

Over 5's continued

	Time	Age	Class	Teacher	Course Dates	Studio	Duration	Cost
Saturday	9.30 am	7 - 10	Football	Fulham FC	PAYG	outside	60 mins	£7.50
	9.30 am	7-10	Junior Street Dance	Georgina	PAYG	Studio 1	45 mins	£3.50
	10.15 am	11+	Teen Street Dance	Georgina	PAYG	Studio 1	45 mins	£3.50
	10.30 am	11 +	Tennis	Nick	Term Time	courts	60 mins	Ask at reception for more details
	11.30 am	7 - 10	Tennis	Nick		courts	60 mins	
	12.30 pm	5 - 7	Tennis	Nick		courts	45 mins	
Sun	9.45 am	5 +	Karate	Sat	PAYG	MH	60 mins	£4.20

Course and Class Descriptions

- Baby Ballet** A fun introduction to Ballet for 3 to 4½ year olds. Older children can then progress through graded lessons leading to examinations.
- Baby Yoga** Fun, creative classes designed to stimulate children's powers of imagination, maintain their natural flexibility and teach them to breathe correctly.
- Football** A fun session that gives boys and girls the opportunity to practice, improve and learn new skills with a Fulham F.C. coach.
- Funky Monkeys** Kiddies street dance and introduction to tap.
- Karate** Karate and self-defence is taught, not only for strength and fitness, but to build strength of character and self discipline
- Little Cooks** A structured, but fun introduction to cookery for 2 to 5 year olds. Parents and carers are required as Assistant Chefs.
- Teen Dance** Plenty of energy? Then this is for you! A teen fitness class consisting of aerobic moves, dance choreography, stomping steps and circuits.
- Tennis** Coaching and match play sessions with Nick, our LTA qualified coach. Learn new skills and techniques, or just enjoy a game with children of the same age and ability.
- TheatreBugs** Join Theatrebugs for some afterschool fun: March 15th-19th April, Mondays 4-5pm; suitable for 3½ years to 6 years. Book a free trial today! 020 7350 2995 www.theatrebugs.co.uk enquiries@theatrebugs.co.uk
- Toddlers Funtime** Bouncy castle, soft play and trikes. An action packed session for 6 months to 5 years requiring parent/ carer supervision.

fun for children

junior programme

YMCA Hawker Centre
Lower Ham Road
Kingston
KT2 5BH

T :020 8296 9747
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www.kwymca.org.uk

	Time	Age	Class	Teacher	Course	Studio	Duration	Cost
Monday	1.30 pm	3 - 4½	Baby Ballet	Nicola	3rd May to 5th July	S1	30 mins	£22.50 5 wks
	2.00 pm	3 - 4½	Baby Ballet	Nicola		S1	30 mins	£22.50 5 wks
	2.30 pm	3 - 4½	Baby Ballet	Nicola		S1	30 mins	£22.50 5 wks
	4.00 pm	3 - 6	TheatreBugs*	Theatre Bugs	15th March to 16th April	S1	60 mins	Call T-Bugs
Tues	10.00 am	Under 5's	Baby Yoga**	Lynnea	PAYG	S2	60 mins	Call Lynnea
	11.00 am	Under 5's	Baby Massage**	Lynnea	PAYG	S2	60 mins	Call Lynnea
Wed	9.30 am	Under 5's	Toddlers Funtime	Debbie & Angela	PAYG	MH	75 mins	£3.50
	11.00 am	Under 5's	Toddlers Funtime	Debbie & Angela	PAYG	MH	75 mins	£3.50
Thurs	9.30 am	3 - 4½	Baby Ballet	Nicola	3rd May to 5th July	S1	30 mins	£22.50 5 wks
	10.00 am	3 - 4½	Baby Ballet	Nicola		S1	30 mins	£18.50 5 wks
Fri	9.30 am	Under 5's	Toddlers Funtime	Debbie & Angela	PAYG	MH	75 mins	£3.50
	11.00 am	Under 5's	Toddlers Funtime	Debbie & Angela	PAYG	MH	75 mins	£3.50

* Call Theatrebugs for more information and to book 020 7350 2995

** Call Lynnea for more information and to book on 07908 748 187 or email koalatherapies@yahoo.co.uk

I'm Bored!!! ...is something parents hear a lot during the holidays!

Why not book your child (4 to 11yrs) a place at YMCA LSW's holiday day camps? We offer a wide range of activities - sports, arts & crafts, team games and trips out.

Camps run every school holiday and more info is available from Reception or by calling: **020 8296 9747**



	Time	Age	Class	Teacher	Course Dates	Studio	Duration	Cost
Tuesday	4.00pm	Primary	Junior Ballet	Nicola	3rd May to 5th July	MH	40 mins	£50.00 10 wks
	4.45pm	Grade I	Junior Ballet	Nicola		MH	40 mins	£50.00 10 wks
	5.30pm	Grade IV	Junior Ballet	Nicola		MH	60 mins	£50.00 10 wks
	6.30pm	Grade V	Junior Ballet	Nicola		S1	75 mins	£65.00 10 wks
	4.30pm	4 - 5	Tennis	Jack/Danny		Term Time	courts	30 mins
5.00pm	5 - 7	Tennis	Jack/Danny	courts	45 mins			
5.45pm	7 - 10	Tennis	Jack/Danny	courts	60 mins			
Wednesday	3.45pm	6 - 8	Funky Monkeys	Debby	PAYG	S1	45 mins	£3.50
	4.30pm	8 +	Teen Tap	Debby	PAYG	S1	30 mins	£3.20
	4.30pm	4 - 5	Tennis	Jack/Danny	24th Feb to 24th Mar	courts	30 mins	Ask at reception for more details
	5.00pm	5 - 7	Tennis	Jack/Danny		courts	45 mins	
	5.00pm	9 - 13	Teen Dance (Street and Jazz)	Debby	PAYG	S1	45 mins	£3.50
	5.45pm	13 +	Teen Plus Dance (Street and Jazz)	Debby	PAYG	S1	45 mins	£3.50
	7.00pm	6 +	Karate	Sat	PAYG	MH	60 mins	£4.20
	3.45pm	Grade	Pre primary Ballet	Nicola	14th Jan to 25th Mar	S1	45 mins	£50.00 10 wks
	4.15pm	Grade II	Junior Ballet	Nicola		S1	40 mins	£50.00 10 wks
	Thursday	3.45pm	4 yrs	Tennis	Jack/Danny	Term Time	courts	30 mins
4.15pm		5 - 6yrs	Tennis	Jack/Danny	courts		45 mins	
5.00pm		7 - 9yrs	Tennis	Nick	courts		45 mins	
5.45pm		8 - 11yrs Advanced	Tennis	Nick	courts		60 mins	
5.00pm		Grade III	Junior Ballet	Nicola	3rd May to 5th July	S1	40 mins	£50.00 10 wks
5.40pm		Grade IV	Junior Ballet	Nicola		S1	40 mins	£52.00 10 wks
6.20pm	Grade V	Junior Ballet	Nicola	S1		60 mins	£52.00 10 wks	
Fri	7.00pm	6 +	Karate	Sat	PAYG	MH	60 mins	£4.50