

# Sessions

All these sessions are free to 'Active Life members' or are available as pay as you go to all other customers (see prices for details)

## TODDLER WORLD

Sessions run every week in the Sports Hall for those 5 and under. Some weekend sessions will have to be cancelled due to events.

Monday, Wednesday, Thursday & Friday 10am-2pm  
Saturday 11am-2pm.

Join us for great fun in the sports hall. Specially designed for children 5 and under, with bouncy castle, soft play shapes, trikes, balls, toys and more. All children must be accompanied by an adult, who remains responsible for their safety at all times. Please see reception for booking and more details on this session.

## ZUMBA KIDS SESSIONS

Sessions run every week on a Friday in the fitness studio:

Zumba kids junior (4-6 years)  
4.15-5.00pm

Mixed zumba kids (7-12 years)  
and zumba kids junior,  
5.00-6.00pm

The Zumba Kids programme is the ultimate dance-fitness party for young Zumba fans, aged 4-12 years. These sessions feature age appropriate music and moves that get the kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching.

## MULTI SPORTS MADNESS SESSIONS

Saturdays, 10am-12 noon, ages 6-12 years in the sports hall, unless there are events.

These sessions, ideal for children, when you go shopping on a Saturday morning are fast paced and involve giving the children access to a number of sports such as Futsal, handball, badminton, tennis, Mini Olympics etc. These sessions will be led by Community Sports leader who have experience of running holiday clubs etc.

# Prices

Direct Debit is the best value for money with additional free sessions there is the option to pay up front for 13 weeks and badminton and free running as a weekly pay as you go option.

Weekly Programmes	Direct Debit (Get all the Benefits on Active Life membership)	Non member	Aspire 20 cardholder
10 years and under weekly programmes	£20.95 per month	£68.90	£55.12
11 years and over weekly programmes	£25.95 per month	£68.90	£55.12
Pay as you go Badminton/ Futsal/Free Running		£5.00	£4.00

Sessions			
Toddler World		£4.00	Free with membership
Zumba Kids		£4.50	Free with membership
Multi Sports Madness		£3.80	Free with membership
Adult Course			
Archery	Non member £25	Aspire 20 £20	Aspire 40 £15

## Direct Debit payments info

GL1's Dry-side programme will run for 50 weeks a year or blocks of 13 weeks.

Active Life membership will be set up to pay by direct debit.

Pay by Direct Debit to receive the benefits of Aspires New Active Life membership. See [www.gl1.org.uk/active-life-membership](http://www.gl1.org.uk/active-life-membership) and download the Active Life membership leaflet

- All under 16's will receive the benefits of Aspires new Active Life membership
- Regular monthly payments
- Automatic enrolment onto the next block of courses
- Guaranteed space on the next course
- Discount on courts and holiday camps
- Holiday vouchers (up to 4 per year)

Second or third programme available for 20% or 40% discount respectively (please speak to reception)

### 13 week option:

Programmes:

Non member £68.90, Aspire 20: £55.12

### Weekly Pay as you go:

Badminton/Free running/Futsal:

Non members £5.00, Aspire 20 £4.00

### Price of membership for Dry-side Direct debit at GL1:

10 years and under: £20.95 per month  
11 years and over: £25.95 per month

Once you have enrolled using direct debits you will be automatically enrolled on the next block of courses. If your coach thinks you need to move levels you will be contacted with details of the next course.

# ASPIRE JUNIOR COURSES/SESSIONS

AUTUMN TERM





## Aspire an 'Active Life'

for 0-17 year olds as part of our 'Olympic Legacy' drive.

The 'Active Life' membership allows juniors the opportunity to undertake as many 50 week programmes in any activity they wish from the weekly programmes in the Active Life leaflet (please pick one up from reception). Therefore you can choose swim, tennis at Oxstalls Sports Park and other sporting activities at GL1. In addition you will also be able to access a number of sessions/activities in the Including section of the Active Life leaflet.

In terms of those undertaking dry-side activities at GL1, those children under 11 will be able to access the membership for a monthly £20.95 Direct Debit fee and those over 11 years for a monthly £25.95 Direct Debit for their first course. If you want to take up a second programme you can get up to 20% off and 40% off a third programme.

There is the opportunity to have 1 free taster on any of the weekly programmes, by booking a place at reception (we have 3 tasters available a week per programme).

If you have any comments please contact Jonathan Edmunds, Sports Development Officer on 01452 396659 or email: [Jonathan.Edmunds@aspiretrust.org.uk](mailto:Jonathan.Edmunds@aspiretrust.org.uk)

### TOUCHTENNIS

**Mondays 4-5pm,  
age 4-8 years**

Touchtennis is a sport created in 2003, inspired by tennis and follows the same basic rules as mini tennis red with small rackets sponge/low compression balls and smaller courts. Great for introducing movement and co-ordination skills.

### SMASH UP BADMINTON

**Tuesdays 4-5pm,  
age 6-10 years,  
Tuesday 5-6pm,  
age 11-17 years**

Using the latest 'Smash Up' resource from Badminton England, 'Smash Badminton' is a high quality, progressive pathway that focuses on children's development, having fun, improving fitness levels and social interaction for children aged 7-15 years.

### GL1 MARTIAL ARTS IN PARTNERSHIP WITH RELENTLESS MARTIAL ARTS (CLASSES RUN IN THE DOJO)

**Tuesdays, 4.30pm-  
5.30pm, age 5-10 years  
Tuesdays, 5.30-6.30pm,  
ages 11-17 years**

The martial arts we teach is a mixture of different disciplines with an emphasis on kickboxing. Within the lessons you will learn effective striking with hands and feet and self defence which incorporates locks, holds and throws. These classes are designed to promote self confidence and self control in a fun but disciplined environment.

### FUTSAL CLUB

**Wednesday 4-5pm  
age 5-8 years**

Come and join the indoor football game that all the greats like Ronaldo and Messi grew up playing. A game based on skill, speed and technique.

### NEW EXCITING PROGRAMME ARROWS (STARTS 10TH SEPTEMBER) Wednesdays 5-6pm in the Sports Hall, ages 5-8 years

This 'mini' version of archery provides youngsters to get started in archery quickly and easily. Skill drills and fun games using the adapted kit help develop co-ordination, balance and strength as well as personal, social and mental skills. This course will also provide a pathway to the full on archery sessions that take place in the bowls hall.

### ARCHERY WITH DEER PARK ARCHERS

**Wednesdays 5.30-6.30pm  
in the Bowls Hall, ages  
7-16 years**

This is an opportunity to try one of the few sports that has grown in popularity since 2012. Led by Deer Park Archers, national club of the year 2012/13 these sessions will teach basic technique, safety and range etiquette through fun games and awards.

## JUNIOR SPORTS PROGRAMMES

### NEW ADULT BEGINNERS ARCHERY COURSES

**Wednesday 22nd  
October – Wednesday  
26th November. Cost £25**

These new adult beginner courses are an ideal foundation into archery and are pre-requisite to joining a club. These sessions are open to all ages over 18 and we can also accommodate those with any form of disabilities. Why not sign up your children/grandchildren for the Archery Active Life programme and then came along and do the beginners course which will run at the same time.

### STREET DANCE IN THE FITNESS STUDIO

**Wednesdays,  
4-5pm, ages 5-9 years**

Learn the latest moves/choreography and get fit doing the moves you see on MTV/Britain's Got Talent. You will learn routines to various styles.

### GENERAL GYMNASTICS (STARTS 4TH SEPTEMBER) Thursdays, 4-5pm, aged 4-9 years

The main emphasis is on fitness, involvement and fun. Coaches help them to develop co-ordination, strength and flexibility in their gymnastic skills. There will be the opportunity to work towards badges and certificates through the British Gymnastics award scheme.

### FREE RUNNING AND PARKOUR IN PARTNERSHIP WITH FLIP AND TWIST

**Thursdays, 5-6pm  
ages 10-17 years**

Learn to be a stuntman/woman in this exciting activity. Freestyle Gymnastics is a term adopted by British Gymnastics to describe a new and rapidly developing activity which also incorporates aspects of other popular activities, such as Parkour, free running and urban gymnastics, linked together with martial arts kicking links.

## PRE-SCHOOL PROGRAMMES

### WORLD FOOTBALL

**Thursday: 10am-10.45am,  
age 2.5 years-5 years**

World Football Club is a football based fundamental movement class for pre-school and reception age children. The aims of the class are to encourage the physical development of young children through gross and fine movement. Players will play on a small pitch, with small goals, balls and the use of visuals such as balloons to develop skills



### RUGBY TYKES

**Wednesday: 3.15 – 4pm,  
ages 2-4 years  
Wednesday: 4.15-5pm,  
ages 4-6 years**

At Oxstalls Sports Park. Fun, indoor rugby activity sessions.

### NEW BALANCEABILITY CYCLING COURSE

**Mondays 10am-10.45, age 2 ½ - 5 years  
Thursday 4pm-4.45pm, age 2 ½-4 years  
Thursday 5pm-5.45pm, age 5-8 years**

Balanceability course bookable through Active Life membership or 8 week course. Tasters available on a Monday 10.00-10.45am or on a Monday from 4.15-4.55pm on the following dates:

**Monday 18th August  
Monday 1st September  
Monday 6th October  
Monday 3rd November  
Monday 1st December**

The Balanceability programme is a national programme that offers children 6 and under a great opportunity to become a competent cyclist at an early age. Using balance bikes with no pedals this progressive programme will focus on movement, gross motor skills and dynamic balance. Children learn how to pick up, manoeuvre, mount and dismount their bikes and then learn the skills to ride a balance bike safely. We will look to improve the children's gliding, stopping and braking skills to enable them to ride solo (for more info please go to [www.balanceability.com](http://www.balanceability.com))

