



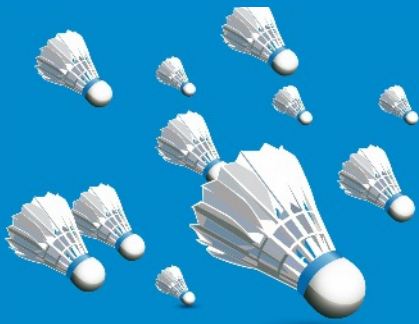
basingstoke sports centre

October 2017 Junior Activities



Half Term & Term Time

mybst.org



Junior Badminton

For children aged 8 - 16 years

Half Term Holiday Badminton (1 Day Course)

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

Tuesday 24th October

09.00 - 10.00

Price: £5.00*

**Members
receive
10% discount*

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 8th November - Wednesday 13th December

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 t: 01256 302224 e: simon.ellis@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 (2 day Course)

Tuesday 24th - Wednesday 25th October 2017

10.00 - 12.00

Price: £16.00*

Term - Time

*Members
receive
10% discount

Junior Squash (6 Week Courses available)

Saturday 11th November - Saturday 16th December 2017

09.00 - 10.00

Saturday Mornings for Beginners (over 7 years)

10.00 - 11.00

Saturday Mornings for Intermediate (over 10 years)

Price: £24.00*

For more information on Junior Squash please contact
Sally Lewis t: 01256 302219 e: sally.lewis@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 26th & Friday 27th October

11.15 - 12.15 Price: £3.50*
per session

Term Time

Thursday 2nd November - Thursday 14th December
and

Friday 3rd November - Friday 15th December

16.25 - 17.25 Price: £26.60*
for the course



Mini Movers

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.

Wednesday 1st November - Wednesday 13th December

10.30 - 11.00

For more information about Junior Boot camp and Mini Movers please contact **Sally Lewis**

t: 01256 302219 e: sally.lewis@mybst.org

7 WEEK COURSE

*£17.50

*Members receive 10% discount

speed focused work out bike
 compete race **JUNIOR**
 saddle cyclist sport fun
 exercise try fast wheel recreational goals
 enjoy active **PEDAL** time achieve
COURSES energy
 fitness

For 12 -14 year olds
 (Min height 150cm)

Junior Pedal is a fun 45 minute Session designed for children. Its a cardiovascular workout, focusing on strengthening legs, core and lower back, creating a safe fun exercise session for juniors of all levels.

Half Term Holiday

Drop-in Class

Wednesday 25th October

16.00 - 16.45 Price: £2.50

Term Time Course

6 WEEK COURSE

Wednesday 1st November -

Wednesday 6th December

16.00 - 16.45 Price: £15.00*
 for the course

BOOK NOW!

at Reception on
 01256 326331

*Members
 receive
 10% discount



£24.00
 per course

gymwise

beginners gym courses

6 WEEK COURSE

17.00 - 18.00

Saturday 28th October -

Saturday 2nd December

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 Junior Pedal Courses or Gymwise sessions, please contact Sophie Hughes on :

t: 01256 302205 or e: sophie.hughes@mybst.org

HALLOWEEN PARTY

Gym Tots & Fun Tots

In the Play Den for children under
6 years.



***No Fun Tot session on
Tuesday 31st October
Halloween Party Instead**

TUESDAY 31ST OCTOBER

13.00 - 14.30

PRICE : £ 3.85

Non - Refundable

Come in your best fancy
dress and meet Bosley Bear
in his halloween outfit. This
will be a great photo
opportunity with Bosley Bear,
our mascot.

***Socks must be worn by
adults and children at all times.**

**Book in advance at Reception.
Limited Spaces.**

RLSS 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 23rd October - Saturday 28th October 2017

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**
t: 01256 302219 e: gareth.lewis@mybst.org





Holiday Fun Camp

For children aged 6 - 11 years. There is so much fun to be had, you would be mad to miss out! Activities include football, swimming, pool inflatable, multi-sports, soft play, bouncy castle, games, competitions & so much more to keep your children entertained.

Wednesday 25th October	09.00 -17.00
Thursday 26th October	09.00 -17.00
Friday 27th October	09.00 -17.00

Price: £20.00
(per day)

Price: £50.00
(all three days)



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.

Saturday	Elite Strikers	9 - 11 years	09.20 - 10.20
Saturday	Mega Strikers	5½ - 8 years	10.20 - 11.20
Sunday	Striker Tots	2 - 3½ years	09.15 - 10.00
Sunday	Super Strikers	3½ - 5½ years	10.10 - 10.55

Book now with Glenn Brailey

t: 07775 965703

e: glennbrailey@hotmail.co.uk

www.soccerstrikers.co.uk



THE BOSLEY BUNCH

Children create their own 5 Piece lunch Box, in Rendezvous today!

ONLY £4.00

PLAY DEN

Soft Play Area & Play Structure

The Play Den is Basingstoke Town Centre's premier play facility for children under 6 years old. The Centre runs multiple sessions throughout the week:

	Under 3s	Under 6s
Monday*	10.00 - 10.50	11.10 - 12.00
Tuesday (Drop in)	————	10.00 - 12.00
Wednesday	10.00 - 10.50	11.10 - 12.00
Thursday	10.00 - 10.50	11.10 - 12.00
Friday	10.00 - 10.50	11.10 - 12.00

GYM TOTS

Includes Bouncy Castle & Song-time

only
£3.85
per session



Don't forget
your socks!



Parental
supervision

Under 6 Play Sessions:

Mondays:	12:30 - 13:55 & 15:00 - 17:00
*Tuesdays:	12:30 - 17:00
Wednesdays:	12:30 - 13:55 & 15:00 - 17:00
Thursdays:	12:30 - 17:00
Fridays:	12:30 - 13:55 & 15:00 - 17:00

FUN TOTS

***No session on
Tuesday 31st October**

Under 5 Play Sessions: (Includes Bouncy Castle)

Saturdays: 09:15 - 11:15

Basingstoke Sports Centre
Festival Place
Basingstoke
RG21 7LE
mybst.org/basingstoke

only
£3.55
per session



Don't forget
your socks!



Parental
supervision

