

Sport & Leisure

Junior Timetable - January & February 2012

Day	Class	Time	Age	
Tuesday	Football	4 - 5pm	4 - 10	TT
	Studio Circuits	5 - 6pm	8+	TT
Wed	Multi-Sports	5 - 6pm	6+	
Thursday	Beginners Karate	5 - 6pm	4+	
	Int' / Adv' Karate	6 - 7pm	6+	
Friday	Spinning	5.15 - 6pm	8+*	
Saturday	Football	9 - 9.45am	4 - 7	
	Football	9.45 - 10.45am	8+	
	Spinning	10 - 10.45am	8+*	
	Beg' Gymnastics	9 - 10am	4 - 5	TT
	Beg' Gymnastics	10 - 11am	6+	TT
	Int' / Adv' Gym's	11am - 12pm		TT
Sunday	Beginners Karate	10 - 11am	4+	
	Int' / Adv' Karate	11am - 12pm	6+	
	Spinning	5.15 - 6pm	8+*	



Fast Track – Members can pre-book all classes up to 1 hour before start time. Please note places cannot be guaranteed where class numbers are limited.



All classes require at least 3 participants to commence



Term time only see reception for dates

**Technique class required prior to first session*

Parents leaving children under 12 are required to stay within Sport & Leisure.

Download your timetable online...
Visit www.ribbyhall.co.uk/health-club

All information correct at time of going to print but may be subject to change

For more details and prices within your membership category call Sport & Leisure

01772 682 000



JUNIOR CLASS DESCRIPTIONS

JUNIOR SPINNING

Both fun and effective group cycling classes. Classes are designed to give young people 8 years+ a complete body workout building confidence and self esteem. Technique classes are essential prior to a class to check height and leg length for suitability on our adult bikes.

STUDIO CIRCUITS

Do you know the difference between a bench press and a bicep curl? This circuit-style class focuses on how muscles work and explores different ways to train. Encourages proper lifting techniques using a range of equipment from dumbbells to fit balls. There is even the odd game of dodge ball!

FAMILY KARATE

Karate is an excellent group activity for all the family. It diminishes stress and depression and promotes flexibility and self esteem. Students have the opportunity to obtain three to four gradins per year. Ribby Hall has been accepted by the Karate Union of Great Britain as an accredited Dojo.

FOOTBALL

Friendly structured football sessions for 4 - 10 year olds.

RHYTHMIC GYMNASTICS

A unique mix of dance, art and sport, that combines elements of ballet, acrobatics, using specific hand apparatus such as ropes, hoops, balls, clubs and ribbons. The movement possibilities are endless when the child uses their imagination and creativity. The essence of Rhythmic Gymnastics is the ability to give freedom of movement through expression of grace and elegance. This grace and elegance shines differently in each gymnast depending on precision, flexibility and choreography. The benefits are endless, giving a child: flexibility, grace, balance, power, agility and co-ordination.

MULTI SPORTS

Energetic team games including indoor hockey, basketball, cricket, football, netball, short tennis and badminton.

Health & Safety

- Please advise your instructor of any medical conditions prior to class.
- Participants will not be permitted to enter classes once they have commenced.
- Appropriate clothing and footwear must be worn whilst attending classes.
- Loose dangling sports wear is not permitted whilst spinning.
- Water required in all classes.