



harpers
health & fitness

Harpers at Seaham Leisure Centre

Activities for young people



**DO YOUR BIT
SAVE PAPER**

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

www.harpersfitness.co.uk

Children's activities

Gym School

Various levels and abilities.

Friday 16.30 – 17.45
Saturday 10.30 – 12.15

Football Coaching

Develop your football skills in a fun and safe environment. All levels of ability catered for.

Monday
18.30 – 19.15 (5 to 8 year olds)
19.15 – 20.00 (8 to 11 year olds)

Children's Parties

Enjoy two hours of bouncing fun on fantastic Bouncy Castles!

Choose between our small bouncer (ages 5 and under) and our Large Activity Bouncer (for ages 5 and over).

Please ask at reception for more details.



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 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

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 (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.

**Harpers at Seaham
Leisure Centre**
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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

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.

