

KIDS CLUB

For children aged 8-13 who need to become more active and make some lifestyle changes

Wednesdays 4-5pm and Saturdays 11-12noon

£12.80 for Direct Debit members

£16 for 4 week course (8 sessions) for centre members

£20.80 for non centre members

Session 1 (Wednesday) – issue activity diary, gym session, set homework

Session 2 (Saturday) – dance mats and sports wall

Session 3 – pool session – bring your swim wear, issue snack diary

Session 4 – gym based session, look at activity diaries and set new task

Session 5 – outdoor circuit

Session 6 – look at snack diary and discuss, trampolining

Session 7 – team sports, check activity diaries

Session 8 – gym based session, how do you feel, what are you going to do now?

Places are strictly limited therefore advanced booking is essential

This timetable is subject to some changes, but prior notice will be given

Stour Centre

Station Approach,

Ashford,

Kent TN23 1ET

01233 667120

ALT
ASHFORD LEISURE
TRUST

 **Stour
Centre**