



Newhaven Junior Activities

Aqua Tots at Seahaven Swim & Fitness Centre	
Thursday	
10.15am - 11.30am	0 - 5 years

T45 Gym Fitness at Seahaven Swim & Fitness Centre	
Tuesday	
3.45pm - 4.30pm	11 - 16 years

Active Bounce Course at Shakespeare Hall	
Monday	
4.15pm - 5pm	5 - 8 years
6.30pm - 7.30pm	11 - 16 years

The Eliminator at Seahaven Swim & Fitness Centre	
Saturday	
11am - 12.30pm	Under 16 years Children must be competent swimmers to use the inflatable
Sunday	
1pm - 2.30pm	Under 16 years Children must be competent swimmers to use the inflatable

Buggy Fitness at Shakespeare Hall	
Thursday	
10am - 11am	All ages

Get Set Club at Shakespeare Hall	
Fun and friendship for children and young people with Special educational needs. For more information contact Anna Jones anna.jones@waveleisure.co.uk or call 01273 510784.	

Wave Adventures at Shakespeare Hall	
A range of outdoor activities including outdoor cooking, foraging and bush craft for 8 - 15 year olds. Includes awards as well as taster courses. For more information contact Anna Jones anna.jones@waveleisure.co.uk or call 01273 510784.	

Let's Play at Shakespeare Hall	
Wednesday	
10am - 12pm	Under 5's

Swim School Swimming lessons at Seahaven Swim & Fitness Centre	
For full details visit www.waveleisure.co.uk	



wave
Live life

For further information please call
Seahaven Swim & Fitness Centre
on 01273 512498
Shakespeare Hall
on 01273 510784
or email info@waveleisure.co.uk

www.waveleisure.co.uk