal powered fruit smoothie.

Smoothie Bike	15th February	11.00am-4.00pm	All ages	Free	Free
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OLIVER IRELAND

- Adapted bikes try-out and information session
Ollie Ireland is the Cycle Development Coach at Bedgebury Forest. He is a British Cycling and CTC qualified coach and a former primary school teacher. He has a range of adapted cycles for people to try out on a short bike skills circuit, coaching people of all ages and abilities. He will also have information to hand for cycling and disability cycling coaching available in the area.

Oliver Ireland - Adapted bikes try-out and information session	15th February	11.00am-4.00pm	All Ages	Free	Free
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