

THRIVE After School Programme Waterlooville Leisure Centre

CAFE

STUDIO 1

STUDIO 2

MON	TUE	WED	THUR	FRI		SUN
Dodgeball 16.00 - 16.45 5-11 Year Olds	Family Born to Move (fitness) 16:00 - 16:45 5+ Year Olds	Dodgeball 16.00 - 16.45 5-11 Year Olds	Family Boxercise 16.00 - 16.45 8+ Year Olds	Family Racket Sports 16.00 - 16.45 8+ Year Olds	Dodgeball 16:00 - 16:45 5-11 Year Olds	Family Non Contact Boxing 11.30 - 12.15 5+ Year Olds
Family Racket Sports 16.45 - 17.30 8+ Year Olds	Non Contact Boxing 16.45 - 17.30 5-15 Year Olds	Boccia Club 16:45 - 17:30 5-11 Year Olds	Scooter Club 16.45 - 17.30 5-11 Year Olds	Family Non Contact Boxing 16.45 - 17.30 5+ Year Olds		Family Racket Sports 12.15 - 13.00 8+ Year Olds
Non Contact Boxing (in gym) 17.30 - 18.15 10+ Year Olds		8 Ball Pool Club 17:30 - 18:15 8+ Year Olds	Hangout Youth Club 17.30 - 19.00 8+ Year Olds	Hangout Youth Club 17.30 - 19.00 8+ Year Olds		Dodgeball 13.00 - 13.45 5+ Year Olds
				Hangout Youth Club 19:00 - 20:00 11+ Year Olds		

Information For Parents:

- All sessions are taught by our THRIVE coaches
- You can book through the Horizon app, our website, at reception or by phone
- For family sessions: parent members attend for FREE, while non-member parents can pay on the day
- You have the option to drop off your children or stay and watch
- Why not book multiple sessions on the same evening!