



ACTIVE LIFE

# JUNIOR

## Memberships

ASPIRE TO DO MORE WITH  
PROGRAMMES AND ACTIVITIES FOR  
LITTLE ONES, KIDS AND TEENS



LEISURE CENTRE

01452 396666

[WWW.ASPIRETRUST.ORG.UK](http://WWW.ASPIRETRUST.ORG.UK)



SPORTS PARK

01452 396969

# aspire

TO DO MORE

## WHAT IS ACTIVE LIFE?

Our Active Life membership provides a wide range of fun and engaging programmes and drop in sessions. These are all created to encourage an Active lifestyle for children of all ages.

The membership gives weekly access to one programme at either GL1 or Oxstalls. Options include swimming lessons, tennis lessons, martial arts and gymnastics, all from just £23.50 per month with the opportunity to add additional programmes.

In addition to our programmes the membership provides a wide range of drop in sessions. This includes Toddler World, Fun Factory, multi sports, public swimming, off peak racket sports and fitness classes.

There really is something for everyone!



## WHY CHOOSE ACTIVE LIFE?

Being active is part of a life long journey here at Aspire. We aim to provide every child with the opportunity to have fun, learn life skills and develop through a diverse range of programmes and activities.

Our dedicated team of qualified sports coaches and instructors are passionate about ensuring that every child is given the opportunity to improve and develop in their chosen activity. Our programmes are delivered at both GL1 and Oxstalls and are created to cater for all ages and abilities. All of our sessions are inclusive to the whole community.

Our Active Life membership is not only excellent value for money, we also offer try before you buy sessions on a variety of new and exciting sports which aims to keep children engaged in physical activity.

Contact us today to find out more and book your child in for a **FREE** try before you buy session.

Please visit [www.aspiretrust.org.uk/active-life-juniors](http://www.aspiretrust.org.uk/active-life-juniors) for full programme details and information on new activities added to the Active Life junior membership.

Programme subject to change.

**PLUS GET**  
**10% Discount**  
**on all birthday parties and kids camps**

ALL INCLUSIVE FROM  
**£23.50**  
per month



# LITTLE ONES

Come and explore a world of fun activities at GL1 and Oxstalls. Our aim is to develop movement literacy and socialising skills helping to give your child a head start before they start school.

Build your membership by choosing one or more programmes at either GL1 or Oxstalls.

## PROGRAMMES AT GL1

GL1 Swim School offers swimming lessons for children from 4 months old. Our swim school provides the perfect introduction to the water with the aim of developing your little ones confidence through fun and play.

Various classes are available daily and at weekends.

### GL1 Swim School

<b>Aqua Fish-Turtles</b>	Daily	Various
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We also have a number of courses held in our sports hall including:

### Mini Football

<b>2 - 4 years</b>	Thurs	09.30 - 10.00
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### FUNDamentals - Movement ideas for Early Years

Developed by British Gymnastics

<b>2 - 4 years</b>	Mon, Wed	09:30 - 10:00t
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<b>2 - 4 years</b>	Fri, Sat	10:15 - 10:45
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## PROGRAMMES AT OXSTALLS

Oxstalls offers Tennis Tots to children from the age of 3 - 4 years old. A fun introduction to tennis with parents welcome to join in. Children are taught basic moves, racket and ball skills with all equipment provided.

### Pyjama Drama

<b>Dewdrops</b>	6 - 18 months	Wed	10.00 - 10.30
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<b>Raindrops</b>	18 months - 2 <sup>1/2</sup> years	Wed	10.40 - 11.10
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<b>Rainbows</b>	2 <sup>1/2</sup> years - 5 years	Wed	11.15 - 12.00
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### Rugby Tykes

<b>2 - 4 years</b>	Tues	13.45 - 14.30
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## Plus, get all of this included in the membership

### All public swimming at GL1

All children 8 years and under must be accompanied by a parent in public swimming sessions.

### Toddler World at GL1

5 years and under

Mon - Fri	10.00 - 13.00
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Sat	09.00 - 12.00
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### Fun Factory at Oxstalls

8 years and under

Mon - Fri	09.00 - 18.00
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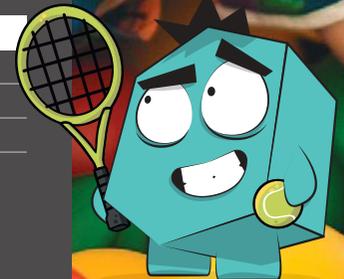
Sat - Sun	10.00 - 16.00
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### Tennis Menace drop in sessions 2<sup>1/2</sup> - 4 years at Oxstalls

Mon, Thurs	13.30 - 14.00
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Wed	10.00 - 10.30
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Sat	09.30 - 10.00	10.00 - 10.30
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# KIDS

Our structured programme for kids helps to develop sport and activity skills whilst encouraging the progression of physical and learning skills in a fun and safe environment. Coached by a professional team the programmes are linked

to leading National Governing Bodies to ensure the very latest techniques and skills are taught. Build your membership by choosing one or more programmes at either GL1 or Oxstalls.

## PROGRAMMES AT GL1

GL1 Swim School follows Swim England's Learn to Swim Framework. Our lessons for 5 - 12 year olds are delivered 50 weeks of the year by our fully qualified team. We cater for beginners through to pre competition.

Various classes are available during weekday afternoons and at weekends.

### GL1 Swim School

**Beginners through to competent swimmers** Daily Various

### Jump into Gymnastics

**5 - 11 years** Mon 18.00 - 19.00  
**5 - 11 years** Thurs 16.00 - 17.00  
**5 - 11 years** Thurs 17.00 - 18.00

### Martial Arts

**5 - 9 years beginners** Mon 16.00 - 17.00  
**10 - 12 years advanced** Mon 17.00 - 18.00

### Badminton

**5 - 12 years** Tues 16.00 - 17.00

### Archery

**5 - 10 years** Wed 16.45 - 17.30  
**11 years and over** Wed 17.30 - 18.30

### Sportshall Athletics

**8 - 12 years** Thurs 16.00 - 17.00

### Football

**5 - 6 years** Mon 16.00 - 17.00  
**7 - 8 years** Mon 17.00 - 18.00  
**9 - 11 years** Wed 16.00 - 17.00

## PROGRAMMES AT OXSTALLS

With a variety of fun and games, sporting drills and activities, Oxstalls Sports Park is a great introduction to tennis.

Oxstalls, endorsed through the Lawn Tennis Association (LTA), delivers a comprehensive mini and junior tennis programme from the age of 4. Children will develop technical & tactical aspects as well as fair play, fun and competition. All equipment provided.

### Tennis

**Mini Red** Mon, Tue, Wed, Fri 16.30 - 17.30  
**Mini Orange** Mon, Tue, Wed, Fri Various  
**Mini Green** Mon, Wed, Fri Various  
**Junior Yellow 5** Sun - Fri Various  
**Junior Yellow 1** Sun - Fri Various

### Rugby Tykes

**4 - 6 years** Tues 15.45 - 16.30

## Plus, get all of this included in the membership

### All public swimming at GL1

All children 8 years and under must be accompanied by a parent in public swimming sessions.

### Street Dance at GL1

**5 - 7 years** Fri 16.15 - 16.45  
**8 - 12 years** Fri 16.45 - 17.30

### Multi-sports at GL1

**5 - 7 years** Sat 10.00 - 11.00  
**8 - 12 years** Sat 11.00 - 12.00

### Cardio Tennis at Oxstalls

**12 years and over**  
 Tues 18.30 - 19.30

### Fun Factory at Oxstalls

**8 years and under**  
 Mon - Fri 09.00 - 18.00  
 Sat - Sun 10.00 - 16.00

### Off-peak badminton, squash and table tennis at GL1

Weekdays/weekends/holidays before 17.00



# TEENS

## PROGRAMMES AT GL1

GL1 Swim School follows Swim England's Learn to Swim Framework. Our lessons for teens are delivered 50 weeks of the year by our fully qualified team. We cater for beginners through to pre competition.

Various classes are available during weekday afternoons and at weekends.

### GL1 Swim School

**Beginners through to competent swimmers**

Daily

Various

We also have a number of courses held in our sports hall including:

### Badminton

**13 - 17 years**    Tues    17.00 - 18.00

### Archery

**13 - 17 years**    Wed    17.30 - 18.30

## PROGRAMMES AT OXSTALLS

Our Lawn Tennis Association (LTA) tennis courses provide further development to take teens to the next level of tennis performance.

### Tennis

**Junior Yellow 5**  
**Junior Yellow 1**

Sun - Fri    Various

## Plus, get all of this included in the membership

### All public swimming at GL1

### Off-peak badminton, squash and table tennis at GL1

Weekdays/weekends/holidays

before 17.00

### Teen Gym at GL1

**11 - 15 years**    Sat    09.30 - 10.15  
Sat    10.30 - 11.15

### Fitness classes\* at GL1

**14 - 15 years**

\* Teen must attend with a parent / guardian  
• See timetable for sessions available

### Gym sessions\* at GL1

**11 - 15 years**    Fri    17.00 - 19.00  
Sat    08.00 - 18.00  
Sun    08.00 - 20.00

### Cardio Tennis at Oxstalls

**12 - 16 years**    Tues    18.30 - 19.30