



SUMMER 2017

INTENSIVE SWIMMING LESSONS

PARENT & BABE SESSIONS

"A great opportunity for parent and babe to learn together building confidence through songs and pool activities ..."

Age: 0 months - 2½ years
 Dates: **Monday** 24th & 31st July
 7th, 14th & 21st Aug
 Time: 9.45am - 10.15am
 Instructor: Dawn Hill
 Price: Members £5.00 per session
 Non-Mem £6.00 per session



DUCKLINGS SESSIONS

"Children progress in a fun and friendly atmosphere towards ASA Awards ..."

Age: 2½ - 4½ years
 Dates: **Monday** 24th & 31st July
 7th, 14th & 21st Aug
 Time: 10.15am - 10.45am
Wednesday 26th July
 2nd, 9th, 16th & 23rd Aug
 Time: 9.00am - 9.30am
 Instructor: Dawn Hill
 Price: Members £5.00 per session
 Non-Mem £6.00 per session



FISHES/FISHES ADV SESSIONS

"Developing basic safety awareness, the 'class' scenario, basic movement and water confidence skills. Swimmers may use aids, e.g. woggles, floats etc ..."

Age: 4+ years
 Dates: **Monday** 24th & 31st July
 7th, 14th & 21st Aug
 Time: 10.45am - 11.15am
Wednesday 26th July
 2nd, 9th, 16th & 23rd Aug
 Time: 9.30am - 10.00am
 Instructor: Dawn Hill
 Price: Members £5.00 per session
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FROG/TURTLES SESSIONS

Frogs - Developing safe entries including submersion travel up to 10 metres on their front & back, progress rotation skills and water safety knowledge.

Turtles - Refining kicking technique for all strokes, and swimming 20 metres to a given standard as directed by the STA.

Age: 4+ years
 Dates: **Wednesday** 26th July
 2nd, 9th, 16th & 23rd Aug
 Time: 10.00am - 10.30am
 Instructor: Dawn Hill
 Price: Members £5.00 per session
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ACTIVITY DIARY - SUMMER 2017

2017

WEEK 1

Thurs 20 th July	Fri 21 st July	Soccer Stars Day	Ultimate Sports Day	Nerf Quest Day	Dodgeball Day	Totally Tennis Day	Minecraft Day	American Day	Adventure Club Day	Box Martial Arts	Gym & Tramp Day	Sing & Beats Day	Sporting Starlets	Dynamic Divas Day	Sparkle Dance Day	Moana Day	Acro-Dance Day	Trolls Day

WEEK 2

Mon 24 th July	Tues 25 th July	Wed 26 th July	Thurs 27 th July	Fri 28 th July

WEEK 3

Mon 31 st July	Tues 1 st Aug	Wed 2 nd Aug	Thurs 3 rd Aug	Fri 4 th Aug

WEEK 4

Mon 7 th Aug	Tues 8 th Aug	Wed 9 th Aug	Thurs 10 th Aug	Fri 11 th Aug

WEEK 5

Mon 14 th Aug	Tues 15 th Aug	Wed 16 th Aug	Thurs 17 th Aug	Fri 18 th Aug

WEEK 6

Mon 21 st Aug	Tues 22 nd Aug	Wed 23 rd Aug	Thurs 24 th Aug	Fri 25 th Aug

WEEK 7

Tues 29 th Aug	Wed 30 th Aug	Thurs 31 st Aug	Fri 1 st Sept

WEEK 8

Mon 4 th Sept	Tues 5 th Sept



THE JUNCTION
PART OF YMCA BOURNEMOUTH

Summer 2017 HOLIDAY ACTIVITIES

BOOK TODAY

Here @ The Junction

- NEW Moana
- NEW Acro-Dance
- Trolls
- Ultimate Sports
- Sparkle Dance
- Nerf Quest
- Soccer Stars
- Dynamic Divas
- Gym & Trampolining
- Dodgeball
- American Sports
- MINEcraft
- Sing & Beats
- Sporting Starlets
- Adventure Club
- Totally Tennis
- Box Martial Arts



FOR ALL
5 - 12
YEARS

From
£10.00
Per Day

GREAT
FUN



BOOKING CONDITIONS:

Once booked, no refunds/credit notes will be issued for non-attendance. Transferring days once booked is not permitted.



The Junction Sports & Leisure Centre, Station Approach, Broadstone, BH18 8AX
 Call 01202 777766 or visit www.thejunctionbroadstone.co.uk



SUMMER 2017 HOLIDAY CLUB FOR ALL 5-12 YEAR OLDS

Booking Conditions: Once booked, no refunds/credit notes will be issued for non-attendance. Transferring days once booked is not permitted.

SOCCER STARS DAY

Take part in a whole host of coaching drills designed to improve your all round ability in the worlds greatest game. Put these skills to the test in an afternoon of world cup matchplay.

To include:

- Prizes
- Shooting target drill
- Power shot with speed gun
- Penalty shoot out
- Yellow and red cards for matchplay



5+ YEARS

SPORTING STARLETS DAY

Love sport? Love to dance?

This is the day for you girls

A fun packed morning of sports for girls including netball, hockey and aerobics PLUS an afternoon of pom pom cheerleading, dance, rhythmic gymnastics and poi spinning ...

C'MON GIRLS YOU CAN DO IT ALL!!!



5+ YEARS

BOX MARTIAL ARTS DAY

A fun and dynamic day of martial arts providing a physical education which can cross over in all sports. Students tackle challenging activities in ways that are engaging, meaningful, whilst having fun.

Activities to include:

- Lively pad workout
- Team building
- Team games
- Self Defence
- Stranger Danger Skills
- Best form of Defence **PLUS MORE**



5+ YEARS

ACRO-DANCE DAY

A fusion of dance and gymnastics moves taught by a professional dancer. Improve confidence, flexibility and fitness and learn some acrobatic tricks and movements.

To Include:

- Hula Hooping
- Pyramids
- Ribbons & Scarfs
- Tumbles

Mini performance at the end of the day to showcase the skills you have learnt for your parents to be amazed.



5+ YEARS

MOANA DAY

Are you adventurous as Moana !!! If so come and meet her..

Join The Junction on this journey of all things Moana, from arts and crafts, fun games and much more.

Plus swimming adventures in our Pool to give you the real Moana experience and watch the film on our big screen.

Please Note: 8+ years only can take part in the swimming experience due to Swimming Pool Policies.



5+ YEARS

ULTIMATE SPORTS DAY

An ultimate sports extravaganza for boys and girls in this fun packed action day, covering a wide range of sports to include:

- Athletics
 - Tennis
 - Badminton
 - Indoor Curling
 - Hockey
 - Football
- plus much much more**

If you love sport this day is for you.



5+ YEARS

SPARKLE DANCE DAY

A full day of dance incorporating the world's varying styles and techniques, all delivered with the latest music sounds ... plus a mini performance at the end of the day to showcase the skills learnt for mum/dad to be amazed ...

Includes **POM POM CHEERLEADING** ...

HAVE YOU GOT THE SPARKLE IN YOU???



5+ YEARS

MINECRAFT DAY

Minecraft has built its way to The Junction, this fun packed day will include exploration, gathering resources, crafting and combat.

You will need to be at your best in survival mode and maintain your health and hunger. Our large 8ft screen is where minecraft really comes to life ...



7+ YEARS

TOTALLY TENNIS DAY

Join us in a fun packed Tennis day with coaching tips and fun games, mini tournament and prizes to be won. Are you the next Andy Murray or Johanna Konta? Plus much more ...

- Tennis Dungeons
- Leg It
- King Of The Court
- Beat Our Coach
- Spanish Doubles
- SPEED 'GUN'



5+ YEARS

MOVIE & MEAL

(4pm - 5.30pm)

After your FUN packed day why not join us watching the latest children's DVDs on the large screen in the bar lounge.

- Fully supervised
- Includes a hot meal

Ideal for working parents ...

ONLY £3.50



NERF QUEST DAY

Action and fun from every direction. A new and exciting day of NERF QUEST has shot to The Junction. This action packed day will include target shooting, team and individual quests. Plus games including team elimination, capture the flag, Predator vs Prey and much more.

- Have you got what it takes to be the sharp shooter of the day!!!
- We supply bullets, guns and protective eye wear ... just bring a steady hand.



6+ YEARS

GYM & TRAMPOLINE DAY

Gymnastics
Floor Work & Gym Fit
(BG Badge Work)

Trampolining

Tucks, Straddles, Pikes to Seat Drops, Twists and lots more. FUN teaching/ routines for Recreational to Elite.

A FUN PACKED DAY FOR ALL ...



5+ YEARS

SING & BEATS DAY

GIRLS JUST WANNA HAVE FUN!

Come on girls, join in with the latest Singing and Dancing. Battle it out on X-Box Kinect and show off your skills with Dance Central and Just Dance competitions.

Prizes up for grabs for your team. LIP SYNC BATTLE is next followed by the X FACTOR CHALLENGE--will your audition get a yes from SIMON?!



5+ YEARS

ADVENTURE CLUB DAY

Calling all YOUNG EXPLORERS, a new day for the adventurous has joined our amazing holiday clubs, with specialised coaches joining our coaching team you will be able to enjoy a day of outdoor activities including:

- Climbing Wall
- Camp Building
- Archery
- Team Building Games

TRY SOMETHING NEW TODAY



5+ YEARS

DODGEBALL MANIA DAY

Dodge, duck and dive, this day will give you the chance to release your energy and show off your Dodgeball skills!!!

You'll need to save your King/Queen, come up with tactics to capture the flag and work together in big teams to be the 'Ultimate Dodgeball Champions'. Plus much more ...



5+ YEARS

DYNAMIC DIVA DAY

This is a superb day for the girls to get together and let their creativity flow.

Activities can include:

- Cool Crafty Creations
- Parachute Games
- Sporting Events
- FUN Fitness Sessions
- 'Make Your Own' (Bracelets etc...)
- Painting
- PLUS much more ...

A FUN PACKED DAY FOR ALL ... (except boys!!!)



5+ YEARS

AMERICAN SPORTS DAY

Yee haw it's American day, learn to play Americas top sports to include:

- American Football
- Baseball
- Basketball
- Soccer
- Hockey
- Lacrosse

Sorry guys no wrestling this time. Plus enjoy an American themed lunch with, yes you have guessed it, American fries and burgers washed down with a milkshake. A fun day for both boys and girls to try these sports in a fun and friendly atmosphere.



5+ YEARS

TROLLS DAY

No Trolls left Behind !!!

Come and meet Princess POPPY for a fun filled session of TROLLS themed Activities, from arts and crafts to singing/dancing and fun games to the Trolls soundtrack.

Enjoy a magical day to remember, make new friends, watch the film on the big screen, take home all of your hand-made artwork and creations and be inspired by all things Trolls.



5+ YEARS

DAILY FEES:

Dodgeball MANIA Day
Totally Tennis Day
Ultimate Sports Day
£10.00 Members
£12.00 Non Members

Sporting Starlets Day
Minecraft Day
Nerf Quest Day
Sparkle Dance Day
American Sports Day
Soccer Stars Day
Box Martial Arts Day
Dynamic Divas Day
Sing & Beats Day
Trolls Day
Moana Day
Acro-Dance Day
£14.00 Members
£16.00 Non Members

Gym & Tramp Day
Adventure Club Day
£16.00 Members
£18.00 Non Members

OTHER INFO:

- All activities start from 8.30am - 9.15am (registration) to 4.00pm (collection)

- Packed lunch & mid morning snack required

- Suitable sports clothing to be worn

- Sun lotion/hat required for Adventure Club, Totally Tennis, Sporting Starlets & Soccer Stars Days



Proud Sponsor
of The Junction's
Holiday Activities



Skills For Life Membership ONLY £20.00 per year 0 - 15 Years

FOR ALL 5-12 YEAR OLDS

SEE OVER FOR
ACTIVITY DIARY