

Lesson & Activity Times

January - December 2012




bridport
leisure centre

www.bridportleisure.com

Gymnastic Lessons

Gym Tots (*pay as you go session*)

Age: 0 - 36 months
Day: Tuesday & Friday
Time: 9.30am - 11.00am

Pre School Gym Tots (*course*)

Age: 2 - 3 years
Day: Thursday
Time: 2.30pm - 3.30pm

Pre School Level 1 (*course*)

Age: 3 + years
Day: Monday
Time: 1.00pm - 2.00pm
2.00pm - 3.00pm

Pre School Level 2 (*course*)

Age: 3 - 4 years
Day: Tuesday
Time: 1.00pm - 2.00pm
2.00pm - 3.00pm

Junior Gym Level 1 (*course*)

Age: 5 - 7 years
Day: Monday, Tuesday & Friday
Time: 4.00pm - 5.00pm

Junior Gym Level 2 (*course*)

Age: 7 - 9 years
Day: Monday, Tuesday, & Friday
Time: 5.00pm - 6.00pm

Junior Gym Level 3 (*course*)

Age: 9 - 11 years
Day: Monday & Thursday
Time: 4.00pm - 5.00pm (*Thurs*)
5.00pm - 6.00pm (*Mon*)

Senior Gym Level 1 (*course*)

Age: 11 - 13 years
Day: Thursday
Time: 5.00pm - 6.00pm

Senior Gym Level 2 (*course*)

Age: 13 - 16 years
Day: Thursday
Time: 6.00pm - 7.00pm

Adult 'Drop In' Gymnastics

(*pay as you go session*)
Age: 16 years +
Day: Thursday
Time: 7.00pm - 8.00pm

Trampoline Lessons

Beginners - Levels 1 - 6 (*course*)

Age: 5 - 15 years
Day: Monday, Tuesday, Thursday & Saturday
Time: 4.00pm - 5.00pm (*Mon & Thurs*)
5.00pm - 6.00pm (*Mon, Tues & Thurs*)
10.30am - 11.30am (*Sat*)

Intermediate - Levels 7 - 9 (*course*)

Age: 7 - 15 years
Day: Monday, Tuesday, Thursday & Saturday
Time: 4.00pm - 5.00pm (*Mon, Tues & Thurs*)
5.00pm - 6.00pm (*Mon, Tues & Thurs*)
9.30am - 10.30am (*Sat*)
10.30am - 11.30am (*Sat*)

Advanced - Levels 10 - 15 (*course*)

Age: 9 - 15 years
Day: Monday, Thursday & Saturday
Time: 5.00pm - 6.00pm (*Mon*)
6.00pm - 7.00pm (*Thurs*)
9.30am - 10.30am (*Sat*)

Adult 'Drop In' Trampoline (*pay as you go session*)

Age: 16 years +
Day: Wednesday
Time: 8.00pm - 9.30pm

Mini Water Polo (*course*)

Day: Monday
Time: 6.00pm - 7.00pm Age: 7 years+
7.00pm - 8.00pm Age: 11 years+

Table Tennis (*course*)

Age: 8 - 15 years
Day: Wednesday
Time: 5.00pm - 6.00pm

Squash Academy (*course*)

Age: 8 - 15 years
Day: Wednesday
Time: 4.00pm - 5.00pm: Beginners
5.00pm - 6.00pm: Improvers

Swim Clinic (*pay & swim session*)

Age: 16 years +
Day: Thursday
Time: 6.00pm - 7.00pm

Swim Fit (*pay & swim session*)

Age: 16years+
Day: Tuesday (Level 1 & 2): 8.30pm - 9.30pm
Thursday (Level 1): 7.00pm - 8.00pm
(Level 2): 8.00pm - 9.30pm



bigfish Swim School

bigfish
swim school



For children from 0 months (*with consent from your Midwife or Health Visitor*) onwards the programme is taught by qualified and experienced instructors and is based on continuous assessment enabling your child to progress at their own speed. Joining the Bigfish Swim School your child will be entitled to the following:

FREE Swim Assessments for new starters*

FREE School Holiday swimming*

*not applicable to PAY & SWIM Bigfish swim sessions

Teaching Pool

PAY AND SWIM Bigfish Swim Sessions

Little Fish

(parent/carer to accompany child in the water)

Age: 0 - 36 months

Day: Monday & Thursday

Time: 10.00am - 10.30am

Please note no booking is necessary for the above PAY AND SWIM sessions.

50 WEEK Bigfish Swim School

If you are interested in enrolling onto one of the following levels please complete a Swim Assessment card at Reception and our Swimming Coordinator will contact you to discuss the most suitable level for your child to be booked in to.

Starfish

(parent/carer to accompany child in the water)

Age: 2 - 4 years

Seahorses

Age: 3 - 4 years

The following levels of the Bigfish Swim School take place on most days and are available for children 4 years +.

- ☉ Newts
- ☉ Penguins
- ☉ Flamingos
- ☉ Swans
- ☉ Kingfishers



Children who swim more than once a week get faster results!

Main Pool

- ☉ Eggardon Seals
- ☉ Colmers Swordfish
- ☉ West Bay Dolphins
- ☉ Bridport Sharks
- ☉ Junior Swim Fit
- ☉ Older Beginners (8 years+)
- ☉ Adult Beginners
- ☉ Adult Improvers

Private Swimming Lessons

In addition to our Bigfish Swim School lessons Bridport Leisure Centre also offer Private Swimming Lessons for the absolute beginner or those wanting to improve stroke technique. Private swimming lessons are available for both children and adults. If you interested please complete an enquiry form at Reception and our Swimming Coordinator will contact you to arrange a suitable time for your lesson.

Single 1:1 at £15.00 for ½ hour
Block 6 for 5 Lessons £75.00

Double 2:1 at £22.00 for ½ hour
Block 6 for 5 Lessons £110.00



Further information and prices of our Lessons & Activities are available from Reception or visit www.bridportleisure.com

We also run a number of intensive swimming courses during the School Holidays!

GENERAL LESSON INFORMATION

- ⊙ Our Lessons and Activities (apart from the Bigfish Swim School which runs for 50 weeks of the year) run in line with the current School Term. Enrolment for these activities takes place at the end of each Term for the following Term.
- ⊙ Once enrolled on a course you will be guaranteed a place and all current participants are given priority booking for the following Term.
- ⊙ Should you decide not to continue the course or fail to re-enrol within the time limit, your place will be made available to someone else.
- ⊙ Courses have limited places and need to be booked and paid in full in advance and no places will be held without payment. Price for Life members must also re-enrol to guarantee their place.
- ⊙ Payment can be made by cash, cheque (payable to Bridport Leisure Centre) or credit/debit card.
- ⊙ If your child is ill and is unable to attend a lesson please contact Reception on 01308 427464.
- ⊙ Refunds can only be given in extreme cases and once agreed must be collected from Reception within one month of authorisation.
- ⊙ No jewellery or belts to be worn.
- ⊙ Long hair must be tied back before the start of the class (boys and girls).
- ⊙ It is advisable to bring a drink when attending Trampolining or Gymnastics.
- ⊙ Make sure your child has been to the toilet before their lesson.
- ⊙ Sports trousers (no jeans) T – Shirt and socks to be worn when Trampolining.
- ⊙ Please refer to our current General Information leaflet for full details of the lessons and courses we run.
- ⊙ The Management reserve the right to amend this programme as necessary.
- ⊙ This leaflet is available in larger print if required. Please ask at Reception.

BIGFISH SWIM SCHOOL AND WATER BASED LESSON INFORMATION

- ⊙ We encourage the wearing of swimming hats for safety and hygiene when attending swimming pool sessions and please make sure hats are put on before class.
- ⊙ Please make sure your child has been to the toilet and has showered before attending their lesson.
- ⊙ Babies must wear a swim nappy when using the pool. These can be purchased from our Sports Shop in Reception.
- ⊙ Long hair must be tied back before the start of the class (boys and girls).
- ⊙ Girls must wear swimsuits (no bikinis) and boys must wear swim trunks (please avoid long shorts).



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