

BIRTHDAY PARTIES

Our parties are a great way for your son or daughter to celebrate a birthday with their friends and family. With a wide range of party themes to choose from and tailor made to suit your needs, we will endeavour to create a fun-filled, action packed party that your birthday boy/girl will never forget!

Our range of fantastic parties include: Magic show, a variety of sports, traditional games, disco, jewellery making, fancy dress and soft play parties.

We can also organise the catering with an option of hot food or picnic style cold food available upstairs.

Please email funsportcoaching@fsmail.net with the following details : Name and age of Child, Preferred Date, Venue, Number attending, Favoured activity and Daytime Contact No. Prices start from £10pp.

HOLIDAY COURSES

Funsport holiday courses provide children with a great chance to be coached to a high standard in a wide range of sports, fun games and activities.

There is something for everyone on our holiday courses with advanced coaching on skill and technique for the more experienced child and an imaginative, fun approach for those taking their first small steps into sport.

For more info please contact Funsport on 01483 475800. Download an application form at funsportcoaching.com or pick one up from the Youth Club reception.

General information

- Please book in at Reception upon arrival to ensure that you have a space in the class.
- All paid classes must be paid for **in advance** at the Clubhouse Reception.
- Please inform the instructor of any conditions which may be affected by exercise.
- For your own safety please ensure your footwear is appropriate for the class.
- Plastic bottles only are allowed in the studio.
- Children must arrive early and be collected promptly from each class.
- Unacceptable behaviour will not be tolerated and may result in expulsion from the class.
- Refunds for classes will not be given in cases of injury or illness, except with a valid doctor's note.
- Classes and instructors are subject to change.
- Class size is restricted due to available space and equipment.
- Use of the teen gym is subject to a full induction.

For more information please contact the kids Youth Club reception on 01932 704460 or Funsport Coaching on 01483 475800

Youth Club Class Timetable

**September 21st-
4th December 2009**

Classes Available

JUDO
STREET DANCE
MUAY THAI BOXING
FOOTBALL
AFTER SCHOOL/FUN CLUB

Foxhills

Monday	Time	Age	Price
Tiny Tots Soccer (starts end of October)	11 to 11.45am	3 to 4	£3.50 per session
After school club	4 to 6pm	4 to 11	Free to members
Football Club	4.30 to 5.30pm	5 to 9	£4.50 per session

Tuesday	Time	Age	Price
Muay Thai Fitness	5pm-6pm	11+	£4.50 per session

Wednesday	Time	Age	Price
After school club	4 to 6pm	4 to 11	Free to members

Thursday	Time	Age	Price
Judo	4 to 4.45pm	Beginner	£7 per session or £60 for 10 week course
Judo	4.45 to 5.30 pm	Advanced	£7 per session or £60 for 10 week course

Opening Times

Equipment Hire/Junior Gym

Monday	9-7pm
Tuesday	9-7pm
Wednesday	9-7pm
Thursday	9-7pm
Friday	9-7pm
Saturday & Sunday	until 5:30pm

During Summer, Easter and Christmas School holidays reception will be unmanned on MON/WED/FRI from 5pm.

Friday	Time	Age	Price
After school club	4 to 6pm	4 to 11	Free to members

Saturday	Time	Age	Price
Fun club	9.30-11.00 & 11-12.30 am	4 to 11	Free to members

Sunday	Time	Age	Price
Street Dance Class	12.30-1:30pm	4 to 11	£6 per session
Fun club (Alternate Sunday's)	10am to 12pm	4 to 11	Free to members

Class Descriptions

MINI-SOCCER - A soccer class for 2 to 4 year olds aimed at giving younger children their first taste of soccer in a fun-filled and stimulating environment.

SOFT PLAY- Supervised games and activities in our fantastic soft play area for children aged 3 to 8.

AFTER SCHOOL CLUB- 2 hours of fun-packed games and activities for kids of all abilities aged 4 to 11. Parents can drop kids in and use the excellent facilities that Foxhills has to offer, safe in the knowledge that their child is having a great time in a safe, friendly and stimulating environment. With board games, playground games, fun-fitness, Nintendo wii, play stations and many different team games there will never be a dull moment.

FOOTBALL CLUB- Skill and technical sessions, small sided matches and weekly tournaments all in a fun stimulating environment with level 3 FA coaches.

FUN CLUB - see after school club

JUDO - Classes will be centred on fun and enjoyment, whilst developing balance, strength and co-ordination. Judo is a great form of aerobic fitness too and teaches discipline and respect. It can help give timid children more confidence and channel the energy of the more spirited. Class instructor will be current British champion Jonathon Purssey!

Pick up a leaflet at the Youth Club Reception to learn more about Judo and the Instructor.

STREET DANCE - A high-energy class that teaches contemporary, hip hop and pop style dance moves for children 4 to 11 in an enthusiastic, fun environment. Wear something you can boogie in - no special shoes or attire required!

MUAY THAI BOXING- For ages 10+.

Professionally qualified boxing coaches recognised by the ABA of England. Your child can improve on their fitness, build confidence, lose weight, they can feel good and learn to defend themselves. Learn the art of Thai Boxing with *Bullet Proof Muay Thai*.

Please pick up a class interest form if you would like any more activities added to our timetable.

Please note that classes in RED are either new classes or the time has been changed.

ALL CLASSES ARE SUPERVISED BY FULLY QUALIFIED, CRB CHECKED AND FIRST AID TRAINED STAFF.

For further information on these activities, details about FunSport holiday camps or Birthday parties please contact Robbie Trimm on 01483-475800 or email:

youthclub@foxhills.co.uk or
funsportcoaching@fsmail.net