

Booking Conditions

- 1 Confirmation of your booking will follow after receipt of your booking form. Payment of the fee is regarded as evidence of your acceptance of the booking conditions.
- 2 Bookings are not transferable.
- 3 The organisers reserve the right to amend the programme where this is found to be necessary.
- 4 Leisure Connection Ltd, its servants, agents and employees are not under any liability whatsoever in respect of personal injury, sickness, loss or damage caused to members.
- 5 Regulations made for the safety and comfort of members must be observed at all times.
- 6 The organisers reserve the right to amend the prices where this is found to be necessary.
- 7 No refunds will be given unless a doctor's certificate can be produced as proof of illness.
- 8 If it is considered that any child's behaviour is incompatible with the safe enjoyment of an activity, the organisers reserve the right to exclude any child from taking part in that activity. Under these conditions no refund will be given.
- 9 VAT at the rate of 20% is included in all prices in this brochure. If this VAT rate changes prices are subject to change.
- 10 The organisers cannot accept any responsibility for unaccompanied children before or after the advertised times. All parents must sign their children in and out on each day that they attend in the activity area. The parents of any child not signed in will be phoned to return to the centre to sign their child in before they can take part in any activity.
- 11 I give permission for emergency medical treatment to be administered to my child in the event of an emergency.

All prices on applications and ALL courses must be pre-paid prior to start date. We reserve the right to cancel any class or course where insufficient numbers are booked.

For further details or to book please call reception on 020 8908 6545.

How to find us...

Bus routes: 18, 92, 182, 245

Cycle route: Area 45, 86

Nearest Tube: Sudbury Town, North Wembley

Nearest British Rail: Sudbury & Harrow Road

RNID 'type talk'

Please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.

Visit: www.typetalk.org

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.

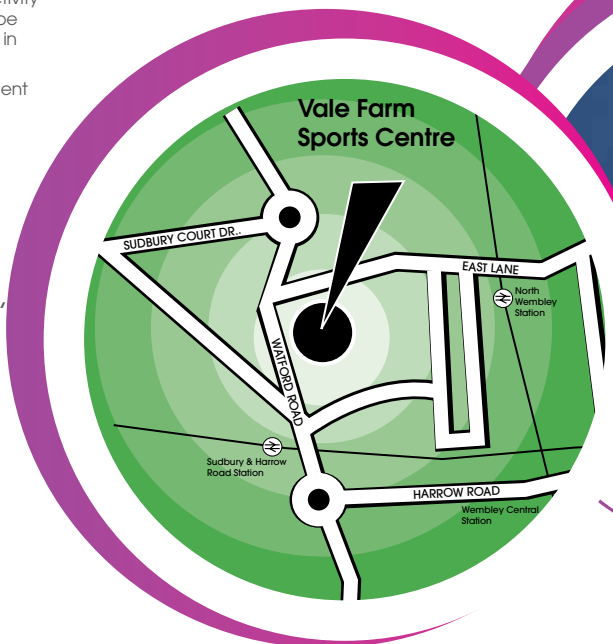
Vale Farm Sports Centre
Watford Road, North Wembley,
Middlesex HA0 3HG

020 8908 6545

vale.farm@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





Children's Term Time Activities Programme

Our children's activities programme offers a wide range of fun sports for children, encouraging them to get involved and be active during term time.



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

Activity Programme

Term Time Activities

Football

Perfect your footy techniques with this fun and energetic session designed to improve your dribbling, shooting and tackling skills.

Payable as a drop in session – £3.30 per lesson

Wednesday (available March to October only)

Session 1: 4pm – 5pm 5-10yrs

Session 2: 5pm – 6pm 11yrs+

Saturday

Session 1: 9am – 10.30am 5-10yrs

Session 2: 10.30am – 12pm 11yrs +

Cricket (available April to September only)

With great coaches, learn how to bat bowl and field with our newly revised sessions. These will provide you with essential knowledge of the game as well as a good way to develop team skills and keep fit whilst still having fun!

Payable as a 6 week course (£19.80 for 6 lessons)

Friday

Course 1: 4pm – 5pm 6 yrs +

Course 2: 5pm – 6pm 6 yrs +

Trampoline

Learn a vast range of moves such as twists, somersaults, seat drops and much, much more as you develop and are supervised by our highly qualified coaches. Limited spaces available!

Wednesday – Payable as a 6 week course
(£19.80 for 6 lessons)

Course 1: 4.30pm – 5.30pm 6yrs +

Course 2: 5.30pm – 6.30pm 6yrs +

Thursday – Payable as a 6 week course
(£19.80 for 6 lessons)

Course 1: 4.30pm – 5.30pm 6yrs+

Course 2: 5.30pm – 6.30pm 6yrs +

Squash

A fast paced racquet sport that is both fun and energetic! Learn how the scoring system works whilst developing your basic squash shots and tactics, ideal for children aged 6yrs+

Payable as a drop in session – £3.30 per lesson

Saturday

Session 1: 10am – 11am Beginners

Session 2: 11am – 12pm Intermediate

Session 3: 12pm – 1pm Advanced

Gymnastics

Learn to cartwheel, handspring, back flip, somersault, and much more as you progress through the levels! This course provides a good basis for children to learn the gymnastic disciplines using the floor, vault, beam and asymmetric bars and is supervised by our top quality coaches.

Friday – Payable as a course (please enquire at Reception for prices)

Recreational class (5-7yrs): 9am-10am

Recreational class (8yrs+): 10am-11am

Squad/Club (advanced): 10am-1pm

Saturday – Payable as a course (please enquire at Reception for prices)

Recreational class (5-7yrs): 9am – 11am

Recreational class (8yrs+): 6pm – 7pm

Squad/Club (advanced): 6pm – 9pm

Badminton

Develop your badminton skills and learn the art of serving, underarm lifts and over-arm smashes with this fun course ideal for all children of all abilities aged 6 years+

Payable as a 6 week course (£19.80 for 6 lessons)

Monday

Course 1: 5pm – 6pm Beginners

Course 2: 6pm – 7pm
Intermediate/advanced

Tennis

Add in the following under heading)

Develop your skills on both indoor and outdoor courts and learn to play tennis like a pro!

Payable as a 6 week course (£19.80 for 6 lessons)

Wednesday

Session 1: 5pm – 6pm 4-7yrs

Session 2: 6pm – 7pm 8yrs+

Street Dance

Learn to dance like the stars! This street dance course is ideal for children of all abilities where they will learn street dance and hip hop moves both as part of individual and group routines.

Payable as a 6 week course (£27.00 for 6 lessons)

Saturday

Session 1: 12.30pm – 1.30pm 8-16yrs

Tiny Tots Tumble

A fun soft play session for young children. Parents are encouraged to bring their children to develop social interaction skills with other children under the supervision of a qualified member of staff. Parents will need to be present at all times.

Payable as a 6 week course (£19.80 for 6 lessons)

Friday

Session 1: 3pm – 4pm

Junior Harpers

Come and work out in the gym! A fun and energetic way for children aged 12-16yrs to keep fit and stay active. An induction must be taken beforehand where you will be shown how to use all the equipment in a safe way.

Available everyday as a drop in session - £3.65 per session (after 6.30pm all children must be accompanied by an adult)

Karate

These lessons to both adults and children and teaches the art and discipline of Shotokan Karate. Lessons are available on Mondays, Wednesdays, Fridays, Saturdays and Sundays. Please contact Killburn Karate club on 02083329802 for more information on dates and prices for these sessions.

Tae Kwon Do

Lessons take place on Friday and Sunday evenings. Please contact the head instructor on 08000430261 for more information on dates and prices for these sessions.

Brent Dolphins Swimming Club

Swimming sessions with Brent Dolphins take place on Mondays, Thursdays and Sundays. Please contact 07805 611 956 for more information on dates, days, prices and sessions.

Learning Hub

A range of learning and tuition for ages 6 – 15 years old. Specialising in 11 plus preparation for grammar and selected schools. Please contact 020 8908 0123 for more information.

Swimschool

Swimming lessons and courses for all age ranges as part of Leisure Connection's award winning Swim School in association with the ASA.

Please contact reception for more details on swimming class availability, times and dates.

