



# Seaford Junior Activities

## Active Schools

**Fun Sports Activities in Schools**, active learning, structured lunch time games & play or taster sessions at Wave facilities. Please contact David Wright david.wright@waveleisure.co.uk or call the team on 01323 508857

## Dino's Soft Play - drop in session

For ages: 0 - 11 years  
**Daily - check session times at [www.waveleisure.co.uk](http://www.waveleisure.co.uk)**

## Diddy Dino's - drop in session

**Tuesday**  
 9.30am - 11.30am      Under 5's  
 during term time

## Get Set Club

Fun and friendship for children and young people with Special Educational Needs and Disabilities. For more information contact Anna Jones anna.jones@waveleisure.co.uk or call 01273 510784.

## Gymnastics Course

<b>Wednesday</b>	
3.45pm - 4.45pm	4 - 8 years+ - Mixed abilities
4.45pm - 5.45pm	By Invitation only
5.45pm - 6.45pm	4 - 8 years+ - Mixed abilities
<b>Thursday</b>	
3.45pm - 4.45pm	4 - 8 years - Mixed abilities
4.45pm - 5.45pm	8 years+ - Mixed abilities
5.45pm - 6.45pm	7 years+ - Mixed abilities

## Inflatable Challenge Session at Seaford Head Pool

<b>Saturday</b>	
2pm - 3.30pm	All ages Children must be competent swimmers to use the inflatable

## Pre-School Gymnastics Course

<b>Friday</b>	
9.15am - 10am	22 mths - 3 years
10am - 10.45am	3 - 5 years
10.45am - 11.30am	Advanced Class

## Pre-School Trampolining Course

<b>Friday</b>	
1.15pm - 2pm	2½ - 4 years

## Roller Disco

<b>Saturday</b>	
From 5.30pm	All ages

## Swim School

**Swimming lessons at Seaford Head Pool**  
 For full details visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

## T-45 Group Exercise

<b>Friday</b>	
4pm - 4.45pm	11 - 16 years

## T-45 Gym Fitness

<b>Thursday</b>	
3.45pm - 4.30pm	11 - 16 years

**All activities are held at Downs Leisure Centre unless otherwise stated**

*continued overleaf*



**Total Float Zone  
at Seaford Head Pool**

**Sunday**

2pm - 3.30pm	All ages Children must be competent swimmers to use the inflatable
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**Trampolining Course**

**Tuesday**

5pm - 6pm	4 years+ - Mixed abilities
6pm - 7pm	8 years+
8.30pm - 9.30pm	Adults (16 years+)

**Friday**

4pm - 5pm	4 years+ - Mixed abilities
5pm - 6pm	4 years+ - Mixed abilities

**Saturday**

9am - 10am	4 years+ - Beginners
10am - 11am	4 years+ - Beginners



**Trampolining SEND Course**

**Saturday**

3.30pm - 4.30pm	4 years+
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**wave**  
*Live life*

For further information please call  
01323 490011  
or email [info@waveleisure.co.uk](mailto:info@waveleisure.co.uk)

[www.waveleisure.co.uk](http://www.waveleisure.co.uk)