

Central
Bedfordshire

Activities for young people



**DO YOUR BIT
SAVE PAPER**

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

Children's activities

Crèche (4 months – 5 year olds)

Happy and safe environment to leave your children whilst you participate in one of the many activities around the centre.

The Crèche is operated by fully-qualified, experienced staff, and is a place where your children can socialise and mix with other children while you are not far away.

Monday – Friday 09.00 – 13.00

Toddlers Gym (3 – 6 year olds unaccompanied)

A structured session using fun games to develop balance and gymnastic skills working towards certificates.

Saturday 10.00 – 10.45

Trampolining (5yrs + all abilities)

A class designed for all abilities to stop your child jumping on the beds or encourage safe use of outside trampolines. Learn basic moves and work towards badges. 2 Trampolines are available for use with a qualified coach on hand to guide your child.

Sundays 10.00 – 11.00

School Holiday Activities

During the school holidays there will be activities available subject to demand.

These may include Trampolining, Multisports and Swimming intensive courses. Ask at reception for more details.

For booking and enquiries please contact us on 01525 375765.

Classes to break for half term & holidays. Only the coach can move children from class to class.

The coaches have relevant experience which helps to deliver enjoyment and raises the standard of coaching.

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 will do the rest! Pick up a leaflet today to see what you and the children are missing!





How to enrol

Booking Information

Whilst not essential it is advisable to book your chosen activity in advance. Bookings should be made at reception. Spaces will only be available on the day if the session is not fully booked. For some activities it 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.

Code of Practice

Applies to all course and 'Drop In' bookings.

Tiddenfoot Leisure Centre
Mentmore Road, Linslade,
Leighton Buzzard, Beds LU7 2AF

01525 375765

tiddenfoot@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

