



ALL INCLUSIVE
FROM
£23.50
per month

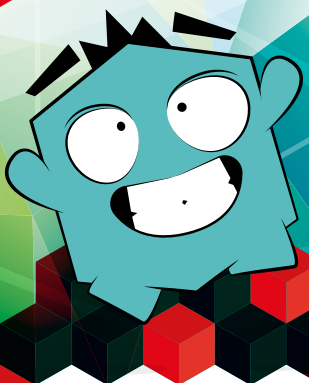


ACTIVE LIFE JUNIOR MEMBERSHIP

PROGRAMMES AND ACTIVITIES
FOR LITTLE ONES, KIDS
AND TEENS



**SOMETHING
FOR
EVERYONE**



01452 396 666

WWW.ASPIRETRUST.ORG.UK



01452 396 969

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 and 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 club, 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 and 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 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

4 MONTHS-4 YEARS

Come and explore a world of fun activities at GL1 and Oxstalls. All programmes cater for little ones ranging from 4 months - 4 years old and aim to develop movement literacy

and socialising skills helping to get a base for starting 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

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

Balanceability

Wed	10.00 - 10.30
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Mini Football

Thurs	10.00 - 11.00
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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 different ways of moving, ball skills and hitting over the net. All equipment provided.

Tennis Tots

3 - 4 years	Mon, Tues, Weds, Fri	16.00 - 16.30
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Non tennis based programmes also include:

Balanceability

2 - 4 years	Tues	09.30 - 10.00
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Pyjama Drama

Dewdrops 6 - 18 months	Weds	10.00 - 10.30
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Raindrops 18 months - 2 ^{1/2} years	Weds	10.40 - 11.10
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Rainbows 2 ^{1/2} years - 5 years	Weds	11.15 - 11.45
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Rugby Tykes

2 - 4 years	Tues	13.45 - 14.30
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4 - 6 years	Tues	15.45 - 16.30
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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

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 - Sun	10.00 - 16.00
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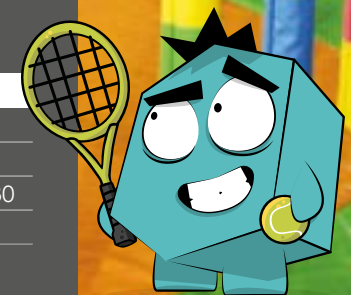
Tennis Menace drop in sessions 2^{1/2} - 4 years at Oxstalls

Mon, Thurs	13.30 - 14.00
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Weds	10.00 - 10.30
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Sat	09.00 - 09.30	09.30 - 10.00	10.00 - 10.30
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Sun	14.30 - 15.00
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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

5-12 YEARS

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

PROGRAMMES AT GL1

Our swim school follows the Amateur Swimming Association (ASA) learn to swim pathway. 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

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

Gymnastics

9 - 12 years	Mon	18.00 - 19.00
5 - 8 years	Thurs	16.00 - 17.00
9 - 12 years	Thurs	17.00 - 18.00

Kwik Cricket

5 - 12 years	Mon	16.00 - 17.00
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Martial Arts

5 - 8 years	Mon	16.00 - 17.00
5 - 12 years	Mon	17.00 - 18.00

Tri Golf

5 - 12 years	Tues	16.00 - 17.00
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Badminton

5 - 12 years	Tues	16.00 - 17.00
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High 5 Netball

8 - 12 years	Weds	16.00 - 17.00
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Archery

5 - 10 years	Weds	16.45 - 17.30
11 years and over	Weds	17.30 - 18.30

Sportshall Athletics

5 - 12 years	Thurs	16.00 - 17.00
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PROGRAMMES AT OXSTALLS

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

Oxstalls, endorsed through the Lawn Tennis Association (LTA), delivers a comprehensive mini and junior tennis programme from the age of 5. Players will work on technical & tactical aspects as well as fair play, fun and competition. All equipment provided.

Tennis

Mini Red	Mon, Tue, Wed, Thur	16.30 - 17.30
Mini Orange	Mon, Tue, Wed, Fri	Various
Mini Green	Mon, Wed, Fri	Various
RAW 5 - RAW 1	Sun - Fri	Various

Rugby Tykes

4 - 6 years	Weds	16.15 - 17.00
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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.

Street Dance at GL1

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

Multi-sports at GL1

6 - 10 years	Sat	10.00 - 12.00
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Cardio Tennis at Oxstalls

12 years and over	Tues	18.30 - 19.30
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Fun Factory at Oxstalls

8 years and under	Mon - Sun	10.00 - 16.00
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Off-peak badminton, squash and table tennis at GL1

Weekdays/weekends/holidays	before 17.00
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TEENS 11-17 YEARS

PROGRAMMES AT GL1

Our swim school follows the Amateur Swimming Association (ASA) learn to swim pathway. 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

Netball

13 - 17 years Wed 17.00 - 18.00

PROGRAMMES AT OXSTALLS

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

Tennis

RAW 5 - RAW 1 Sun - Fri Various

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.

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 - 16 years

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

Gym sessions* at GL1

11 - 15 years Sat 08.00 - 18.00

 Sun 08.00 - 20.00

Cardio Tennis at Oxstalls

12 - 16 years Tues 18.30 - 19.30