

Wet Side Courses

Swim School

We believe swimming is a life skill everyone should have. Fusion's Swim School aims to provide the best local swimming lessons, with well structured, rewarding, affordable and fun lessons for all ages and abilities.

Our classes run Monday to Saturday and are charged on a termly basis at a cost of £5 per session.

We also offer adult and child lessons for children aged 6months – 3 years. These run every Monday, Tuesday and Friday mornings.

Alternatively, we offer private lessons to all ages. These can be arranged at reception and are charged at the following rates:

1:1 swimming lesson (30mins)	£16.35
1:2 swimming lesson (30mins)	£21.90
1:1 disabled swimming lesson (30mins)	£13.25

Swim Squad

These sessions offer high standard swim analysis, tuition and training for children in the local area. Whether you are new to the sport and looking to compete in your first event or an experienced athlete looking for that competitive edge, Swim Squad has something to offer you.

Our sessions run on:

Tuesday	20.00 - 21.00
Thursday	19.00 - 20.00
Sunday	18.30 - 20.30

Children must attend a trial session first and then once assessed as ASA level 10 or above they can pay in termly instalments of £5.75 per week.

Available in large print.

Access for those with special needs.

Free access for carers.

the weald sports centre

Angley Road, Cranbrook, Kent TN17 2PN T 01580 710720



working in
partnership
with



50370

kids' activities 2009



the weald
sports centre

www.fusion-lifestyle.com

Children's Parties

Our children's parties are held on Saturdays and Sundays and include an hour of activity and 45 minutes in our party room. Each party includes a party buffet provided by The Mighty Bean, and a trained and friendly party host. Please see the Wild Bunch party leaflet for further information or ask at reception.

Holiday Activities

During the school holidays we run a holiday club for children.

Activities include:

- Sports, fun and games
- Educational workshops
- Outside visitors
- Arts and crafts
- Swimming for the over 8's
- Junior gym for the over 10's

Times and prices are available from reception at the relevant times of year.

Junior Gym

We run junior gym sessions for children aged 10-16 years. It offers children a chance to get familiar with gym surroundings and keep fit; it is also an ideal stepping stone if using a gym is something they are looking to do as regular exercise when they turn 16.

Our junior gym sessions run as follows:

Tuesdays	Thursdays	Saturday
15.30 - 16.30	15.30 - 16.30	12.30 - 13.30
16.30 - 17.30	16.30 - 17.30	13.30 - 14.30

Cost: £3.35 per session

Please book at reception

Crèche

Our crèche operates from 09.30 to 11.30 Monday to Friday. We have trained and qualified staff who deliver the highest standard of care for children aged between 0 and 5 years old. Spaces are available on a casual basis with two weeks notice. Please ask at reception for details about block bookings.

Cost: £2.70 per hour

Dry Side Courses

Gymnastics

We offer gymnastics classes for a variety of ages and abilities on both a Wednesday and Friday. The courses are paid for upfront on a termly basis. Please see reception for booking details.

Wednesdays	Fridays
16.00 - 17.00	13.30 - 14.30*
17.00 - 18.00	16.00 - 17.00
18.00 - 19.00	17.00 - 18.00

Cost: £5.25 per session

*This class is a mother and child gymnastics session that helps develop basic gymnastic skills for children from walking age up to 4 years.

Judo

This is a Japanese martial art which focuses on throws and utilising opponent's strengths to work for you, rather than a contact based sport involving striking.

Judo classes run every Saturday morning and each course is prepaid on a termly basis. Please see reception for booking details.

09.15 - 10.00	4 - 6 years
10.00 - 10.45	7 - 9 years
10.45 - 11.30	9 + years
11.30 - 12.15	10 + years

Cost: £4.70 per session

Jumping Gyminis

This activity is aimed at children up to the age of 6 years. Have full use of our fun sized bouncy castle and soft play area for an hour of jumping and running about!

Please note that parental supervision is required at all times.

Fridays	Sundays
11.30 - 12.30	13.30 - 14.30

Cost: £2.50 per session

