



Willesden Sports Centre

Activities for young people



In partnership with Fit For Sport



www.harpersfitness.co.uk



**DO YOUR BIT
SAVE PAPER**

View this leaflet online
www.harpersfitness.co.uk
then click on our centre's home page

Children's activities

Our children's activities are jam-packed with lots of fun sports and activities for children of all ages during the term time period.

Badminton

The course offers an introduction to the rules and scoring of badminton whilst developing your basic shots, underarm lifts, overhead smashes and the art of serving. From 7yrs+.

Term 1 – 14 weeks • £57.80

Term 2 – 11 weeks • £40.70

Friday	Over 7s beginners	16.00 – 17.00
Friday	Over 7s intermediate	17.00 – 18.00

Dance

Dance class for children aged between 5yrs – 10yrs. Includes street dance and hip hop moves with single and group routines.

Term 1 – 14 weeks • £47.60

Term 2 – 11 weeks • £37.40

Tuesday	5yrs – 6yrs	16.00 – 16.45
Tuesday	7yrs – 10yrs	16.45 – 17.30

Gymnastics

The course provides the opportunity to learn the gymnastic disciplines such as the pommel horse, beam and the floor. Activities including cartwheels, back flips, head spring, hand spring and so much more as you progress through the various courses.

Term 1 – 14 weeks • £63.00

Term 2 – 11 weeks • £49.50

Saturday	5yrs – 6yrs	09.00 – 10.00
Saturday	6yrs – 7yrs	10.00 – 11.00
Saturday	8yrs – 12yrs	11.00 – 12.00

Little A's – Indoor Athletics

Fun and energetic athletics course that will motivate and support all levels of young athletic ability.

Term 1 – 14 weeks • £47.60

Term 2 – 11 weeks • £37.40

Beginner/Intermediate

Wednesday 6yrs – 10yrs 16.15 – 17.00

Advance

Wednesday 6yrs – 10yrs 17.00 – 17.45

Levels will be determined by Athletics Coach.

Trampoline

Our all new trampolining has been revised and revamped! Among many other moves, learn seat drops and somersaults in our sessions supervised by a top quality coach.

Term 1 – 14 weeks • £49.00

Term 2 – 11 weeks • £38.50

Thursday	5yrs – 8yrs	16.00 – 17.00
Thursday	9yrs – 16yrs	17.00 – 18.00
Sunday	6yrs – 10yrs	13.00 – 14.00

Ballet

This ballet course is perfect for all beginners, it teaches poise and grace as well as strength and stability. Ballet will ignite your child's imagination while helping them progress to a higher level if they wish.

Term 1 – 14 weeks • £49.00

Term 2 – 11 weeks • £38.50

Wednesday	2yrs – 3yrs	14.00 – 14.30
Wednesday	2yrs – 3yrs	14.30 – 15.00
Wednesday	2yrs – 3yrs	15.00 – 15.30
Wednesday	2yrs – 3yrs	15.30 – 16.00
Wednesday	4yrs – 5yrs	16.00 – 16.30
Wednesday	6yrs – 7yrs	16.30 – 17.15
Wednesday	8yrs – 9yrs	17.15 – 18.00



Junior Harpers

Fun activities for children aged between 11yrs – 17yrs to help keep you fit and healthy. Induction must be completed, book via reception.

Induction • £13.25

Per session • £2.95

Tuesday	11yrs – 17yrs	16.00 – 17.00
Thursday	11yrs – 17yrs	16.00 – 17.00
Saturday	11yrs – 17yrs	16.00 – 17.00

Tiny Tots Bounce

Parents are encouraged to bring their children to this soft play session where they will be able to mix with other children under the supervision of staff. Parents will need to be present at all times.

Drop in session • £2.30

Monday	3yrs – 5yrs	11.00 – 12.00
Friday	3yrs – 5yrs	11.00 – 12.00

Trampoline Drop In Session

Drop in session for 5yrs – 16yrs supervised by a top quality coach.

Drop in session • £3.10

Sunday	5yrs – 16yrs	09.00 – 10.00
--------	--------------	---------------

Party in The Pool

Children and young people must be able to swim at least 10 metres and feel confident in a pool depth of 2 metres.

Children and young people will be supervised at all times by qualified lifeguards. Please check with reception before attending the session, as dates/times may change.

Drop in session • £3.25

First Saturday of the month -

3rd September 2011, 1st October 2011,

5th November 2011, 4th February 2012,

3rd March 2012, 7th April 2012.

8yrs – 16yrs 18:00 – 19:30

Volleyball

A fast paced, high flying sport that demands speed, agility and awareness which results in you having LOADS of fun!

Drop in session • £1.30

Sunday Over 11s Beginners 15.00 – 16.00

Girls Only Activities

Basketball

Drop in session • £2.90

Saturday 8yrs – 16yrs 13.00 – 14.00



Mini Sports Experience - Primary Night

Must be booked through primary school. The Mini Sports Experience is worked in conjunction with the primary schools, Capital City Academy and Leisure Connection. It is a NEW exciting and FUN sports and physical activity programme for children aged between 7yrs – 12yrs that will give your children a head start.

Activities include tennis, athletics, martial arts, dance and trampolining. To book onto the Mini Sports Experience - Primary Night book through the Primary School.

Monday 7yrs – 12yrs 16.00 – 17.00

Activities for Young People with Disabilities

Willesden Sportsability Club

Willesden Sportsability Club is an inclusive multi sports club for young people who have disabilities. Each week participants will have the chance to play up to 3 different sports. Sports included are: athletics, basketball, boccia, cricket, football, goalball, new age kurling, polybat, racketball, table cricket, table tennis, tennis, tri-golf, zone hockey and more!

Term 1

17th September – 17th December 2011
(excluding 22nd and 29th October 2011)
12 weeks.

Term 2

Please check with reception for dates for January 2012.

Course • £30 for 12 weeks

Drop in session • £3.00

Saturday 8yrs – 18yrs 14:00 – 16:00

Rebound Therapy Trampolining

Rebound therapy is the use of trampolines in providing opportunities for movement, therapeutic exercise and recreation for people with a wide range of special needs. Rebound Therapy may facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote relaxation, promote sensory integration, improve fitness and exercise tolerance, and improve communication skills. For more information or to speak to the coach contact Caroline Quist on 07720 285522.

Term 1

18th September – 23rd October 2011.
Cost • £15 – 6 weeks.

Term 2

6th November – 18th December 2011.
Cost • £17.50 – 7 weeks.

Term 3

15th January – 12th February 2012.
Cost • £12.50 – 5 weeks.

Term 4

4th March – 1st April 2012.
Cost • £12.50 – 5 weeks.

Drop in session • £3.50 per week –
subject to availability.

Sunday 9yrs – 14yrs 11:30 – 12:30

Fit For Sport Courses

We are now working in conjunction with Fit for Sport on providing a number of our courses. The following courses can now be booked through Fit for Sport:

Football
Basketball
Cricket
Short Tennis

Please contact Fit for Sport on:
0845 456 3233 or go online at
www.fitforsport.co.uk

In partnership with Fit For Sport



Term 1 Starts
05/09/11 – 18/12/11
Excluding October Half Term 24/10/11 – 30/10/11

Term 2 Starts
09/01/12 – 01/04/12
Excluding February Half Term 13/02/12 – 19/02/12
Priority booking 05/12/11 – 11/12/11
Opening booking starts 12/12/11



Booking Form

Name _____

Date of Birth _____ Age _____

Male / Female _____

Address _____

Postcode _____

Home Tel No. _____ Mobile No. _____

Email _____

Activity _____

Day _____ Time _____

Signed _____ Parent/Guardian

How to enrol

Booking information

Whilst not essential it is advisable to book your chosen activity in advance. Bookings should be made at reception or through Fit for Sport for the relevant courses. Spaces will only be available on the day if the session is not fully booked. For some activities you may be required to book a course of sessions.

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.

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.

Willesden Sports Centre
Donnington Road, Willesden,
London NW10 3QX

020 8955 1120

willesden@harpersfitness.co.uk

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.harpersfitness.co.uk

Code of practice

Applies to all course bookings.
Subject to availability.

How to find us...

For more details on cycle, bus and train routes please see our Green Travel Plan.

Bus routes:

6, 52, 187, 206, 226 & 302

Nearest train station:

Kensal Rise, Willesden Junction,
Willesden Green, Dollis Hill

Cycle routes:

45 & 47

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

