

Malden Centre 020 8336 7770



# Junior workshops

Monday 12th – Friday 16th February 2018

Course	Age	Day	Time	Location	Fee
MINI CHEFS  Chefs will learn cooking skills such as cutting, rolling, grating and decorating.  Please bring an apron and a container to take your goodies home in.	3 - 7yrs 3 - 7yrs	Mon & Wed Tues	11.00 - 13.00 09.00 - 11.00	Creche Creche	£10.00 £10.00
MINI ARTS & CRAFTS  Have lots of fun creating, sticking, cutting and painting crafts.	3 - 7yrs	Tues	11.00 - 13.00	Creche	£10.00
	3 - 7yrs	Wed	09.00 - 11.00	Creche	£10.00
BUSY LIZZY  A creative and fun class where the children will learn a variety of skills. These could include making sculptures, textile designs, canvas painting and much more. They will have their own unique project to take home with them.	6 - 12 yrs	Tues	14.00 - 16.00	Art Room	£15.00
	6 - 12yrs	Thurs	14.00 - 16.00	Art Room	£15.00
TRAMPOLINING  Come and try trampolining. This course is designed to help your child gain confidence on the trampoline. Please wear socks and no jewellery.	2 - 4yrs	Mon, Tues, Thurs & Fri	09.30 - 10.00	Main Hall	£14.00
	2 - 4yrs	Mon, Tues, Thurs & Fri	10.00 - 10.30	Main Hall	£14.00
	4 - 6yrs	Mon, Tues, Thurs & Fri	10.30 - 11.30	Main Hall	£28.00
	7yrs+	Mon, Tues, Thurs & Fri	11.30 - 12.30	Main Hall	£28.00
POTTERY COURSES  Come and make a dinosaur or animal sculpture, have a go on the potters wheel, make slab and coil pots, blow up a balloon and create a funky head around it!! A week of exciting and structured classes to explore creativity with clay. All materials & equipment included. This includes bisque firing, glazing, glaze firing and packaging the children's work.	7yrs+	Mon-Fri	10.00 -12.00	Pottery Room	£60.00
	7yrs+	Mon-Fri	13.00 -15.00	Pottery Room	£60.00

# Intensive Courses

Monday 12th – Friday 16th February 2018

£40.60 Non-member / £36.55 Member. Please check ability guide before enrolling.

### **Teaching Pool**

Child Beginners (5yrs+) 08.00 - 08.30

Beginners (3 - 4yrs) 08.30 - 09.00

Child Improvers (5yrs+ - Stage 3)

09.00 - 09.30

#### Main Pool

Intro to Main Pool (Stage 3 Junior / 4)

09.30 - 10.00

Butterfly/Breaststroke Clinic (Stage 4+)

09.30 - 10.00

## Swimming Ability Guide

### All Beginner classes

For children who are non swimmers and those who cannot swim 5metres unaided. Booking is done according to age either 3-4yrs, child 5yrs+ or juniors 8yrs+.

#### **Child Improver**

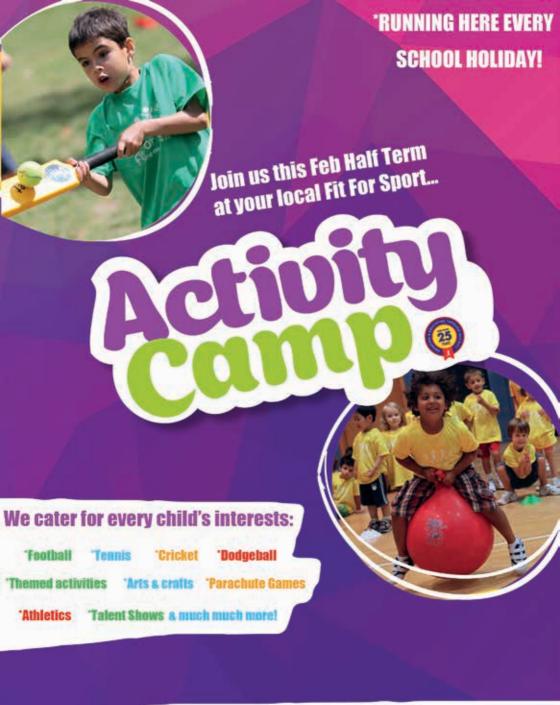
For children who can swim 5m front crawl and backstroke unaided. Equivalent to Stage 3 or 4 t/p, to develop stroke technique and breathing before moving to the main pool.

#### Introduction to Main Pool

For children who can swim 10m front crawl with breathing and backstroke unaided. This class is in the main pool and is equivalent to Stage 3 Juniors or 4 main pool, to further develop stroke technique and stamina.

### **Butterfly/Breaststroke Clinic**

Is your child struggling to move up a stage as they can't co-ordinate their breaststroke and don't know how to do butterfly. This clinic focuses on developing stroke technique and introducing timing and breathing. Children MUST be deep water confident. For children who can swim 25m front crawl & backstroke and can do 10m dolphin and understand the components of breaststroke.



Book your place now to secure preferential prices! www.fitforsport.co.uk | 0845 456 3233

