

# why should grown-ups have all the fun?

Family activities at Virgin Active.



# Live Happily Ever Active

Our mission is to inspire our members of all ages to get active. For your children, that might be swimming, sports, trying group exercise or taking some time out to be creative while you fit in a workout. **We've got all this and more and can't wait for your juniors to join in the fun.**



# our family offering

At Virgin Active we've got something for our juniors aged 6 weeks and above. We know they'll find something they love with us, whilst learning new skills and making new friends along the way.

Our team can't wait to welcome your juniors to our Ofsted approved setting, so you can enjoy your time with us in club knowing they are in safe hands.

- Swim
- Tennis
- Club V
- Crèche
- Holiday camps
- Parties
- Swim and Tennis crash courses
- Family Group Exercise
- Junior Group Exercise
- Family gym floor
- Family swim
- Padel

**Whether your child wants to jump straight in or they're interested in a trial session, our team are happy to help.**



# what is Club V?

Club V is our childcare provision for junior members aged 6+ weeks. Children aged 6 weeks to 2 years 11 months will be taken care of in our crèche and those aged 3+ can head to Club V junior activities. Whatever their age your little ones will be sure to burn off some energy and have a blast whilst they are with us.

## Club V Crèche

Age 6 weeks – 2 years 11 months | Up to 2 hours a day (chargeable)

Our Crèche is perfect for little ones to play and explore their creativity while you take some time for yourself. In our Ofsted certified setting, our qualified team will keep your child safe and happy with sensory play, songs, arts and crafts and themed activities.

**We offer settling-in sessions to help your little ones feel comfortable in their new surroundings.**



# Club V junior activities

Age 6 weeks - 12 years | Up to 2 hours a day (no charge)

At Club V, your junior will get stuck into a variety of active games, sports and arts & crafts with children of similar ages. For up to 2 hours a day your children can learn new skills and make friends while you head for a coffee, give it your all in a group exercise class or do your thing on the gym floor.



## Active Sports

Get the energy flowing with these high intensity competitive sessions. We've got football, tennis, basketball and more.



## Active Games

Keep them active while having fun. We've got a huge variety of games tailored by age group to help boost your child's development and get them learning new skills.



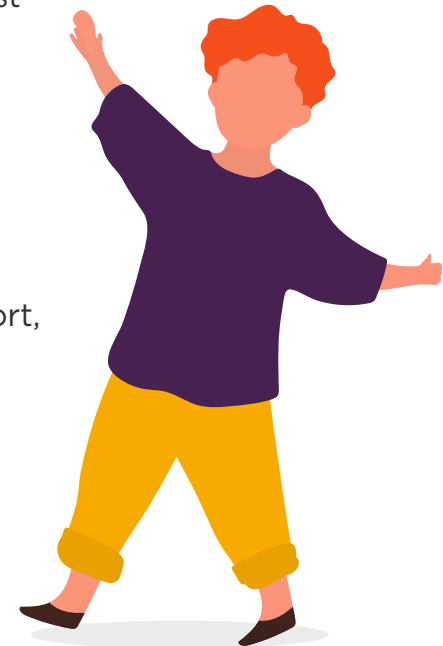
## Active Creations

Our themed sessions encourage creativity and imagination through arts & crafts, storytelling and fun games.



## Active Mixup

These sessions give our juniors a taste of everything, combining sport, creativity and active games.







## Swim

Learning to swim or picking up where they left off? Our 10-stage Swim programme is perfect for your child, wherever they are in their swim journey.

Learning to swim and confidence in the water are key life skills to learn and our STA/Swim England qualified instructors can help and guide juniors from 3 months every step of the way.

## Parent & Baby and Pre-school

If you've got children aged 3 months to 2 years, our parent and baby classes help you both build water confidence and new skills together.

Our pre-school programme for 3-4 year olds will give your junior confidence and allow them to meet new friends while developing the skills they need for our main Swim programme.

## Junior Swim Programme

### Learn to swim

Juniors aged 4+ can make a start on level 1-7 of our Learn to Swim Programme. In this national awards scheme, we'll help your child build up their skills until they're ready to join our Junior Squad sessions.

### Junior swim squad

These Bronze, Silver and Gold classes will help to challenge your juniors a little more, working further on technique. We love to celebrate achievements, that's why we hold a special awards ceremony whenever our juniors reach a new level.

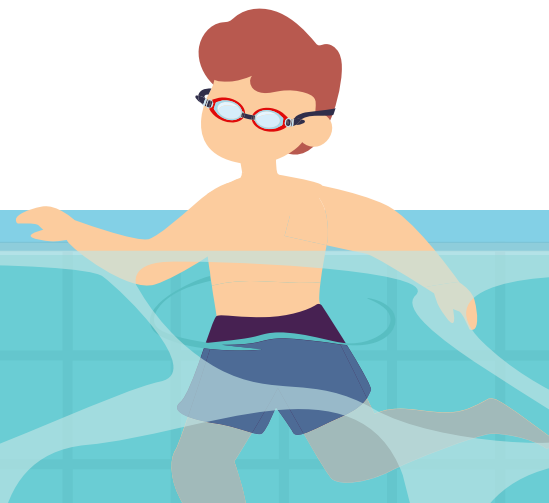
**Speak to a member of Club V or reception team to find out more and book a free trial (lessons chargeable hereafter).**

## Swim Galas

Our annual Swim Gala at the London Aquatic Centre is one of the most exciting dates in the Virgin Active calendar. Your child, aged 8+ could team up with other similar aged juniors from their club and compete against other club swim teams in a bit of friendly competition. Whether they want to make friends, challenge themselves or step out of their comfort zone, our iconic swim galas are not to be missed.

## Swim Crash Course

Our swim crash courses take place in the school holidays and are a chance for your juniors to join an intensive course for 30 mins / 1 hour each day for 3 or 5 consecutive days. The courses are designed to help all of our juniors improve their stroke technique and support their progress through the swim programme.





## Family Swim

All ages | 9am - 7pm

We know how important it is for our families to swim together, that's why our family swim sessions run 7 days a week.

From 9am - 7pm every day, our dedicated family swim space is open for parents and juniors to swim together.

**From 8 years old**, juniors can take a Shark Test and swim on their own without a parent or guardian 7 - 8pm.

**From 12 years old**, juniors can swim in the pool at any time, without supervision, as long as they've done their Shark Test.

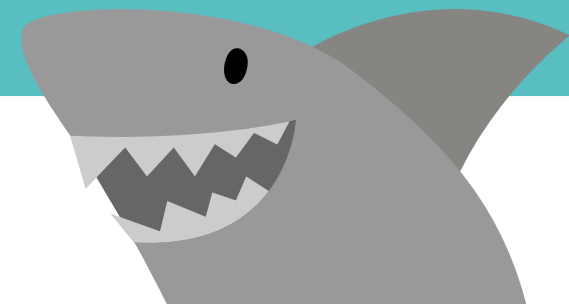
## Active Splash

Our wet and wild pool sessions are run by our Junior Activities team and are full of fun for the whole family!

## Shark Test

**From 8 years old**, juniors can take our Shark Test, giving them the chance to swim on their own, without a parent in the pool with them.

No booking required for family swim.  
Shark tests and active splash can be booked via Club V.





# Family Gym

10+ years

**From 10 years old**, our junior members can hit the gym with an adult. This is a great way for you to get active together and lay the foundation for gym confidence. Before they can get started, they'll need to book onto a gym induction.

We hold 3 inductions (for 10, 12 and 14 year olds) and after each induction, your child will be able to use even more equipment.

**From 14 years old**, junior members are free to use the gym on their own, so long as you're in the club.



# Family Gym - equipment breakdown



Cardiovascular Equipment	10-11	12-13	14+
TG Upright Bike	●	●	●
TG Recline Bike	●	●	●
TG Cross Trainer	●	●	●
TG Vario Cross Trainer	●	●	●
TG Stepper	●	●	●
TG Treadmill	●	●	●
TG Top XT	●	●	●
TG Wave	●	●	●
C2 - Rower	●	●	●
Watt Bikes	●	●	●
Recline Bikes	●	●	●
Spin Bikes	●	●	●
Skillmill	●	●	●
Stairclimber	●	●	●
Assault Bike	●	●	●
Woodway Curve	●	●	●
CZ Ski Erg	●	●	●

Functional	10-11	12-13	14+
Fit Lights	●	●	●
Resistance Bands	●	●	●
Boxing Gloves / Pads	●	●	●
VIPR - Max 4-6kg	●	●	●
Core Boards	●	●	●
Bosu	●	●	●
Power Bags - Max 5kg	●	●	●
Gliders	●	●	●
Stability Balls - 55cm	●	●	●
Plyo Boxes	●	●	●
Powerbands - Level 1 to 3	●	●	●
Battle Rope	●	●	●
Medicine Balls - Max 4kg	●	●	●
Bulgarian Bags - 6lb	●	●	●
Slam Balls - Max 4kg	●	●	●
Tyre	●	●	●
TRX	●	●	●
Grid Roller	●	●	●
Ringside Boxing Bags (4ft only)	●	●	●
Farmers Walk	●	●	●
Sled	●	●	●
Pro Log	●	●	●
ESP Plyo Boxes	●	●	●
Olympic Rings	●	●	●
Hyperice - Massages Guns and Chairs	●	●	●
Theragun	●	●	●
Kettlebells - up to 8kg	●	●	●
Dumbbells - 4kg to 8kg	●	●	●
Aqua Bags	●	●	●
Rope Climb	●	●	●
Wall Ball Target	●	●	●

●  
Can use with  
parent supervising  
(10-13yrs), or on  
site (14+)

●  
PT session only

●  
Can not use

# Family Gym - equipment breakdown



Fixed Weights	10-11	12-13	14+
Rotary Calf	●	●	●
Leg Press	●	●	●
Leg Curl	●	●	●
Leg Extension	●	●	●
Adductor	●	●	●
Vertical Traction	●	●	●
Shoulder	●	●	●
Arm Extension	●	●	●
Arm Curl	●	●	●
Abdominal Crunch	●	●	●
Low Row	●	●	●
Chest Incline	●	●	●
Chest Press	●	●	●
Pec Dec	●	●	●
Assisted Pull Up	●	●	●
Lat Pull Down	●	●	●
Lowerback Extension	●	●	●
Cable Machine	●	●	●
Eleiko Powerack Multi Cable Machine	●	●	●
Eleiko Lifting Station	●	●	●
TG Hip Thruster	●	●	●
Hamstring Curl	●	●	●
Plate Loaded Pure Strength Kit	●	●	●

Other	10-11	12-13	14+
SAQ Ladders	●	●	●
Hurdles	●	●	●
Bunt Bats	●	●	●
Reaction Balls	●	●	●
Breakaway Belts	●	●	●

●  
Can use with  
parent supervising  
(10-13yrs), or on  
site (14+)

●  
PT session only

●  
Can not use

# Family Group Exercise

12 + years

Group Exercise is another great way for you and your child to get active together.

**From 12 years old**, our junior members can join group exercise classes with an adult. Take a look at what classes they can get involved with below and book with the team at reception.



Class name	Age
Aqua*	12+
Barre	12+
Body Attack	12+
Body Combat™	12+
Dance	12+
HIIT	12+
Zumba*	12+

Aqua and all cycle classes,  
Height restrictions apply.

Class name	Age
Cardio Tennis	14+
Mat Pilates	14+
Outdoor Cardio Tennis	14+
Group Cycle*	14+
Cycle Power*	14+
Cycle Tempo*	14+
Boxing Partner Work	14+
Swim Club	14+
Yoga - Ashtanga	14+
Yoga - Hatha	14+
Yoga - Vinyasa	14+
Yoga - Yin	14+
Yoga - Align	14+
Yoga - Calm	14+
Yoga - Flow	14+



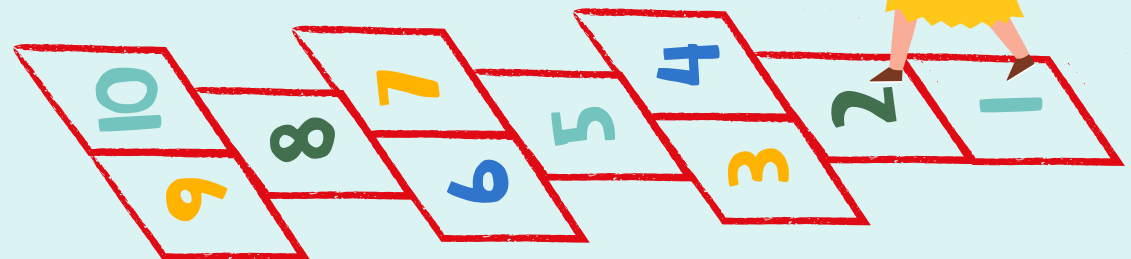
# Family Group Exercise by age and club

\*Extra Charge

		Club V Crèche*	Club V Junior Activities	Holiday Camps*	Birthday Parties*	Family Swim	Swim Alone (8+yrs)	Swim School*	Swim Crash Courses*	Swim Gala	Tennis Academy*	Tennis Crash Courses*	Family Gym	Family GEX	HIIT	Boxing	Padel
Age	0	✓				✓		✓									
	1	✓				✓		✓									
	2	✓				✓		✓									
	3		✓		✓	✓		✓			✓						✓
	4		✓		✓	✓		✓	✓		✓	✓					✓
	5		✓	✓	✓	✓		✓	✓		✓	✓					✓
	6		✓	✓	✓	✓		✓	✓		✓	✓					✓
	7		✓	✓	✓	✓		✓	✓		✓	✓					✓
	8		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
	9		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
	10		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
	11		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	12		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	13		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	14		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	15		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Club	Bromley	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Chelmsford	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓		
	Chiswick Riverside	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
	Clapham					✓	✓	✓	✓	✓							
	Clearview	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Crouch End	✓	✓			✓	✓	✓	✓	✓			✓	✓	✓		
	Fulham	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Islington, Angel	✓	✓			✓	✓	✓	✓	✓			✓	✓	✓		
	Kensington	✓	✓			✓	✓	✓	✓	✓			✓	✓			
	Mill Hill					✓	✓	✓	✓	✓							
	Northampton, CP	✓	✓		✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Northampton, RP	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Notting Hill	✓	✓			✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Nottingham	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Sheffield	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Solihull	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Swiss Cottage	✓	✓			✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Thundersley	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Wandsworth	✓	✓		✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	
	Wimbledon					✓	✓	✓	✓	✓					✓	✓	

# Club V offerings breakdown

		Crèche	Art and Craft Room	Active Alley	Rock Climbing Wall	Basketball Court	Big A	Free Play Room/ Homework Area	Interactive Floor	Outdoor Area
Club	Bromley	✓	✓	✓	✓			✓	✓	
	Chelmsford	✓	✓	✓			✓			
	Chiswick Riverside	✓	✓	✓		✓				✓
	Clapham									
	Clearview	✓	✓							✓
	Crouch End	✓	✓							
	Fulham	✓	✓	✓			✓			✓
	Islington, Angel	✓	✓	✓						
	Kensington	✓	✓							
	Mill Hill									
	Northampton, CP	✓	✓	✓						✓
	Northampton, RP	✓	✓	✓		✓	✓	✓		
	Notting Hill	✓	✓	✓						
	Nottingham	✓	✓	✓			✓			
	Sheffield	✓	✓	✓			✓	✓		
	Solihull	✓	✓	✓		✓	✓	✓		
	Swiss Cottage	✓	✓	✓						
	Thundersley	✓	✓				✓			
Wandsworth	✓	✓	✓	✓						



# Junior Group Exercise

8+ years

## Junior Boxing

With our Junior Boxing classes, we'll help your child boost their confidence while making new friends. Exclusively for juniors, these classes will help them get to grips with Boxing in a safe, fun and friendly environment.

## Junior HIIT

Our Junior HIIT classes are a great way for your kids to keep active, build strength and burn energy. They'll run, squat, lunge and giggle their way through a lively workout no matter their fitness level.

**Book in at reception.**





## monthly family events



Each month, our clubs host a variety of different family-focused events. Depending on the time of year, you'll find themed events, sports, activities, parties and more. It's the perfect excuse to indulge in some fun activities together as a family.



# what can I do?

## ages 0-2

**For up to 2 hours a day** (chargeable)

Our competitively priced Ofsted regulated crèche is open to keep your little ones entertained while you work out or relax.

- Monthly Family Events
- Family Swim

## ages 3-7

**For up to 2 hours a day** (no additional charge)

Now they're a little older, they can explore new and exciting activities.

- Club V
- Active Sports
- Active Creations
- Active Games
- Active Mixup
- Crèche
- Monthly Family Events
- Family Swim
- Day Camps\* (From 5+, year 1 in school)
- Birthday Parties\*



## ages 8-11

**For up to 2 hours a day** (no additional charge)

More pool activities, family gym and group exercise are now available.

- Club V
- Active Sports
- Active Creations
- Active Games
- Active Mixup
- Monthly Family Events
- Family Gym (from 10+ yrs)
- Family Swim
- Junior Swim (on completion of Shark Test)
- Swim Gala Series
- Tennis and Padel
- Active Splash
- Junior Boxing
- Junior HIIT
- Day Camps\*
- Birthday Parties\*

## ages 12-15

Your young adults can now experience almost as much as their parents whilst in club.

- Monthly Family Events
- Family Gym (from 10+ yrs)
- Family Swim
- Junior Swim (on completion of Shark Test)
- Swim Gala Series
- Active Splash
- Junior Boxing
- Junior HIIT
- Family Group Exercise
- Book Tennis and Padel courts
- Day Camps\*
- Birthday Parties\*



*\*Extra charge - T&Cs apply.*



## birthday parties

When it comes to birthdays, we know that your child's is the best day of the year. That's why we offer a wide range of party themes to make sure that they have the one that's spot on for them.

Choose a theme from swim, tennis, Padel, sports, games and arts & crafts, gather the troops (12 or more) and we'll do the rest. We mean it! We'll handle the invites, balloons, party bags and food. All you need to do is bring the cake.

Parents, even if they're non-members, can also make the most of our club facilities for free while the party is in full swing. Parties range from 1.5 - 2hours.

**Parties available for member and non-member juniors.**

*Parties T&Cs apply.*



# school holiday camps

Age 5+, year 1 in school | All school holidays and half terms for members and non-members.

When the school holidays roll around, we have a bunch of activities lined up for our juniors so you can keep working or have some time out for yourself. Packed with Sports & Games, Arts & Crafts, Camp Creations and Active Splash Sessions, our full or half day camps will keep your kids entertained for hours.

They'll learn, play, find new experiences and build friendships. Just drop your child off and we'll do the rest.



*Camps T&Cs apply.*



# Junior Tennis Academy

Whatever their level, our Junior Tennis Academy allows juniors aged 3-15 the chance to learn and develop their game. With a program supported by the LTA, our Academy is designed to help them reach their potential, have fun and make friends along the way.







## Tots Aces

Ages 3 – 5

Hand-eye coordination is key to any sport and with games packed full of fun, you can be sure your little ones will crack the fundamentals of tennis. Start them early!

## Mini Active Aces

Ages 5 – 10

From 4 years old, your juniors can take part in our Mini Active Aces sessions and work through a programme that develops their agility, balance and coordination.

## Active Aces

Ages 11 – 15

Active Aces is our tennis programme for juniors aged 11+ which caters for beginners all the way through to national level players. It's a programme developed and run by LTA coaches that puts young players on the pathway to learn and play with confidence whilst having fun and meeting new friends.

## Junior Cardio Tennis

Ages 8+

Junior Cardio Tennis is a pulse-raising group exercise class on the tennis courts. Your children will develop their stamina, fitness and technique as well as getting a few tennis games in.

Junior cardio tennis is included your junior's membership fee, all other tennis lessons are an additional charge.



# Padel

Padel is an exciting new addition to our clubs and available for our junior members from age 3.

A mix between tennis and squash, this fast-paced racquet sport is easy to learn and something fun you can try with your children.

## Padel private coaching

Our Padel private coaching sessions will allow your juniors to serve up a storm, while they develop their agility, balance and coordination.

**Speak to reception for details of how to book.**



# jump into the fun today

**Our Junior Memberships are built with fun at their core and a passion to drive a love of all things active.**

Find your closest club and get started today at [www.virginactive.co.uk](http://www.virginactive.co.uk)

***We can't wait to welcome your family.***

