

# OCTOBER HALF-TERM ACTIVITIES

Monday 28th October to Saturday 2nd November 2019

Tel: 01308 427464 • [www.bridportleisure.com](http://www.bridportleisure.com)



Date	Activity	Time	Age	Location	Price
Monday 28th October	<b>Kids Pole Fitness:</b> a fun fitness class where children can learn some aerial moves using the pole. This class offers a great workout whilst building confidence, burning calories, increasing flexibility, balance, co-ordination and core muscle strength.	12.30pm-1.30pm	7-15 yrs	BACIT Studio	£5
Tuesday 29th October	<b>Multi-Sports Camp:</b> from badminton to football - a whole day of sports and team activities to burn off excess energy! Activities will run indoors. Please wear appropriate clothing and footwear.	9am - 4pm	5-12 yrs	Squash Courts/ Sports Hall	£18
	<b>Pom-Pom Cheerleading/Acro Dance:</b> learn new moves and tricks in this fun dance class with Ali. Funky music and dance routines for a group class in our Sports Hall.	1.30pm-2.30pm	6-12 yrs	Sports hall	£5
Wednesday 30th October	<b>Multi-Sports Camp:</b> from badminton to football - a whole day of sports and team activities to burn off excess energy! Activities will run indoors. Please wear appropriate clothing and footwear.	9am - 4pm	5-12 yrs	Squash Courts/ Sports Hall	£18
Thursday 31st October	<b>Multi-Sports Camp:</b> from badminton to football - a whole day of sports and team activities to burn off excess energy! Activities will run indoors. Please wear appropriate clothing and footwear.	9am - 4pm	5-12 yrs	Squash Courts/ Sports Hall	£18
	<b>Squash Camp:</b> a 2hr squash camp providing coaching, drills and fun games for beginners and improvers.	10.15am - 12.15pm	7 - 17 yrs	Squash Courts	£9
	<b>Trampolining:</b> an ideal opportunity for children to have a go at trampolining under the guidance of our expert coach. A great way to improve fitness, coordination and balance.	1.30pm - 2.30pm 2.30pm - 3.30pm	5 yrs + 5 yrs +	Sports Hall Sports Hall	£5 £5
Friday 1st November	<b>Junior Paddleboarding Session:</b> in this fun session children will learn the basics of paddleboarding and take part in games and activities to test their balance and coordination.	10am - 11am	8-15 yrs	Main Pool	£7.50
Saturday 2nd November	<b>Junior Paddleboarding Session:</b> in this fun session children will learn the basics of paddleboarding and take part in games and activities to test their balance and coordination.	11.30am - 12.30pm	8-15 yrs	Main Pool	£7.50

- Please make sure your child brings a drink and wears suitable clothing (ideally with no buckles or zips) for the activity
- For school holiday swimming times, please visit [www.bridportleisure.com/swimming](http://www.bridportleisure.com/swimming) or contact reception
- On booking, please ensure that we have up to date contact information for you in case of an emergency
- **For more information or to book please contact reception or call 01308 427464**

*All dates and times are correct at time of printing and may be subject to change. The management reserve the right to amend this programme as necessary.*