

CLASS DESCRIPTIONS

Crèche

Crèche facilities are setup for 0-4yr old members of Virgin Active Clubs*. Children can attend the crèche for a maximum of 4hrs per day. Parents / guardians must stay onsite whilst children are in our care. During your child's stay, you can be sure they will have an educational, fun, relaxing and creative experience through our timetabled activities.

Active Sports

Active Sports sessions are made up of sports to encourage Team and Individual play with an element of competition. Sports can include football, basketball, kwik cricket, rounders, dodgeball, hockey and touch rugby. All our sports classes are suitable and tailored for the age group being delivered to with education, fun and social skills in mind.

Active Games

Active Games sessions are aimed at our 3-11yr old members. These sessions include games that will be tailored to the specific age group of children. From playground games to parachute games, hula hoop and bean bag games, team games to races... These sessions are completely versatile and children will have a creative input to develop games throughout.

Active Creations

Active Creations sessions are exactly that! These sessions will encourage your children to be creative through arts, crafts, storytelling, themes, games and much, much more. Creativity is an important part of social and childhood development.

These sessions are designed to help your children explore their imagination and creativity through many different methods.

Active Mash up

Our Active Mash up is a fun free-play class. This class will be structured with activities and games, sports and creativity. The classes are a combination of our other classes and may also incorporate some of our additional technological games. A fun class designed by the children who attend the session. Structured by our Junior Activities team, designed by your children.

Active Dance

Active Dance is a programme that will inspire your children to be more active through dance and movement to music. Each session is based around rhythm and beat and the principles of movement and dance (travel, jump, turn, balance, levels and gesture). The modern themes and styles engage both boys and girls and build in to a performance each week.

Active Alley Aces

Active Alley Aces are tennis themed sessions for children age group from 2-4yrs to 3-7yrs, delivered by Junior Activities team within Active Alleys/ studios. Sessions include basic agility, balance and coordination exercises with a focus on fun.

*children under 3yrs chargeable

SPRING TERM

TIMETABLE

Opening times

Bookings information

All bookings can be made 10 days in advance. Please note; you will only be able to book crèche sessions for children under 3yrs if you have a valid crèche pass with paid hours available for the booking. Minimum booking period is for 1 hour.

Drinks & snacks

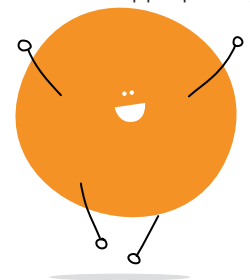
Club-V provides only water for children. We advise all parents to bring water and a healthy snack for your child. We will only accept healthy snacks that a child can feed themselves eg; fruit sticks, rice cakes, carrot sticks and are unable to feed your child meals. If you wish to bring a drink / snack, please ensure they are labelled with the child's full name & DOB. Under no circumstance will Club-V take any nut based products for snacks due to allergies.

Club V details

- We offer activities and childcare for children aged from 6 weeks to 15yrs, sessions for children under the age of 3yrs are payable
- Children aged 3yrs and over who are members receive up to 4hrs inclusive

activities per day during school term time. During school holidays, this may be reduced and timetables will alter.

- Sessions can be pre-booked up to 10 days in advance
- All children must be signed in and out of every session by the same adult unless we have previously been notified and appropriate forms have been completed
- Adults must complete the Child PARQ prior to using the Club V facilities. This will be renewed annually.
- It is your responsibility to inform us in any changes to your child's health.
- If your child has any additional needs, please let us know... we are here to help and support if we can.
- Payable sessions are marked with a £. Details of which can be found in the timetable.
- At Virgin Active, we take the safety of our junior members very seriously. We ask if you have any concerns regarding a child's safety or welfare you make staff aware so we can action appropriately.



JUNIOR ACTIVITIES TIMETABLE

	class name	time	age group	location
MON				
TUE				
WED				
THU				
FRI				

	class name	time	age group	location
SAT				
SUN				

Family gym times 9-7pm Mon-Sun*

Did you know that you can bring your children aged 10-13yrs into the gym with you once you have a family induction completed? Did you know your children aged 14yrs plus can use the gym on their own if they complete the 3rd phase of their induction? Find out more information today from your Junior Activities team or reception.

Cancellation and no show policy

Cancellations and no shows must be made 24hrs prior to the session. Any cancellations made less than 24hrs in advance are charged at the Club V hourly rate. Club-V works with your local inspectorate to ensure our junior members are safe and secure at all times.

*Clubs times and access may vary



Virgin active