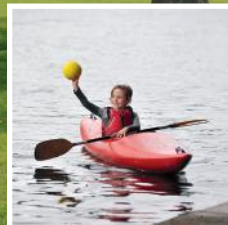




THE LENSBRURY



Junior Activities

Spring Term Courses Information

Junior Activities Spring 2020

Courses

Our fun packed Junior programme is designed to keep all youngsters entertained in a safe and stimulated environment. We offer a variety of paid sports courses and free activities for a range of ages. All Bookings can be made at Members' Reception or Lockside Reception. Bookings can be made up to 7 days in advance for any free activities.

***These courses are booked direct with the companies.**

Karate*

Run in association with the KYO Rei Karate Shukok AI Karate school. A superb discipline and sports combined. All classes are booked through London Karate, please visit their website for more information and bookings: londonkarate.co.uk

Open to members and non-members.

Tuesdays

Time	Ages
16:30 - 17:15	4 to 7 years
17:15 - 18:00	8 to 11 years
18:05 - 19:05	12 to 15 years (including senior belts, purple belt and above)
Location	Roadside Activity Room

Fridays

Time	Ages
16:15 - 17:00	4 to 7 years
17:00 - 17:45	8 to 11 years
17:45 - 18:30	12 to 15 years (including senior belts, purple belt and above)
Location	Roadside Activity Room

Swimming Nature*



We have a unique partnership with the largest independent provider of swimming tuition in the UK to provide its award-winning tuition for you in our swimming pool.

Swimming Nature is focused on providing in-water bespoke tuition without the use of floats in order to teach children & adults how to swim beautifully.

For further information call 03445 040506 or visit www.swimmingnature.com



Junior Class Timetable

Monday Junior Schedule		Age Group	Cost
Junior Gym Inductions 16:15 - 17:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE
Junior Gym 16:15 - 16:45	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Junior Gym 16:45 - 17:15	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Tuesday Junior Schedule		Age Group	Cost
Junior Gym Inductions 16:15 - 17:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE
Junior Gym 17:00 - 17:30	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Junior Gym 17:30 - 18:00	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Wednesday Junior Schedule		Age Group	Cost
Junior Gym Inductions 16:15 - 17:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE
Thursday Junior Schedule		Age Group	Cost
Junior Gym Inductions 16:15 - 17:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE
Junior Gym 17:00 - 17:30	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Junior Gym 17:30 - 18:00	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE

Holistic Studio
 Gym Floor
 MUGA

Terms and Conditions

All children under the age of 13 must be accompanied to the activity registration point and collected by a parent/guardian (over 18).

All Child or Junior members (under the age of 16) must have a medical disclaimer completed by

their adult/guardian prior to taking part in any junior activity.

There will be a waiting list for next terms classes, if you would like to book onto the waiting list please speak with a member of the team at Lockside/Members' Reception.

Friday Junior Schedule		Age Group	Cost
Junior Gym Inductions 16:15 - 17:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE
Junior Gym 16:15 - 16:45	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Intro to Contemporary Dance 16:45 - 17:30	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	5-7	FREE
Junior Gym 16:45 - 17:15	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Intro to Contemporary Dance 17:30 - 18:30	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
MUGA - Football Training 17:30 - 18:30	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-12	N/A
Saturday Junior Schedule		Age Group	Cost
Junior Gym Inductions 11:15 - 12:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE
Junior Bootcamp 12:00 - 12:45	Term dates 6 th January 2020 - 5 th April 2020 (No class w/c 17 th February 2020)	8-13	FREE
Sunday Junior Schedule		Age Group	Cost
Junior Gym Inductions 11:15 - 12:00	Booking required Via Lockside Reception, Medical disclaimer to be completed prior to induction	13-15	FREE



Under 5's

Crèche

The crèche is a happy and safe environment for children aged between three months up to their sixth birthday, providing up to three hours care whilst parents use the club.

PRICES

Members	£5 per hour
Guests	£8 per hour
Location	Garden Room

- Minimum booking of 60 minutes.
- Any booking canceled after 8am on the day will incur a £2.50 late cancellation fee.
- Any booking canceled prior to 8am on day of booking will receive a full refund.
- Any late pick-ups (5 minutes +) to a crèche booking will incur a charge of £2.50 to your members account.
- All parent/guardians must remain on site whilst their child attends the crèche.

Day	Time
Monday - Friday	09:00 - 12:30
Saturday	09:00 - 13:00
Sunday	Closed

A reminder, please book your child in for an induction in to the crèche before you book them in a session.

Bookings for the crèche can be made up to 7 days in advance by contacting Members' Reception or Lockside on 020 8614 6420 / 6550

Non-member children can be booked up to five days in advance.





Tennis

Spring Courses

Monday 6th January - Sun 5th April.
12 Week Term

(Excl. ½ term: Mon 17th to Sun 23rd February)

Class	12 week
½ hr	£92.65
¾ hr	£121.55
1 hr	£157.25
1¼ hr	£195.50
1½ hr	£212.50

Please note these are Members Prices. Non-Members is an additional 15%.

TOTS Tennis (2½ - 4 years)

Day	Time
Monday	14:30 - 15:00
Tuesday	09:30 - 10:00
Wednesday	16:00-16:30
Friday	16:00 - 16:30
Saturday	08:30 - 09:00
	10:30 - 11:00
	11:00 - 11:30

An introduction to tennis through play. These sessions with Mum, Dad or Nanny on court are designed to help the tot develop physical and generic ball skills in a fun environment.

Munchkins (4 - 5 years)

Day	Time
Tuesday	16:00 - 16:45
Thursday	16:00 - 16:45
Friday	16:00 - 16:45
Saturday	09:00 - 09:45
	10:30 - 11:15
	11:15 - 12:00

The children play without Mum or Dad and develop ABC'S - Agility, Balance, Coordination and Social Skills through fun activities.

Red 2 (5 - 8 years)

Day	Time
Monday	16:15 - 17:00
Tuesday	16:00 - 16:45
	16:45 - 17:30
Wednesday	16:00 - 16:45
	16:45 - 17:30
Thursday	16:00 - 16:45
Friday	16:00 - 16:45
Saturday	09:00 - 09:45
	09:45 - 10:30

Children must be able to concentrate and understand simple instructions to work safely in a group. Basic coordination, movement, racket and ball skills for tennis will be introduced through fun games and activities. The basic skills needed to rally, serve and to play a game on the RED court will be developed in a fun environment with physical skills and coordination forming a major part of the lesson.

Red 1 (6 - 8 years)

Day	Time
Wednesday	16:00 - 16:45
Thursday	16:00 - 16:45

Children are now starting to rally and serve. They should be able to start playing matches. Players should also start attending the Red match play to put into practice what they have been learning.

Red+ (7 - 8 years)

Day	Time
Monday	16:15 - 17:00
Tuesday	16:00 - 16:45
Friday	16:45 - 17:30

Children will be ready to play a match on the red court. The basic strokes will be practised and developed so that the player is able to hit consistently and accurately on the red court.

To play at this level, youngsters must understand the rules, be able to play and score a tie-break and have the correct basic shapes on strokes.

Orange (9 - 10 years)

Day	Time
Tuesday	16:45 - 17:30
Thursday	16:45 - 17:30
Friday	16:45 - 17:45
Saturday	09:45 - 10:30

At this level youngsters will continue to develop coordination and movement and improve basic strokes, serving and rallying on the $\frac{3}{4}$ size (ORANGE) court. Players will develop their technique and improve their tactical awareness.

Orange+ (9 - 10 years)

Day	Time
Monday	16:15 - 17:00

Players will continue to develop ABC's and all strokes. There will be more emphasis on technical awareness and players will prepare for green ball play.

Green (10 - 11 years)

Day	Time
Monday	16:15 - 17:30
Tuesday	16:45 - 17:30
Thursday	16:45 - 17:30
Friday	16:45 - 17:30
Saturday	09:45 - 10:30 10:30 - 11:30

When you can rally and serve consistently and play a game with an understanding of tactics on the orange court, you should be ready to move on to the full size court using lower compression (GREEN) balls. You will practise all strokes in game based situations for singles and doubles improving consistency through spin, height, depth and direction.



Bronze (11+ years)

Day	Time
Monday	17:00 - 18:00
Tuesday	17:30 - 18:30
Wednesday	17:30 - 18:30
Thursday	17:30 - 18:30
Friday	17:45 - 18:45
Saturday	10:30 - 11:30 11:30 - 12:30

This group is for juniors who are developing their yellow ball tennis. Where appropriate lower compression balls will be used to acquire the tennis skills and strokes so that you are able to play singles and doubles games.

Silver (12+ years)

Day	Time
Monday	18:00 - 19:00
Wednesday	17:30 - 18:30
Thursday	17:30 - 18:30
Saturday	10:30 - 11:30 11:30 - 12:30

You are able to serve accurately and rally consistently from the baseline playing forehands AND backhands. You will be able to execute basic strokes with topspin and slice and have a good understanding of singles and doubles tactics.

Gold (12+ years)

Day	Time
Monday	17:30 - 19:00

You now have a good grasp of technique, tactics and rules. You will practise and develop your ability to execute all strokes with spin, height, depth and direction enabling you to play tennis with confidence.



Box Leagues

Termly leagues are organised for you to play matches against other Lensbury players at all levels. Contact: tennis.manager@lensbury.com for more information.

Junior Matchplays

Matchplay	Day	Time
Red & Orange	Saturday	13:30 - 14:30

6-10yrs - Open to all players that can serve & rally

Junior Open	Thursday	18:30 - 19:30
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Green & Yellow Ball
Open to all players that can serve & rally

Challengers

Invitation Only	Friday	18:45 - 20:00
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Please speak to your coach about the correct level.
Cost: £5.00 (Free if you are in coaching program).



Squash Lessons

Locations: Squash Court 1 and 2

12 week course

Monday 6th January - Monday 30th March

(Excluding ½ term Monday 17th February).

Time	Ages
17:00 - 18:00	9+ years
PRICES	
Members	£140.25
Guests	£165.00



Tennis and Squash Booking

- Any of these activities can be booked at Members' Reception. Full payment must be made on booking. Booked places cannot be refunded or a credit given unless a doctor's note is provided.
- Child members and guests under the age of 9yrs must be accompanied to the activity registration point, and collected at the end of the session by an adult member. Juniors aged 9-13yrs must have an adult present on site. Juniors aged over 13yrs do not require an adult for collection or drop off, however, they are still the responsibility of their parents.
- Sessions missed for any reason cannot normally be re-arranged or money refunded.

Cancellation Policy

We will endeavour to run outdoor group sessions in all safe weather conditions. Please ensure that you wear appropriate clothing and always bring a plastic bottle of water to the session. **Group lessons cancelled due to severe weather will not normally be rearranged.**

Birthday Parties

Tennis or Squash

Lots of fun and exciting games out on the courts.

1hr or 1½hr parties available for up to 20 Children (16 Squash).

Watersports Centre

Junior Sailing & Kayak Club

A club for our junior members to practise their skills learnt on our courses and to have fun on the water. All we ask is that the junior has completed the RYA Stage 2 Sailing course or the Kayaking Beginners course.

Days	Saturday 14 th March 2020*	
Times	11:00 - 13:00	
PRICES per session.		
Members	£9	
Guests	£12	

*The Watersports Centre will re-open on Saturday 14th March 2020. The Junior Sailing and Kayak Club, sessions will run on time and days accordingly.

'Can Sail Can't Race' Club

This club is for young talented sailors who have gained their Stage 2 or above and are keen on dinghy racing.

Days	Thursday 9 th April 2020*	
Times	17:00 - 19:00	
PRICES per session.		
Members	£9	
Guests	£12	

*The Watersports Centre will re-open on Saturday 14th March 2020 The Can Sail Can't Race Club sessions will run on time and days accordingly.

Advanced Racing Kayaking Club

This club is for talented Kayakers who have gained their paddle power level 6 and want to get to competition standard.

Days	Thursday 9 th April 2020*	
Times	17:00 - 19:00	
PRICES	per session.	
Members	£9	
Guests	£12	

*The Watersports Centre will re-open on Saturday 14th March 2020. The Advanced Racing Kayak Club sessions will run on time and days accordingly.

Birthday Parties

Kayaking

Fun and games on the River
(no experience necessary).

Raft Building

Create the design, build it then see if it sinks or swims. A great way to celebrate your birthday.

Sports Day

On-land wacky, fun races with our equipment.

Combi Party

Pick any two of the above and really go for the active party.

Watersports Bookings

- All children taking part must be over the age of eight.
- All bookings can be made directly at the Watersports Centre. Please contact our Watersports Centre by email: **watersportscentre@lensbury.com** or phone: **020 8614 6554**.
- Child members and guest must be accompanied to the activity registration point, and collected at the end of the session by an adult member (except for those over 13 years).
- Non members are welcome to join in with any of our activities but must arrive and leave through the Watersports Centre entrance on Broom Water West TW11 9QH.
- Sessions missed for any reason cannot normally be re-arranged or money refunded.
- All courses must have a minimum of four participants unless otherwise stated. *If a course does not have the minimum number of attendees booked onto it another course will be offered or a credit/refund given in return.*
- Please wear appropriate clothing for the weather conditions.
- Bring a bottle of water with you to these sessions.





Supervised Swimming Sessions

These sessions are here for our junior members from 8 years old until their 13th birthday who are able to swim confidently on their own. We will provide a Swimming lane in the Main Pool for them to swim lengths or relax with friends without the need of parental supervision on poolside.

Every Saturday 14:00 – 15:00.

To sign up for a session please come to Lockside Reception.
Bookings can only be made 30 minutes before the start of a session.

**Please speak to a member of the Lockside team for full information
and to complete a Terms and Conditions form.**

BOOKING INFORMATION AND POLICIES FOR THE LENSURBY JUNIOR ACTIVITY COURSES

Teaching Policies and Procedures

The Lensbury will provide suitably qualified instructors who all hold current DBS checks. It is The Lensbury's policy to provide a temporary replacement instructor in the event of any instructor absence. The Lensbury reserves the right to replace instructors, at any time if necessary, once the term or course has started.

The Child or Junior member (under the age of 13) must be accompanied to the activity registration point and collected at the end of the session by the adult member.

Where a Child or Junior member participates in an activity, the instructor will only be responsible for the student during the designated class times; parents/ careers must remain on The Lensbury Grounds for the duration of the class.

Booking, Payment and Cancelled Lesson Conditions

Term time courses can only be booked in whole term periods. These are typically 10-14 weeks in length with a half term holiday break which is not included.

Payment must be received on making a booking, in advance of the lesson. Regretfully, without pre-payment we are unable to hold spaces.

Once payment is received the booking is confirmed. If members need to cancel the place, The Lensbury will only issue a refund/credit if the place is re sold.

A refund may be made on production of a medical certificate if individuals have to cancel.

If The Lensbury is unable to provide lessons for any reason a replacement lesson may be offered.

If The Lensbury is unable to provide a replacement lesson a credit will be offered.

We will endeavour to run outdoor grouplessons in all safe weather conditions, please ensure that appropriate clothing is worn.

We regret that lessons abandoned due to severe weather conditions will not normally be rearranged.

In the event that a lesson is cancelled outright, The Lensbury will attempt to contact participants using the details held on members' records. It is important that The Lensbury is notified of any changes to members' details.

Sessions missed for any reason cannot be rearranged or money refunded.

Children of Member adults (who haven't currently been offered family membership) may book on activities one week before the term commences.

General

Priority booking will be offered to all Child/Junior members from one term's activities to the next. During this priority booking period, only moves/transfers suggested by the coach/instructor will be allowed.

If parents wish to change the day or time of a lesson then this can only be considered at the end of the priority booking period.

Children are expected to be on their best behaviour at all times. Refunds will not be made if children are removed from any of the courses for bad behaviour. Inappropriate behaviour may jeopardise a child's future use of the Club.

The Lensbury has a code of conduct which insists on fair play through:

1. Observation of laws and rules of the instructor/coach.
2. Respect for your opposition, team-mates, instructors and coaches.
3. Acceptance of defeat and/or poor performance
4. Rejection of all influences contrary to sport (racism, drugs, violence, sexism and bullying).

Members' Reception: 020 8614 6420
Lockside Reception: 020 8614 6550
Watersports Centre: 020 8614 6554
Club General Manager: 020 8614 6550

The Lensbury, Broom Road, Teddington, Middlesex, TW11 9NU
T: 020 8614 6400 | enquiries@lensbury.com | www.lensbury.com