

ABINGDON

SPORTS &  
LEISURE

# Half Term Activities

Abingdon School Sports Centre

Monday 13 - Friday 17 February 2017



## Bouncy Castle and Energy Assault Course

£5 per child (5-12 years)

Monday 13 February 10.30-12.00

Thursday 16 February 10.30-12.00



## Pool Inflatable - Commando Run

£5 per child (8-14 years) Children must be able to swim 25m unaided.

Tuesday 14 February 11.00-11.45 12.00-12.45

Wednesday 15 February 11.00-11.45 12.00-12.45

Friday 17 February 14.00-14.45



# Gymnastics Lessons

Monday 13 - Thursday 16 February

Ages 5-7 years      09.00-10.00      £5 per  
 Ages 8-9 years      10.00-11.00      Session

Day 1: Basic floor gymnastics and games to improve foundation skills.

Day 2: Basic floor gymnastics and beam work - focusing on balance and coordination.

Day 3: Basic floor gymnastics and vault work - focusing on strength and flexibility.

Day 4: Games and fun races with gymnastics elements.

Contact Livi Madai: [livi.madai@abingdon.org.uk](mailto:livi.madai@abingdon.org.uk)  
 Advance booking recommended.



## Half Term Swim Times \*Requires membership for adults - no joining fee or commitment needed.

Monday 13 - Sunday 19 February 2017

	Morning	Afternoon	Early evening
Monday	06.15 - 07.45	14.00 - 16.00	17.00 - 18.00
Tuesday		14.00 - 16.00	17.00 - 17.45
Wednesday	06.15 - 07.45	14.00 - 16.00	17.00 - 18.00
Thursday			17.00 - 17.45
Friday			17.00 - 17.45
Saturday		12.45 - 13.15	
Sunday		11.30 - 13.30	

Adult  
 £5.00  
 Junior  
 £2.50

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@SportsCentreAb

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