

# Mini Movers

A fun filled, highly interactive, toddler class for your Mini Movers! You can expect exciting games, dancing, music, instruments, bubbles and creative props with relaxation to end. These sessions are designed to increase your child's confidence and rhythm as well as develop their communication and interactive skills.

**Wednesdays 10:30am - 11:15am**

**(Please ask at reception or visit our website for the latest course prices and availability)**

**(Ages 2 - 5 Years)**



# Silly Soccer

A soccer session just for babies and toddlers! This is no pressure "free play" session where parent supervision is required. Our on hand coach will hand out simple game and challenge cards for parents and little ones to tackle together with the aim of encouraging familiarity with a variety of different balls and shapes.

**Tuesdays 1.00pm - 1.45pm**

**(Please ask at reception or visit our website for the latest course prices and availability)**

**(Ages "walking" - 4 Years)**



# OCTOBER HALF TERM



## SPOOKY SPORTS CAMP

Join in with frightening football, creepy cricket and many more Halloween themed activities at our Spooky Sports Camp! Every little ghostbuster is welcome along regardless of ability.

**Monday 28th - Wednesday 30th October**

**9:30am - 11:00am**

**£5.00 (HH) or £6.00 per session**

**(Ages 5 - 11 Years, first come first served!)**

## NINJA KIDS CAMP

Come along and test your reactions, develop your concentration and improve your stealthy skills. Our camp promotes a positive attitude towards life and teaches both patience and the basic skills to defend yourself.

**Monday 28th - Wednesday 30th October**

**11:00am - 12:00pm**

**£5.00 (HH) or £6.00 per session**

**(Ages 5 - 12 Years, first come first served!)**

## FAMILY RACKET ATTACK

Adults can now join in the fun with our new family racket attack! During the school holidays any family with any children under 16 years of age can play Tennis, Badminton, Table Tennis or Mini Tennis for **just £1 each per hour!**

**Valid: Monday - Friday, 9am - 5pm**  
**(School holidays only)**

**Tel: 0118 9216969 to book a court!**



**Woodford Park Leisure Centre**  
**Haddon Drive, Woodley,**  
**Reading, RG5 4LY**

**Tel: 0118 9216969**

**www.woodley.gov.uk**

**Email: sports@woodley.gov.uk**

# Judo Courses

Throw yourself onto one of our judo courses and work your way up the belt gradings!

Develop strength, stamina and improve your overall fitness with this fun martial art. Children will learn a variety of Judo techniques including lifts and throws that students can practice safely without causing harm to their opponents. Are you ready to grapple with the challenge?

**Saturdays**

**9:00am - 10:00am OR 10:00am - 11:00am**

**(Please ask at reception or visit our website for the latest course prices and availability)**

**(Ages 5 - 18 years)**



# Trampolining Courses

Bounce your way through the term by enrolling onto one of our ever popular trampoline courses! Our fully qualified British Gymnastics instructor will aim to improve your technique by following the British Gymnastics award scheme.

**Tuesdays**

**4:00pm - 4:55pm & 5:00pm - 5:55pm**

**Wednesdays**

**4:00pm - 4:55pm**

**(Please note that there is currently a waiting list in place for trampoline courses)**

**(Ages 5 - 14 years)**

# Racket Pack Badminton

These fun filled and engaging sessions are led by our very own Badminton England Coach, and are focussed on ensuring a positive first experience of badminton. Lesson plans are tailored around official Badminton England characters such as Tink and Smash, and children will have the chance to earn rewards for learning new skills!

**Wednesdays 4.00pm - 5.00pm**

**£4.00 (HH Member) or £4.50 (Non Members)**

**(Ages 5 - 12 years)**

**Contact us on: [sports@woodley.gov.uk](mailto:sports@woodley.gov.uk) for a free trial session!**



# Children's Parties

Why not take away the hassle of organising your child's birthday party and consider celebrating in style at Woodford Park Leisure Centre? Our parties are designed to guarantee your child's special day is packed full of fun and excitement whilst ensuring that yours is stress and hassle free!

Please visit our website or contact us to find out more and make a provisional booking!



# Mini Soccer (Ages 3 - 6 Years)

A fun and engaging football session for little ones looking to get their first experience of coaching. Our team of friendly staff will run low pressure, non competitive and simple sessions suitable to all ability levels with the aim of developing the basic skills of football. Sessions take place indoors.

**Tuesdays 4.00pm - 4.55pm**

**£4.00 (HH Member) or £4.50 (Non Member)**

**Contact us on: [sports@woodley.gov.uk](mailto:sports@woodley.gov.uk) for a free trial session!**



# Junior Soccer (Ages 5 - 8 Years)

Our Junior Soccer is the perfect follow up to the Mini Soccer session. Our coaches will use more structured lesson plans focussed on passing, shooting and dribbling mixed in with fun football themed games to keep the children entertained. A great session for those thinking about joining a local football team!

**Tuesdays 5.00pm - 5.55pm**

**£4.00 (HH Member) or £4.50 (Non Member)**

**Contact us on: [sports@woodley.gov.uk](mailto:sports@woodley.gov.uk) for a free trial session!**

