

# ACTIVE LIFE

PUTTING LIFE IN YOUR DAY AND DAYS ON YOUR LIFE



## CHILDREN'S EASTER HOLIDAY ACTIVITIES

Saturday 1st - Monday 17th April 2017



Kingsmead Leisure Centre - Canterbury · 01227 769818

Herns Leisure Centre - Herne Bay · 01227 742102

The Bay Sports Arena - Herne Bay · 01227 366921

Whitstable Swimming Pool - Whitstable · 01227 772442

Whitstable Sports Centre - Whitstable · 01227 274394



activelifekent



@ActiveLifeLtd



www.activelifeld.co.uk

# KINGSMEAD LEISURE CENTRE

Kingsmead Road, Canterbury, Kent, CT2 7PH - (01227) 769818



For general closures and restrictions please pick up a pool timetable from reception or visit our website at [www.activelifeltd.co.uk/timetables](http://www.activelifeltd.co.uk/timetables)

## Family Fun Time

Saturday and Sunday, 1:30pm - 3:45pm

Monday to Friday, 2:00pm - 3:30pm

Excluding Friday 14th, Sunday 16th and

Monday 17th April

*A fun water session for the whole family to enjoy! Come and have a blast with our new double trouble giant pool inflatable in the main pool or our new hydrodrop slide or our diving boards. There's a shallow pool for little ones, and a beach pool for babies and toddlers, complete with a mini slide which is ideal for their first experience in water!*

Age: All ages welcome

5\* Members: FREE

4\* Members: Junior £2.60, Adult £3.30

3\*Members : Junior £2.10, Adult £2.60

Non-Member: Junior £3.70, Adult £4.90

**Please contact the centre to find out which activity will be available on your chosen day.**

*Children under 8 must be supervised by an adult in the water at all times. You must be able to swim 25m and be confident in deep water to go on the inflatable islands.*

## Crèche

Monday to Friday, 10:00am - 12:00noon

Excluding Friday 14th and Monday 17th April

*Why not try one of our fitness classes, swim or use the gym while your little one is playing in the crèche.*

Age: Pre-School

Member: £2.70 per child, per hour

Non-Member: £3.30 per child, per hour

**7 day advance booking available**

## The Swim Academy

*Come and take the plunge in our swimming lesson programme. We offer a range of courses for children and adults to learn to swim or practise technique with a qualified teacher. Lessons are available for children from 2½ months old to adult.*

Please contact Laura Green to book or for more information:

Tel: (01227) 812486

Email: [laura.green@activelifeltd.co.uk](mailto:laura.green@activelifeltd.co.uk)

## Swimming Crash Courses

**Starfish Swim Course:** 9:00am - 9:30am

Monday 3rd - Friday 7th April

*For swimmers looking to achieve their ASA Ducklings 1, 2 & 3*

Age: 3 years plus

Member: £35.00

Non-Member: £50.00

**Terrapins Swim Course:** 9:30am - 10:00am

Monday 3rd - Friday 7th April

*For swimmers looking to achieve Stage 1*

Age: 5 years plus

Member: £35.00

Non-Member: £50.00

**Mantarays Swim Course:** 8:30am - 9:15am

Monday 10th - Thursday 13th April

*For swimmers looking to achieve ASA Stage 3 who have completed Stage 2.*

Age: 5 years plus

Member: £42.00

Non-Member: £60.00

**Turtles Swim Course:** 9:15am - 10:00am

Monday 10th - Thursday 13th April

*For swimmers looking to achieve ASA Stage 2 who have completed Stage 1.*

Age: 5 years plus

Member: £42.00

Non-Member: £60.00

## Wacky Water Warriors

Mon to Fri, 9:45am - 12:00noon

Excluding Friday 14th and Monday 17th April

*A supervised session with games in the small pool whilst parents are using the facilities.*

Age: 5 - 10 years

5\* Family & 3\* DD Members: FREE

4\* & 3\* Members: £3.30

Non-Member: £4.90

**Advanced booking essential.**

*Please note that parents must remain in the building during the time they have booked their child into the supervised activity swim session.*



## Super Sports Stars

Mon to Fri, 1:30pm - 3:30pm

Excluding Friday 14th and Monday 17th April

*An activity session in the sports hall with team games, parachute games, football, hockey, bench ball and more! Please bring a drink!*

Age: 5 - 13 years

Member: £4.40

Non-Member: £6.00

**Advanced booking essential.**



## Easter Kids Camp

Mon to Fri, 9:45am - 3:30pm

Excluding Friday 14th and Monday 17th April

*Swim in the morning, supervised lunch, craft activities and a mixture of games in the afternoon. Please bring a packed lunch and an extra drink with you.*

Age: 8 - 13 years

5\* Family Members: £7.50

4\* & 3\* Members: £12.50

Non-Member: £16.00

**Advanced booking essential.**

*Children must be dressed in trainers and sports wear or swim wear for these sessions. Payment must be made at time of booking. A charge will be incurred for those who cancel without giving 24 hours notice or not turning up to a session that has been booked. Applies to all membership categories.*

*Loyalty card activities - collect a stamp on every visit and you will get the 5th session free.*



## Play Gym

Mon, Wed and Fri, 9:45am - 11:45am

Excluding Friday 14th and Monday 17th April

*Play gym is an activity held in the sports hall for pre-school children. Just come along to this pay and play activity. You supervise your child on the bouncy castle, cars, balls and soft play equipment.*

Age: Pre-School

5\* Family Member: FREE

4\* Member: £3.00

3\* SureStart Member: £2.10

Non-Member: £4.40

**Prices are per session, per child.**

## Ongoing Activities

Prices for ongoing activities:

5\* Member: FREE, 4\* Member: £4.00

3\* Member: £3.40, Non-Member: £5.00

**Booking is advisable.**

## Street Dance

Saturdays, 9:05am - 9:35am

Age: 3 - 5 years

Saturdays, 9:40am - 10:25am

Age: 5 - 7 years

Saturdays, 10:25am - 11:10am

Age: 7 - 11 years

*Learn funky dance moves and routines to your favourite music. Make friends and keep fit the fun way!*

## Teen Training (12 years +)

Monday to Friday

11:00am - 1:00pm & 3:30pm - 5:30pm

**The later session will not be running on Friday 14th and Monday 17th April**

Sat, 11:00am - 1:00pm

*A chance for teens to train in the gym with a dedicated trainer on duty.*

## Family Training (12 years +)

Sat and Sun, 12:00noon - 4:00pm

**On Sunday 16th April this session will be shortened to 12:00noon - 2:00pm**

*A chance for teens to train with their parents in the gym.*

# HERONS LEISURE CENTRE

William Street, Herne Bay, Kent CT6 5NX - (01227) 742102



## Family Fun Time

Tuesday & Friday, 1:45pm - 3:15pm

Saturday & Sunday, 2:00pm - 4:00pm

**Excluding Sunday 16th April**

*A fun water session for the whole family to enjoy! Whether it's enjoying a ride down our fantastic flume, trying to race your friends to the end of the huge monster island, having a blast with our giant floats, or relaxing in our bubble pool, everyone will find their favourite activity at Family Fun Time!*

*There's a shallow pool with two water canons, a geyser jet and a mushroom fountain for little ones, and a beach area for babies and toddlers, which is ideal for their first time in the water!*

Age: All ages welcome

5\* Member: FREE

4\* Member: Junior £2.60, Adult £3.30

3\* Member: Junior £2.10, Adult £2.60

Non-Member: Junior £3.70, Adult £4.90

*Children under 8 must be supervised with a max. of 2 children to 1 adult in the water at all times.*

*You must be able to swim 25m and be confident in deep water to go on the inflatable island.*

## Manic Mats

Monday & Thursday, 1:45pm - 3:15pm

**Excluding Monday 17th April**

*A fun session for the whole family with the giant mats and floats, flume, water canons, geyser jet, mushroom fountain and more!*

Age: All ages welcome

5\* Member: FREE

4\* Member: Junior £2.60, Adult £3.30

3\* Member: Junior £2.10, Adult £2.60

Non-Member: Junior £3.70, Adult £4.90

## Supervised Swim Session

Monday - Friday, 10:00am - 12:00noon

*These sessions are for swimmers aged between 5 and 10 years old, who would like to be supervised in the small pool whilst their parents use the facilities.*

Age: 5 - 10 years

5\* Family Member: FREE

3\* DD Member: FREE

4\* & 3\* Member: £1.65 per hour

Non-Member: £2.45 per hour

**Advanced booking essential.**

*Parents must remain in the building during the supervised activity swim session. Payment must be made at time of booking.*



## Terrapins Swim Course

Monday 3rd - Friday 7th April,  
4:00pm - 4:30pm

*For swimmers looking to achieve ASA Stage 1*

Age: 5+ years

Member: £35.00

Non-Member: £50.00

## Private Lesson Crash Course

Saturday - Friday

*Intensive 5 day Crash Course of one to one lessons available for all ages and abilities from 4 years.*

Prices are per course.

Member: £74.00

Non-Member: £84.00

**Advanced booking essential.**

*PLEASE NOTE: Herons Leisure Centre will be closing at 2:00pm on Easter Sunday 16th and last entry to the gym will be 1.15pm.*



## Waterbabies

**Excluding Monday 17th April**

*Specially designed sessions for your little one to develop water confidence and essential life-saving skills through having fun!*

**Little Floaters (2½ - 12 months)**

Monday, 12:00 noon - 12:30pm

Wednesday, 9:00am - 9:30am

**Little Splashers and Little Kickers (12 - 36 months)**

Monday, 12:00 noon - 12:30pm

Wednesday, 9:30am - 10:00am

5\* Member: FREE

4\* & 3\* Member: £5.90

Non-Member: £7.30

## Water Polo £1 Session

Saturday 8th April, 11:00am - 11:30am

Age: All ages welcome

*Water polo is an exciting team sport which develops strength, power and endurance.*

Members: £1.00

Non-Members: £1.00

**You must be confident in deep water and able to swim 100m on front and back to attend this session.**

## Rookies Taster Session

Saturday 8th April, 9:30am - 11:00am

Age: 8 - 12 years

*An introduction to our Rookie Lifeguards sessions. Rookie lessons are perfect for anyone wanting to learn basic water safety skills or even those wanting to do a full Lifeguard Qualification in the future!*

Members: £5.90

Non-Members: £7.30

**Advanced booking is essential. You must be able to swim 100m to attend this session.**

## Flip and Fun Diving Course

Wednesday 5th April,

4:00pm - 4:45pm & 4:45pm - 5:30pm

Age: 8+ years

*Flip and Fun provides children with a progressive and safe introduction to the sport of diving.*

Members: £5.90

Non-Member: £7.30

**You must be confident in deep water and be able to swim 50m on front and back to attend this session.**

**For general closures and restrictions please pick up a pool timetable from reception or visit our website at [www.activelifeltd.co.uk/timetables](http://www.activelifeltd.co.uk/timetables)**

## Kids Fitness

**Booking is advisable.**

Prices for ongoing activities are:

5\* Member: FREE, 4\* Member: £4.00

3\* Member: £3.40, Non-Member: £5.00

## Kids Circuits

Mondays, 4:15pm - 5:00pm

Age: 5 - 11 years

*An easy to follow circuits based workout for kids. A fun way to get fit, race, jump and have a blast!*

## Kids Combat

Thursdays, 4:15pm - 5:00pm

Age: 6 - 12 years

*Kids Combat is a fun workout to burn off some steam and get fighting fit!*

## Teen Training

Monday - Friday, 4:00pm - 6:00pm

Age: 12+ years

*A chance for teens to train in the gym with a dedicated trainer on duty to look after them and advise on safe, effective training programmes.*

## Family Training

Saturday & Sunday, 12:00pm - 4:00pm

Age: 12+ years

*A chance to train with your parents in the gym.*

**On Sunday 16th April this session will be shortened to 12:00noon - 2:00pm**



# THE BAY SPORTS ARENA

Bullockstone Road, Herne Bay, Kent, CT6 7NS - (01227) 366921



## Roller Skating

Monday to Friday, 1:30pm - 3:30pm

Saturdays, 10:00am - 11:30am

Saturdays & Sundays, 1:30pm - 4:30pm

*Be sure to come along to our special Roller Disco sessions on Good Friday and Bank Holiday Monday!*

Family 5\* members: FREE

5\*, 4\* & 3\* Member: Junior £2.60, Adult £3.30

Non-Member: Junior £3.70, Adult £4.90

Skate Hire: Member £2.60, Non-Member £3.20

**Family discount tickets available.**

## Roller Disco

Friday 14th & Monday 17th April,

1.30pm - 3.30pm

Fridays, 9:00pm-10.30pm

**On Friday 14th April this session will be extended from 7:00pm - 10:30pm!**

Admission: £2.40, Skate Hire: £2.40

## Outdoor Adventure Activities

*In partnership with Herne Bay High School.*

*All safety equipment for activities will be supplied.*

*Suitable clothing for outdoors is required including a complete change of clothes for watersports including footwear. Packed lunch and drinks required as well as sun lotion and caps if necessary.*

**Age: 10 - 14 years**

Member: £18.00 per day

Non-Member: £21.00 per day

**All activities are weather dependent and are subject to change at short notice.**

### Canoeing

Monday 3rd April, 10:00am - 3:00pm

**Climbing at Harrison's Rocks in Tonbridge**

Tuesday 4th April, 8:30am - 4:00pm

**Indoor Climbing and BMXing**

Wednesday 5th April, 10:00am - 3:00pm

## Essentials 'No Strings' Badminton Session

*In Partnership with Kings Road Badminton Club*

Sundays, 6:15pm - 7:15pm

**Excluding Sunday 16th April**

*Want to try your hand at Badminton? Essentials by No Strings Badminton is a course aimed at adult beginners keen to improve their playing confidence by learning the 'essential' badminton skills all set in a relaxed, fun and sociable environment. There's no need to book for these sessions, just turn up and play!*

**Age: 16+ years**

£3.50 per person

## Family 'No Strings' Badminton Session

*In Partnership with Kings Road Badminton Club*

Sundays, 4:00pm - 6:00pm

**Excluding Sunday 16th April**

*Bring the family along to our 'Turn up and play' sessions where you'll learn all the essential skills in a relaxed, playful environment.*

£5.00 per family

## Skate Workshop

Wednesday, 3:45pm - 4:45pm

Member: Junior £6.00, Adult £7.70

Non-Member: Junior £7.00, Adult £8.70

## Tennis Open Weekend

Saturday 13th & Sunday 14th May

*Book any court over the weekend to practice your skills with friends and family!*

£1.00 per court

## Trampolining Courses

We have new courses starting in April. Book your space today!

## All Day Sports Camps

*In partnership with Herne Bay High School  
Our multi sports day camp activities include roller skating, football, benchball, basketball, uni-hockey, kwik-cricket, short tennis, badminton, parachute, dodgeball, foxes and rabbits and lots more!*

Age: 5 - 12 years

All day camps run from 10:00am - 3:00pm

Member: £12.50 per day

Non-Member: £16.00 per day

**£5.00 discount for booking a full week**

**(Monday - Friday)**

## Multi Sports Day Camp

Monday 3rd - Friday 7th April

Monday 10th - Thursday 13th April

## Multi Sports and Trampolineing

Monday 3rd - Friday 7th April

Monday 10th - Thursday 13th April

## Multi Sports and Football

Wednesday 5th - Friday 7th April

Wednesday 12th - Thursday 13th April

## Multi Sports, Arts and Crafts

Monday 3rd April - Friday 7th April

Monday 10th April - Thursday 13th April

## Multi Sports and Tennis

Wednesdays 5th & 12th April

## Multi Sports and Climbing Wall

Thursdays 6th & 13th April

Age: 8 years +

## Trampolineing

Monday 3rd April - Friday 7th April

Monday 10th April - Thursday 13th April

## Football Camp

*In partnership with Total Sports Coaching*

*Qualified coaches from TSC will be running sessions with drills and games to help players practice their skills. Come to this awesome camp where having fun and developing skills is the number one priority. Plus there will be mini world cup style tournaments every afternoon!*

Wednesday - Friday, 10:00am - 3:00pm

**Excluding Friday 14th April**

All attendees: £12.00 per day

**Please bring appropriate clothing and footwear.**

**Packed lunch and drinks are also required.**

Call John on 07931165070 for information and bookings or email [soccerschools@tscoaching.co.uk](mailto:soccerschools@tscoaching.co.uk)

## Half Day Multi Sports Camp

Monday 3rd April - Friday 7th April

Monday 10th April - Thursday 13th April

10:00am - 12:00noon

Age: 5 - 12 years

Member: £6.50

Non-Member: £8.00

**Booking is essential for all sports camps.**

## Easter Gymnastics

*In partnership with Greenhill Gymnastics Club*

*We have a range of fun but structured gymnastics camps with specialist coaches and equipment. They're a chance to learn new skills on the vault, asymmetric bars, beams and floor.*

## Pre-School

Monday 3rd & Wednesday 5th April,

1:00pm - 2:15pm

Age: 2 - 5 years

Members: £5.00, Non Members: £6.00

## Beginners

Monday 3rd, Wednesday 5th & Friday 7th April,

Age: 5 - 12 years

## Half Day Camp

10:00am - 12:00pm

Members: £6.50, Non Members: £8.00

## Full Day Gymnastics and Multi-Sports

10:00am - 3:00pm

Members: £12.50, Non Members: £16.00

## Advanced

Monday 10th - Thursday 13th April,

Age: 5 - 12 years

## Full Day Camp

10:00am - 3:00pm

Members: £12.50, Non Members: £16.00

## Full Day Gymnastics and Multi-Sports

10:00am - 3:00pm

Members: £12.50, Non Members: £16.00

## Extended Camp Hours

*We are now offering an early drop off and late pick up service in conjunction with all of our half term camps, perfect for working parents!*

8:30am - 10:00am

Member: £1.50 extra per day

Non-Member: £2.50 extra per day

3:00pm - 5:30pm

Member: £2.50 extra per day

Non-Member: £3.50 extra per day

# WHITSTABLE SWIMMING POOL & WHITSTABLE SPORTS CENTRE

Whitstable Swimming Pool - Tower Parade, Whitstable, Kent, CT5 2BJ - (01227) 772442

Whitstable Sports Centre - Bellevue Road, Whitstable, Kent, CT5 1PX - (01227) 274394



## Family Training

at Whitstable Swimming Pool & Whitstable Sports Centre

**Saturday & Sunday, 12:00pm - 4:00pm**

*A chance for teens to train with their parents in the gym.*

Age: 12+ years

5\* Family Member: FREE

4\* Member: £4.00

3\* Member: £3.40

Non-Member: £5.00



## Teen Training

at Whitstable Swimming Pool

**Tuesday & Thursday, 4:30pm - 5:30pm**

*A chance for teens to train in the gym with a dedicated trainer on duty to look after them and advise on safe, effective training programmes.*

Age: 12+ years

5\* Family Member: FREE , 4\* Member: £4.00

3\* Member: £3.40, Non-Member: £5.00

## Family Fun Time

at Whitstable Swimming Pool

**Monday - Friday, 2:30pm - 4:00pm**

**Saturday & Sunday, 2:00pm - 4:00pm**

*A fun water session for the whole family to enjoy! Whether it's trying to reach the end of the monster island, having a blast with our giant mats and floats, or making a splash in our small pool, everyone will find their favourite activity!*

Age: All ages welcome

5\* Member: FREE

4\* Member: Junior £2.60, Adult £3.30

3\* Member: Junior £2.10, Adult £2.60

Non-Member: Junior £3.70, Adult £4.90

*Children under 8 must be supervised by an adult in the water at all times. You must be able to swim 25m and be confident in deep water to use the inflatable island.*

**Please pick up a swimming timetable for details of restrictions / closures of the main and small pool during the holiday period.**

## Family Multi Activity Session

at Whitstable Sports Centre

**Monday 3rd to Friday 7th April and**

**Monday 10th to Thursday 13th April**

**3:30pm - 5:00pm**

*Fun for all the family in the sports hall with the giant bouncy castle, table tennis and balls. Children must be dressed appropriately in trainers and sports wear.*

Age: 4+ years

5\* Family Member: FREE , 4\* Member: £2.90

3\* Member: £2.90, Non-Member: £3.50

## Private Lesson Crash Course

**Monday - Friday**

*Intensive 5 day Crash Course of one to one lessons available for all ages and abilities from 4 years.*

Member: £74.00, Non-Member: £84.00

**Advanced booking essential.**

## Terrapins Swim Course

Age: 5+ years

**Monday 3rd - Friday 7th April,**

**9:00am - 9:30am**

Member: £35.00, Non-Member: £50.00

**Monday 10th - Thursday 13th April,**

**9:00am - 9:30am**

Member: £28.00, Non-Member: £40.00

**Advanced booking essential. Visit**

**[www.bit.ly/AL-crashcourse](http://www.bit.ly/AL-crashcourse) for more details.**

## Extra Activities

at Whitstable Sports Centre

*Throughout the holiday period we have many extra badminton, table tennis and birthday slots available and the centre will open from 2:30pm.*

*For more information please call 01227 274394.*

*Whitstable Sports Centre will be closed Good Friday,*

*Easter Sunday and bank holiday Monday.*

*Whitstable Swimming Pool will close at 7:00pm on Good Friday and Easter Monday and 5.30pm on Easter Sunday.*