



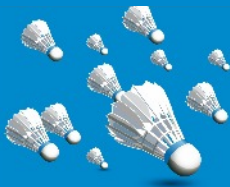
basingstoke sports centre

# May / June Junior Activities

HALF TERM AND TERM TIME



[mybst.org](http://mybst.org)



# Junior Badminton

For children aged 8 - 16 years

\*Members  
receive  
10% discount

## Half Term Holiday

### Badminton Taster Session

Play badminton in a fun and safe environment. This session includes coaching and games and is run by our qualified Badminton England Coach.

**Wednesday 30th May**

**11.00 - 12.00**

**Price: £5.00\***

## Term Time

### Basingstoke Flyers Junior Badminton Club

#### 6 week course available

Play matches and games with our Badminton England Affiliated sessions, for children of all abilities.

**Wednesday 6th June - Wednesday 11th July**

**17.20 - 18.20**

**Price: £30.00 + £10.00 Annual Club Fee**  
(payable on first session)

For more information on Junior Badminton, please contact  
**Simon Ellis** tel: 01256 302224 email: [simon.ellis@mybst.org](mailto:simon.ellis@mybst.org)



## The Racket Pack **Every Thursday** **Badminton Course** For 6 - 10 years

### 6 Week Beginners Course

Sessions are designed to deliver fun & engaging skill based activities, Ensuring a positive first experience of badminton.

**from 14th June - 19th July 16.40 - 17.40 PRICE £ 30.00**

For more information on The Racket Pack, please contact  
**Sally Starbuck** tel: 01256 302219 email: [sally.starbuck@mybst.org](mailto:sally.starbuck@mybst.org)



# KIDS PARTIES

**BOOK** a Party and get **EXCLUSIVE USE**  
of the Jungle Adventure Softplay

For more information, please pick up a Party leaflet, visit our website: [mybst.org/parties](http://mybst.org/parties)  
or contact: **Alicia Mackrell** on: tel: 01256 302224 or email: [alicia.mackrell@mybst.org](mailto:alicia.mackrell@mybst.org)



**£24.00**  
per course

## gymwise

beginners gym courses

**6 WEEK COURSE**

**17.00 - 18.00**

**Saturday 9th June**

**- Saturday 14th July**

**for 12 - 25 year olds with additional needs**

**Basingstoke Sports Centre** are running sessions for Children and Young Adults with additional needs. Sessions will be focused on functional and resistance based exercises which will help with everyday movement and co-ordination. This will increase physical activity, introduce them to the gym environment and most importantly - participants will have fun!

For more information about our Gymwise sessions,  
please contact **Sophie Hughes** on:  
tel: 01256 302205 or email: [sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)



# Soccer Strikers

## Weekly Football

Quality coaching delivered by a FA qualified trainer, with sessions specially designed to improve all round football ability. Sessions available on Saturday and Sundays throughout the year.

<b>Saturday</b>	Elite Strikers	9 - 11 years	09.20 - 10.20
<b>Saturday</b>	Mega Strikers	5½ - 8 years	10.20 - 11.20
<b>Sunday</b>	Striker Tots	2 - 3½ years	09.05 - 09.50
<b>Sunday</b>	Super Strikers	3½ - 4½ years	10.00 - 10.45
<b>Sunday</b>	Junior Strikers	4½ - 5½ years	10.55 - 11.40
<b>Sunday</b>	Super Striker Tots	2 - 4 years	12.15 - 13.00

**Book now with Glenn Brailey**

tel: 07775 965703

email: glennbrailey@hotmail.co.uk

**[www.soccerstrikers.co.uk](http://www.soccerstrikers.co.uk)**



## National Pool Lifeguard Qualification



Interested in becoming a lifeguard? This course requires that you are a competent swimmer, 16 years and over and to swim 100m whilst wearing shorts and a t-shirt.

**Monday 9th July - Saturday 14th July 2018 &  
Monday 16th July - Saturday 21st July 2018**

08.30 - 17.00 Price: £210 Members/students Price: £200

For further information about our course dates, please check our website or contact **Gareth Lewis**  
tel: 01256 302243 email: [gareth.lewis@mybst.org](mailto:gareth.lewis@mybst.org)



# Junior Squash

For children aged 7 - 16 years

An introduction to squash in a fun and safe environment, with our England Level 3 Elite England Squash Coach.

## Half Term Holiday

**Junior Squash** (1 day taster sessions)

Tuesday 29th May & Wednesday 30th May

**10.00 - 12.00 Price: £8.00\* per day**

\*Members  
receive  
10% discount

## Term Time

**Junior Squash**

(6 Week Courses available)

Saturday 16th June - Saturday 21st July

**09.00 - 10.00**

Saturday Morning Beginners (7 years and over)

**10.00 - 11.00**

Saturday Morning Intermediate (10 years and over)

**Price: £30.00\***

For more information on Junior Squash please contact  
**Sally Starbuck** tel: 01256 302219 email: [sally.starbuck@mybst.org](mailto:sally.starbuck@mybst.org)



# Are you ready for the challenge!

9 - 14 Years

**7 WEEK COURSES**  
available  
Members Receive  
10% discount



## Half Term Holiday

Holiday Drop-in classes

**Thursday 31st May**

11.15 - 12.15 Price: £3.80\*

## Term Time

Thursday 7th June -  
Thursday 19th July  
and

**Friday 8th June -  
Friday 20th July**

16.25 - 17.25 Price: £26.60\*  
for the course

For more information, please contact **Sophie Hughes** on:  
tel: 01256 302205 or email: [sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)



## Are you ready for the challenge?

**SUNDAYS**

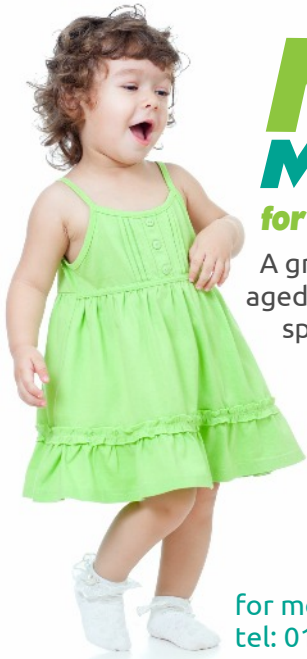
**11.10 - 12.00**

from 10th June  
to 22nd July

Come along to our Family Bootcamp Sessions and get fit with our qualified Instructor.  
(suitable for children aged 8 and up)

All children **MUST** be accompanied by an adult.

For more information, please contact **Sophie Hughes** on tel: 01256 302205 or email [sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)



# Mini Movers

**7 WEEK COURSE**

**\*£17.50**  
Receive 10% discount Members

**for Pre-school Children aged 2 years & over**

A great introduction to exercise for pre-school children aged 2 years and over. Join our qualified childrens fitness specialist for sessions of make believe, imagination, movement and most importantly FUN!

**Parents MUST stay in the Centre.**

**Thursday 7th June**

**Thursday 19th July**

**11.00 - 11.30**



for more information, please contact **Sophie Hughes** on:  
tel: 01256 302205 or email: [sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)

**BOOK NOW!**

**All our courses are bookable in advance at Reception: 01256 326331**



## Family Pedal Course

**SATURDAYS**

**12.10 - 12.40**

**from 9th June  
to 21st July**



**Suitable for children aged 12 years and over! (Min height 150cm)**  
**All children MUST be accompanied by an adult.**

Family Pedal is a fun 30 minute session designed for children & adults. Its a cardiovascular workout, focusing on strengthening legs, core and lower back, creating a safe fun exercise session for all abilities.

For more information, please contact **Sophie Hughes** on:  
tel: 01256 302205 or email: [sophie.hughes@mybst.org](mailto:sophie.hughes@mybst.org)



# JUNGLE ADVENTURE

## SOFT PLAY

at Basingstoke Sports Centre

### Two Tier Play Structure

Ball Pond  
Soft Obstacles  
Jungle Slide

### Jungle Soft Play

Soft Animals and Objects  
Soft Building Blocks  
Bouncy Castle\*

## Gym Tots

### WEEKDAY MORNINGS

Structured play sessions with  
Song Time and Bouncy Castle

£3.95

## Fun Tots

 £3.65

### WEEKDAY AFTERNOONS

Monday 28th May	08.00 - 12.45
Tuesday 29th May	12.30 - 17.00
Wednesday 30th May	12.30 - 17.00
Thursday 31st May	12.30 - 17.00
Friday 1st June	12.30 - 17.00

**Jungle Adventure Soft Play** is the perfect play destination for under 7's in Basingstoke. With our **two tier play structure** and large soft play area, children can interact and engage with their parents/guardians as well as other children in a **brilliant jungle themed play area**.

for more information, please see Jungle Adventure Softplay Leaflet.

### Jungle Adventure

Basingstoke Sports Centre  
Festival Place, Basingstoke

[mybst.org/play](http://mybst.org/play)

01256 326331

\*During Gym Tots sessions only