

# Active Life

CENTRE



**Can you believe we have been at the centre for almost a year?!**

## Recreation

The structure of recreation classes are changing! This new structure will improve parking, seating and help to reduce our waiting lists - information will be sent out within the next week.

The Annual Club Championships are on 15th July so next term gymnasts will start working towards this competition instead of doing badge work.

## Pre-school Classes



Trampoline—book in advance, 3-4 years Tuesdays 11.30-12.15, 12.15-13.00 hrs

Toddlers—drop in class, walking to 4 years Thursdays 13.45-14.30, 14.30-15.15 hrs

Babies—book in advance, 8 weeks to walking Fridays 13.45-14.30 hrs

Nippers—semi-structured class, walking to 4 years Fridays 14.30-15.15 hrs

Baby Massage and Yoga classes have begun and the new course starts 1st March 10.30-11.30 hrs.



## Squads

There will be a squad parents evening for all squad and development group disciplines to give you information about training, nutrition and more. Date of the lecture to be confirmed.

## Freestyle Gymnastics

Adults Wednesdays 20.30-22.30 hrs,

Children (10-16 years) Fridays 19.45-21.30 hrs

11+ years Saturdays 16.00-20.30 hrs

## Active Life Classes

Active Life Centre classes are available for adults during the day, these classes range from Aerobics, Pilates, Tai Chi, Line Dancing, Salsa Rhythms Line and Ladies only Karate.

Do you want to lose weight and get fit for the summer?

Rosemary Conley class starts Thursday 1st March 12.00-13.30 hrs

Evening classes offered are Belly Dancing and Adults Karate.

Are you interested in joining a new Pilates class at 17.00 hrs Friday evenings?

***If you are interested in any of the above classes please contact the development team***

## Spring Term

### Quiz

Saturday 3rd March

19.30 hrs

£7 per person which includes supper

Maximum of 6 per team

Tickets available at reception

Bring your own drinks!

## Easter Camp

2nd—5th April

10th—13th April

Activity Camp

09.00-13.00 hrs

Includes a mid-morning snack

£10.00 members

£12.50 non-members

## Almost Summer

### Quiz Night

Saturday 19th May

Same information as the Spring Quiz!

## Fees for Term 3

Term 3 starts on April 16th.  
The fees for term 3 will be due no later than April 16th, they are:



Pre-school  
Parent & Toddler £52.00,  
Gym Juniors £78.00,  
Ballet/Modern £52.00,  
Trampoline £52.00

Recreation & Trampoline  
Monday £72, 1 1/2 hour Teen Club £91,  
Tuesday-Friday £84,  
Saturday £78, 1 1/2 hour, £112, 2 hours £140



If you pay by standing order - Please do not make any other payments.

## Competitions

We have a fair amount of competitions coming up in the near future. We are always looking for help either in the café, making cakes or helping with registration. If you are interested in helping please let reception know by leaving your name and contact number.



A few of the dates so far are:

11th February - Grades 6 and 5  
4th March - Girls Grading  
18th March - Grades 4,3,2 and 1  
1st April - Boys set work championships  
15th April - Floor and Vault Recreation competition  
15th July - Club Championships



## Congratulations

Fiona Creelie, Emma Upton,  
Tracey Rickards for passing their  
Club Coach General exam and  
Daniel Lannigan, Heather Creelie  
and Sarah Lacey Smith for pass-  
ing their assistant coach exam.  
And congratulations to Miriam  
Pearson (supporters Club) on her  
wedding to Peter Short.



## Xmas Gifts

If you have any unwanted  
Christmas gifts, please  
bring them in and give to  
reception.

## Development Group Trial Day

23rd February -  
13.00-15.00 hrs

For boys and girls aged 4-8  
years.

Do they have good rebound,  
strength and flexibility, if so bring  
them along to this trial day for the  
chance to be identified to join our  
development groups. Cost is £5  
per child



## Good Luck

Lizzie Livemore, Steve Hough,  
Heather Creelie, Fiona Creelie,  
and Charlie Uezzell on your pre-  
school exams 4th Feb

