



# SUMMER

## Holiday Programme

Sports  
courses

Mega  
Mayhem

Tiny  
tumpers

SWIM  
ACADEMY

Lymington Health and Leisure,  
North Street, Pennington SO41 8FZ

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[newforest.gov.uk/leisure](http://newforest.gov.uk/leisure)

# Over 8s activities

## MEGA MAYHEM

You know the Saturday mega mayhem? It's the same. Hit some shuttles across the net, play football against the staff, chill with your mates in the corner, bounce until you're dizzy on the bouncy castle.

**Date:** Every Tuesday and Thursday  
**Time:** 9.00am - 11.00am  
**Age:** 8 - 12yrs  
**Price:** £4.00 per session

## TRAMPOLINING COURSE

Have a bounce and learn some new moves with our expertly qualified coaches. Progression is the name of the game with levels and badges to be gained. Bouncers are reminded to wear socks and are advised to keep knees and elbows covered up.

**Date:** Monday 2 - Friday 6 August  
**Time:** 2.00pm - 3.00pm  
**Age:** 8 - 12yrs  
**Price:** £20.00

## TEEN GYM SESSION

Sessions in the gym for young people.

**Date:** Daily Monday\* - Friday  
**Time:** Thursdays 10.00am - 12.00noon, every other day 2.00pm - 4.00pm  
**Age:** 12 - 14yrs  
**Price:** £1.75 per session (Club 816 member) £3.45 per session (standard)

\*Not bank holiday Monday.

## ARCHERY

Are you the new Robin Hood? Can you shoot the gold ready aim fire!

**Date:** Every Thursday  
**Time:** 3.00pm - 4.00pm  
**Age:** 12 - 14yrs  
**Price:** £4.00 per session

## FOOTBALL SKILLS

Time to practice those football skills in a great fun environment out on our purpose built all weather football pitch and if the sun is shining we'll be outside!

**Date:** Thursdays 29 July and 12, 26 August  
**Time:** 3.00pm - 4.00pm  
**Age:** 8 - 12yrs  
**Price:** £4.00 per session

## TEEN SPIN SESSIONS

**Date:** Every Thursday  
**Time:** 2.00pm - 2.30pm  
**Age:** 12 - 17yrs  
**Price:** £1.75 per session (Club 816 member) £3.45 per session (standard)

# Under 8s activities

## MINI TRAMPOLINING

Have a bounce and learn some new moves with our expertly qualified coaches. Bouncers are reminded to wear socks and are advised to keep knees and elbows covered up.

**Date:** Every Monday\* and Wednesday  
**Time:** Mondays 9.00am - 10.00am, Wednesdays 9.30am - 10.30am

**Age:** 3 - 5yrs  
**Price:** £4.00 per session  
\*not bank holiday Monday.

## JUNIOR TRAMPOLINING

Have a bounce and learn some new moves with our expertly qualified coaches. Bouncers are reminded to wear socks and are advised to keep knees and elbows covered up.

**Date:** Every Monday\* and Wednesday  
**Time:** Mondays 10.00am - 11.00am, Wednesdays 10.30am - 11.30am

**Age:** 5 - 8yrs  
**Price:** £4.00 per session  
\*not bank holiday Monday.

## TINY TUMBLERS

Fun and games, with soft play, climbing frame, slides, bouncy castle and the ball pond too.

**Date:** Every Monday\*  
**Time:** 1.30pm - 3.00pm  
**Date:** Fridays 5 and 19 August and 3 September  
**Time:** 9.00am - 11.00am  
**Age:** 6months - 4yrs  
**Price:** £4.00 per session  
\*not bank holiday Monday.

## JUNIOR TUMBLERS

This session is jam packed with bouncing action. Tackle our bouncy castle, inflatable ball pond and soft play equipment, the choice is yours but fun is definitely part of the plan.

**Date:** Friday 30 July, 13 and 27 August  
**Time:** 9.00am - 11.00am  
**Age:** 3 - 5yrs  
**Price:** £4.00 per session

## Notes

- Please note that refunds will only be considered when applied for in writing to the Manager, accompanied by a Doctors certificate
- Packed lunches should not contain any foods that require refrigeration or products that contain nuts
- Vending service available
- All activities will run subject to booking numbers. Any cancellations will be advertised two days prior to the activity
- The Centre reserves the right to change or cancel any activity if necessary
- Parents or Guardians of children on holiday activities are required to complete medical/contact information form
- We advise advance booking on all activities to avoid disappointment
- All activities are run by suitably trained staff of Ringwood health and leisure
- All staff are Police checked prior to starting work
- For sports activity please bring a bottle with you to fill at the water fountains
- For whole day activities over lunch time please bring a packed lunch

# "Fit for Summer, now get Fit for Life"

Transfer onto one of our Fitness Direct memberships\* within one month of the end of your trial membership and get **at least one month free**.

No joining fees, no admin fees, no catches.

Speak with a Customer Advisor for more information.

\*Terms and conditions apply.

# free swimming

A message from Bob Millard, Head of Leisure, New Forest District Council

"We are obviously disappointed with the decision from central Government to withdraw funding for the free swimming scheme. As a result of this and given the current financial position, we have no option but to reintroduce charges for swimming for under 17yrs and over 60yrs with effect from Monday 26 July 2010.

Charges have been carefully considered and set around rates which applied prior to the introduction of free swimming, whilst also achieving consistent levels across the five health and leisure centres. There are a variety of membership options available designed to offer value for money to our regular swimmers."

# WHAT'S ON - AT A GLANCE

	WEEK ONE 26 July - 1 August	WEEK TWO 2 - 8 August	WEEK THREE 9 - 15 August	WEEK FOUR 16 - 22 August	WEEK FIVE 23 - 29 August	WEEK SIX 30 August - 5 September
Mon	Mini Tramp Junior Tramp Tiny Tumblers Teen Gym Sessions 26	Mini Tramp Junior Tramp Tiny Tumblers Tramp course Teen Gym Sessions 2	Mini Tramp Junior Tramp Tiny Tumblers Teen Gym Sessions 9	Mini Tramp Junior Tramp Tiny Tumblers Teen Gym Sessions 16	Mini Tramp Junior Tramp Tiny Tumblers Teen Gym Sessions 23	No Activities - Bank Holiday 30
Tues	Mega Mayhem Teen Gym Sessions 27	Mega Mayhem Teen Gym Sessions Tramp Course 3	Mega Mayhem Teen Gym Sessions 10	Mega Mayhem Teen Gym Sessions 17	Mega Mayhem Teen Gym Sessions 24	Mega Mayhem Teen Gym Sessions 31
Wed	Mini Tramp Junior Tramp Teen Gym Sessions 28	Mini Tramp Junior Tramp Tramp course Teen Gym Sessions 4	Mini Tramp Junior Tramp Teen Gym Sessions 11	Mini Tramp Junior Tramp Teen Gym Sessions 18	Mini Tramp Junior Tramp Teen Gym Sessions 25	Mini Tramp Junior Tramp Teen Gym Sessions 1
Thurs	Mega Mayhem Teen Gym Sessions Archery Football Skills Teen Spin Session 29	Mega Mayhem Teen Gym Sessions Tramp Course Archery Teen Spin Session 5	Mega Mayhem Teen Gym Sessions Archery Football Skills Teen Spin Session 12	Mega Mayhem Teen Gym Sessions Archery Teen Spin Session 19	Mega Mayhem Teen Gym Sessions Archery Football Skills Teen Spin Session 26	Mega Mayhem Teen Gym Sessions Archery Teen Spin Session 2
Fri	Junior Tumblers Teen Gym Sessions 30	Tiny Tumblers Tramp Course Teen Gym Sessions 6	Junior Tumblers Teen Gym Sessions 13	Tiny Tumblers Teen Gym Sessions 20	Junior Tumblers Teen Gym Sessions 27	Tiny Tumblers Teen Gym Sessions 3