



# Active Kidz

1610



OCTOBER 2019

DORCHESTER SPORTS CENTRE

Coburg Road, Dorchester DT1 2HR

T 01305 858400

*Fantastic  
holiday activities  
guaranteed to keep  
boredom at bay!*

**BOOK EARLY!**



[www.1610.org.uk](http://www.1610.org.uk)

# Active Kidz



**BOOK YOUR PLACE NOW!**

We've got ghoulishly-good fun this October with action-packed activities that kids will love!

## LEARN TO DIVE

Monday 28th October • 12-1pm **£6**  
Friday 1st November • 11am-12pm • 7-12yrs

Work with our swimming instructors in this fun session designed to help you focus on and improve your diving\*.



## LEARN TO TUMBLE TURN

Monday 28th October • 1-2pm **£6**  
Friday 1st November • 12-1pm • 7-12yrs

Work with our swimming instructors in this fun session designed to help you focus on and improve your diving\*.



## INFLATAFUN SESSIONS **£5**

Tue 29th October • 10-11am / Wed 30th October • 2-3pm  
Thu 31st October • 11am-12pm / Sun 3rd November • 2.30-3.30pm

Join us for a fantastic fun session on our giant inflatable assault course! **8-14yrs**



## TRAMPOLINING **£7**

Mon 28th/Tue 29th/Thu 31st October  
10-11am • 5-7yrs 11am-12pm • 8-13yrs

Bounce around for an hour of fun, learning moves and routines with our trampolining instructors.



## ADVENTURE RELAYS & GAMES **£5**

Mon 28th October • 2.20-3.20pm  
Wed 30th October • 12pm-1pm  
Fri 1st November • 2.50-3.50pm • 5-8yrs

An hour of splashtastic fun and games for younger children in our small pool.



## PRAMA.KIDS **£6**

Tue 29th & Wed 30th October: 2-3pm • 5-7yrs / 3-4pm • 8-12yrs  
Thu 31st October: 1-2pm • 5-7yrs / 2-3pm • 8-12yrs

A fun-packed PRAMA.KIDS session utilises movement, music and lights to create a unique interactive fitness and play experience that is non-stop fun!



## FUN FOOTBALL **£7**

Tue 29th/Wed 30th/Thu 31st October  
10-11am • 5-8yrs 11am-12pm • 9-14yrs

Join us for some fantastic footie action! Featuring skills, drills and games led by our football coaches.



## STARTS & TURNS **£6**

Tue 29th & Thu 31st October  
12.15-13.15pm • 7-12yrs

A session designed to focus on practicing and improving those all important starts and turns\*.



## IMPROVE YOUR FRONT & BACK STROKE **£6**

Tuesday 29th & Thursday 31st October  
1.15-2.15pm • 7-12yrs

Join us for a focus on improving your Front and Back Stroke with expert guidance from our swim instructors\*.



## ROOKIE BEGINNERS **£5**

Thursday 31st October  
3-3.30pm / 3.30-4pm • 7-12yrs

Find out if you've got what it takes to be a lifeguard as you're put through your paces in this fun session!\*



\*Children must be able to swim 15 metres.

ALL ACTIVITIES PRICED PER SESSION.

Swim lessons for all with...

# SWIM 1610

- 🌟 2 FREE lessons per year (T&C's apply)
- 🌟 FREE swim hat for selected age groups
- 🌟 Lessons for all ages (0-99 years)
- 🌟 All equipment provided\*
- 🌟 Easily manage payments through our DD scheme
- 🌟 Lessons all year round
- 🌟 Enquire at reception for more information or give us a call on **01305 858400**

Dorchester Sports Centre  
Coburg Road, Dorchester DT1 2HR

T 01305 858400 [www.1610.org.uk](http://www.1610.org.uk)  



Learn to Swim Programme

# 1610

**FREE  
SWIMMING!**

during Public sessions  
with your DD Junior Swim  
Membership!  
(Terms and conditions apply)

\*Goggles not provided

