

## Rothwell leisure centre junior programme

Activity	Description	Day	Time	Age
<b>Short Tennis**</b>	Tots & Parents – Introduce kids to movement & balance Mini Red – Tennis Specific Coaching Mini Red Plus – Technical Improvement & game tactics	Monday	3.45– 4.15pm 4.20– 5.05pm 5.10– 5.55pm	2 – 4yrs 5 – 7yrs 8 + yrs
<b>Gyminis**</b>	Parents and carers join the children in activities to develop basic motor skills, social interaction, exploratory play and gymnastics skills.	Monday	9.20 10.10	18 mths – 3 years
<b>Striker 9**</b>	Striker 9 is the largest football skills training programme for young people aged 5 to 16 years old in Leeds.	Wednesday Saturday Saturday	5pm – 6pm 11am – 12pm 12pm – 1pm	8+ yrs 5 – 7 yrs 8+ yrs
<b>Gymnastics</b>	Competition and recreational classes using floor, vault, bars and beam.	Thursday Friday Saturday	4:30 – 6pm 7 – 8pm 9 – 1pm	8 yrs + 8 yrs + 4 yrs +
<b>Karate Club</b>	Martial Arts. New comers are asked to come down 10 minutes before the start of the session to talk to the coach	Thursday	6.30pm	5 +
<b>Swimming Lessons**</b>	Lessons follow the ASA National Plan for Teaching Swimming. Ask at reception for spaces and details	Mon – Sat	Various	Age 4+
<b>Junior Bodyline Gym</b>	Casual Sessions in the Bodyline gym. Juniors aged 14 + can come on their own 3 – 5pm or at anytime with a responsible adult	Daily Mon – Sun	3 – 5 pm	12 + yrs
<b>Parties</b>	If you're looking for a children's party that is going to keep the kids entertained and you stress free then look no further. A wide variety of parties available. See leaflet for more info	Friday, Saturday's and Sundays	Various Times	Various
<b>General Swimming</b>	Small pool and large pool swims available. For all swim sessions please refer to the swim timetable.	Monday – Sunday	Various times	
<b>Big Splash Family Swim</b>	Family swimming in large and small pools, with a range of fun equipment for all to enjoy	Sunday	10 – 11.30am	All ages
<b>Terminator Challenge</b>	Commando Run pool inflatable allows head to head races, and a variety of challenges.	Saturday	2.45 – 3.45pm	8 – 16 yrs

Junior activities

\*These are term time sessions only and during school holidays the times may change