

# Programme

3 SEPTEMBER – 1 APRIL

ACTIVITY	DETAILS	DESCRIPTION
<b>FOOTBALL COACHING</b> £4.70 per one hour session Payment half-terminly in advance	<b>MONDAY</b> 4.00 – 5.00pm <b>MONDAY</b> 5.00 – 6.00pm <b>WEDNESDAY</b> 4.00 – 5.00pm <b>WEDNESDAY</b> 5.00 – 6.00pm <b>THURSDAY</b> 4.00 – 5.00pm <b>THURSDAY</b> 5.00 – 6.00pm	Quality football coaching in individual skills, before developing game-based knowledge. Five levels of coaching: Minis, Juniors, Bronze, Silver and Gold. Contact the Centre for further details.
<b>GYMNASTICS COACHING</b> £4.70 per one hour session £6.80 per 1½ hour session Payment half-terminly in advance	<b>TUESDAY</b> 4.15 – 5.45pm GIRLS and BOYS <b>THURSDAY</b> 4.15 – 5.15pm <b>THURSDAY</b> 5.15 – 6.15pm <b>SATURDAY</b> 9.30 – 11.00am <b>SATURDAY</b> 11.00 – 12.30pm <b>SATURDAY</b> 12.30 – 2.00pm	Work towards British Gymnastics Proficiency Awards and participate in displays and competitions. Contact the Centre for further details.
<b>JUNIOR BADMINTON</b> 7+ years £4.70 per one hour session Payment half-terminly in advance	<b>THURSDAY</b> Beginners: 6.00 – 7.00pm Intermediate: 7.00 – 8.00pm	Coaching sessions specifically for Junior players at Beginner and Intermediate level.
<b>ADULT BADMINTON</b> £4.70 per one hour session Payment half-terminly in advance	<b>THURSDAY</b> 8.00 – 9.00pm	Coaching sessions for enthusiastic adult players – ALL abilities welcome.
<b>TEA DANCE BEGINNERS CLASS</b> £3.30 per couple	<b>THURSDAY</b> 1.15 – 1.45pm	Beginners' class in Modern Ballroom, Latin American and Sequence Dancing with comper Fred Lomax.
<b>TEA DANCE</b> £2.65 per session (including tea and biscuits)	<b>THURSDAY</b> 2.00 – 4.00pm	Modern Ballroom and Sequence Dancing with comper Fred Lomax.
<b>50+ ON FRIDAY</b> £3.10 per session	<b>FRIDAY</b> 10.30 – 12.30pm	Short mat bowling and badminton sessions for the more mature sports enthusiast.
<b>CHILDREN'S PARTIES</b>	<b>SATURDAY</b> 3.00 – 4.00pm & 5.00 – 6.00pm <b>SUNDAY</b> 1.00 – 2.00pm & 3.00 – 4.00pm	Deposit required at time of booking.



## BRIMHAMS FREE INDUCTION & FITNESS PROGRAMME

- Unlimited use of Fitness Studio and Workout Classes
- Unlimited use of General Swim sessions at Ripon Spa Baths (pool timetable permitting)

Ripon Total Membership	£29.50 per month
Ripon Total Concession Membership	£21.50 per month
Ripon Total Couples Membership	£51.50 per month
Ripon Total Couples Concession Membership	£37.00 per month

## FOOTBALL DEVELOPMENT SCHEMES

Come and play at Rossett Sports Centre or Ripon Leisure Centre.

Classes for girls and boys of all abilities aged 4 – 12 years.

### THE BEST INTRODUCTION TO THE WORLD'S GREATEST GAME

Quality football coaching in individual skills and developing game-based knowledge with lots of fun thrown in.

