

# Activities for young people



[www.leisureinstalbans.co.uk](http://www.leisureinstalbans.co.uk)  
[www.stalbans.gov.uk](http://www.stalbans.gov.uk)



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SAVE PAPER**

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[www.leisureinstalbans.co.uk](http://www.leisureinstalbans.co.uk)  
then click on our centre's home page

# Children's activities

## Football

<b>Tuesday</b>	15.45 – 16.30 16.30 – 17.15 17.15 – 18.00
<b>Friday</b>	15.45 – 16.30 16.30 – 17.15 17.15 – 18.00

## Tots Football

<b>Thursday</b>	12.30 – 13.00 13.00 – 13.30 13.30 – 14.00 14.00 – 14.30 14.30 – 15.00
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## Tennis

<b>Monday</b>	15.45 – 16.30 (Red) 16.30 – 17.15 (Red) 17.15 – 18.00 (Red) 16.45 – 17.30 (Orange) 17.30 – 18.15 (Orange)
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## Tots Tennis

<b>Tuesday</b>	13.00 – 13.30 13.30 – 14.00
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## Badminton

<b>Wednesday</b>	15.45 – 16.30 (Green) 16.30 – 17.15 (Orange) 17.15 – 18.00 (Green)
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## Gymnastics

<b>Saturday</b>	08.45 – 09.30 09.30 – 10.15 10.15 – 11.15 11.15 – 12.15
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## Gymnastics Tots

<b>Saturday</b>	09.00 – 09.45 10.00 – 10.45 11.00 – 11.45
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## Tots Trampolining

<b>Saturday</b>	08.45 – 09.30
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## Trampolining

<b>Saturday</b>	09.30 – 10.30 10.30 – 11.30 11.30 – 12.30
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If you are interested in any of the classes please contact reception for more details.



## Hot Tots

A pay-and-play session including bouncy castles for under 5s. These sessions are held on Wednesdays and Fridays 10.30 – 12.00.

## Have you tried Party Animals?

Party Animals parties are designed to ensure your child has a wonderful and memorable day, and it's not just for them, you too can have a stress-free time. We've got the most exciting package for groups of 10 children or more. We organise the party and all you have to do is select an activity and we do the rest. Pick up one of our Party Animal leaflets today for more information.

For all bookings and enquiries please contact reception on **01582 767722**.



# How to enrol

## Booking Information

Most activities run as courses. Advance booking is essential. Please contact reception for availability. For 'Drop In' sessions booking is advisable but not essential. Bookings should be made at reception or online at [www.harpersfitness.co.uk](http://www.harpersfitness.co.uk) (not available at all facilities). Spaces will only be available on the day if the activity is not fully booked.

## Payment Information

Payment can be made by cash, credit/debit card or cheque made payable to Leisure Connection Ltd, and supported by a valid cheque guarantee card. For more details ask at Reception.

## Health and Safety

All participants should wear appropriate clothing to the session and all items of jewellery, fashion or religious, should be removed whilst participating in activities as they pose a hazard to both the wearer and other participants. All our coaches have been checked through the appropriate channels to ensure they are suitable to work with children.

**Harpenden  
Sports Centre**  
Leyton Road, Rothamsted  
Park, Harpenden,  
Herts AL5 2HU

**01582 767722**

[harpenden.sports.centre@harpersfitness.co.uk](mailto:harpenden.sports.centre@harpersfitness.co.uk)

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[www.stalbans.gov.uk](http://www.stalbans.gov.uk)

## Please Note

Refunds will only be given on production of a medical certificate for the participant.

In the event that an activity session is cancelled by the Centre, notice will be given and wherever possible alternative arrangements made. If appropriate a full refund will be issued.

## Photography

The use of cameras is permitted only with the prior consent of the Duty Manager.

## Code of Practice

Applies to all course and 'Drop In' bookings.

