

Working for you

## Rossett Sports Centre

Pannal Ash Road, Harrogate HG2 9JP

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## Programme

6 APRIL – 31 AUGUST

ACTIVITY	DETAILS	DESCRIPTION
<p><b>*TRAMPOLINING</b> £5.25 per 50 minute session payable termly in advance</p>	<p><b>VARIOUS CLASSES AND AGE GROUPS</b> 6+ years</p>	<p>Fly high with our fully qualified coaches. Please contact the Centre for details.</p>
<p><b>*MULTI-SPORTS</b> £3.35 per session payable termly in advance</p>	<p><b>MONDAY</b> 5.30 – 6.30pm 6 – 16 years</p>	<p>For children with co-ordination difficulties/ Dyspraxia, who find physical activity difficult. Contact Danielle Barker on 01423 556719.</p>
<p><b>*GYMNASTICS DEVELOPMENT PROGRAMME</b> Recreation Classes: £4.70 per session payable termly in advance</p>	<p><b>SATURDAY</b> 8.30 – 1.30pm <b>SUNDAY</b> 4.00 – 6.00pm</p> <p><b>PLATINUM CLASSES</b> <b>TUESDAY</b> 6.00 – 8.00pm <b>SUNDAY</b> 6.00 – 8.00pm</p> <p><b>DEVELOPMENT SQUADS</b> <b>MONDAY, TUESDAY, WEDNESDAY, THURSDAY, SUNDAY</b></p>	<p>Work towards British Gymnastics Association Proficiency Awards and take part in displays and competitions.</p> <p>Platinum Classes and Development squads. Attendance by invitation only.</p> <p>Contact the Centre for details.</p>
<p><b>CIRCUITS</b> £4.40</p>	<p><b>WEDNESDAY</b> 8.15 – 9.15pm Open</p>	<p>The all over body work-out suitable for men and women of all ages.</p>
<p><b>*GIRLS SOCCER</b> £3.70 per session payable termly in advance (taster sessions available)</p>	<p><b>WEDNESDAY</b> 6.00 – 7.00pm 7 – 14 years</p>	<p>Join our popular session with quality coaching.</p>
<p><b>* FOOTBALL COACHING</b> £4.70 per session payable termly in advance</p>	<p><b>THURSDAY</b> 5.30 – 6.30pm <b>FRIDAY</b> 6.00 – 7.00pm &amp; 7.00 – 8.00pm <b>SATURDAY</b> 8.30 – 12.30pm 4+ years</p>	<p>Quality football coaching in individual skills before developing game-based knowledge. Five levels of coaching – Minis, Juniors, Bronze, Silver and Gold. Various sessions of one hour apply across the five levels. Contact the Centre for more details.</p>
<p><b>* AIKIDO</b> £2.85 per session payable termly in advance £3.90 per session payable termly in advance £5.45 per session Adults pay weekly</p>	<p><b>FRIDAY</b> 6.00 – 7.00pm 5 – 8 years 7.00 – 8.30pm 8 – 16 years 8.30 – 10.00pm 16+ years</p>	<p>Train under national squad member and second dan coach Dave Bryant. Officially one of the top five clubs in the country.</p>

\* Booking essential.