



1610

# Active Kidz

SUMMER 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

Banish boredom this Summer with our fun-packed activities that kids will love!  
Spaces are limited so book early!



## LEARN TO DIVE

**Mondays:** 29th July/5th/12th/  
19th/26th/August • 10-11am • 7-12yrs

£6

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



## LEARN TO TUMBLE TURN

**Mondays:** 29th July/5th/12th/  
19th/26th/August • 11-11.45am • 7-12yrs

£5

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



## INFLATAFUN SESSIONS

**Tuesdays:** 30th July/6th/13th/20th/27th August • 1.45-2.45pm  
**Thursdays:** 25th July/1st/8th/15th/22nd/29th August • 9.45-10.45am

£5

» Join us for a fantastic fun session on our giant inflatable assault course!

» 8-12yrs



## PARENT & CHILD YOGA

**Wednesdays:** 24th July/7th/21st August  
11.45am-12.45pm • 7-12yrs

£6

Stretch yourselves as you relax and unwind together in our specially designed Yoga sessions.



## TOTAL WIPEOUT GAMES

**Wednesdays:** 24th July/31st/July • 12-1pm  
**Fridays:** 26th July/2nd August • 12.15-1.15pm  
**Monday:** 29th July • 2.20-3.20pm • 5-7yrs

£5

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



## PRAMA.KIDS



**Tuesdays:** 30th July/6th/13th/20th/27th August • 3.05-4.05pm • 5-7yrs  
**Wednesdays:** 24th/31st July/7th/14th/21st/28th August • 3.15-4.15pm • 8-12yrs

£5

» 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!



## HAVE A GO TRAMPOLINING

**Thursdays** 25th July/1st/8th/15th/22nd/29th August

£5

9.00 - 9.45 • Ages 4 - 6yrs

10.30 - 11.15 • Ages 4 - 6yrs

9.45 - 10.30 • Ages 7-12yrs

11.15 - 12.00 • Ages 7-12yrs

Bounce around and learn some new moves with our Trampolining coaches!



## IMPROVE YOUR FRONT & BACK STROKE

**Fridays:** 26th July/9th/23rd/August  
11-11.45am • 7-12yrs

£5

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



## IMPROVE YOUR BREAST STROKE & BUTTERFLY

**Fridays:** 2nd/16th/23rd August  
11-11.45am • 7-12yrs

£5

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



\*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

