

JUNIOR FITNESS CLASS TIMETABLES



Class Type	Description
Post-natal Yoga and Baby Massage	Post-natal Yoga for mothers incorporated into the class to stretch and exercise the body. Baby massage is an excellent way to spend time bonding with your baby and meet others parents.
Pregnancy Yoga	Yoga sessions designed specifically for pregnant women to support their health and well-being and aid in preparation for childbirth and mothering.
Boxfit / Boxcercise	Sessions can last between 45 - 60 minutes. It is based on the training used for boxing so it includes skipping, boxing drills, footwork and abdominal workouts.
Circuits	A fun and active session with various circuit stations helping to increase flexibility, co-ordination and overall fitness levels.
Junior Gym	Supervised gym sessions for 11-13 year olds. Instructors will be on hand to induct, guide and develop your programme to ensure you get the most out of your workout.
Junior X	An opportunity for 11-13 year olds to participate in a 45 min instructor led variety of exercises, ranging from gym based challenges, circuit training, light free weight classes, sports hall activities, suspension training, indoor cycling, with the emphasis on exercise being fun!
Indoor Cycling	Bring the outdoors inside with this bike class! This class will work through endurance and speed training as well as conquering those hill climbs. Children must be 4ft 6" to reach the pedals.
Beginner Gymnastics	This class teaches children the basic skills needed for gymnastics. They will use their core strength to perform forward and backward rolls, handstands and cartwheels in this instructor led session.
Gymnastic Dance	Each routine is a unique blend of gymnastic skills and clever dance choreograph set to music. Gymnastic Dance is for children who love dance, gymnastics and music. No prior skills needed, just bags of energy.
Floor Gymnastics	Floor gymnastics will help you to learn or perfect acro skills. So if you would like to work on skills such as cartwheels, walkovers, round-offs, handsprings or just a forward roll then this is the class for you. All skill levels welcome, from beginner to advance.
Trampolining	Instructor led. In the words of Tigger himself "bouncy, trouncy, flouncy, pouncy, fun, fun, fun" we feel this describes trampolining perfectly. The sky is certainly not the limit in this session. Dawlish Leisure Centre - Beginners only.
Tots Trampolining	Instructor led. Parents watch their children in this fun bounce session where your little ones can learn the essential skills of trampolining.
Basketball	Learn and improve skills, make friends and shoot the hoops. Each session will run a number of fun activities and games.
Family Rackets	Get out and get active as a family. Short tennis, racket ball, squash or badminton are great activities for the whole family. (Not instructor led, rules of the game will be provided)
Football	Instructor led. Usually played outside, we're taking this sport indoors for a fun and energetic session. Are you football mad? Come and show the England boys how it's really done. All abilities welcome.
Netball	Instructor led. Shoot for the stars... Or maybe just the hoop in this session. Staying in one spot has never been so fun, or fast paced at the same time. Netball is a sport for all with good co-ordination (or those who want to improve it of course)
Racket Sports	Come and try your hand at one of our racket sports.
Squash	Squash is a ball sport played by two players (singles) or four (doubles). It is an easy game to learn with games and equipment being easily modified to suit every skill level. This will be led by a qualified squash coach.
Tag Rugby	Instructor led. Non-contact sport for all abilities - no being tackled to the floor in this session. Come and give it a 'try' if you think you're fast enough.
Multi-Sports	Fun and games incorporating a number of sports. All abilities welcome. Come along and see what we are playing this week.
Junior Octopush	Under water hockey for confident swimmers with snorkel and flippers.
Junior Snorkel and Fin	Come and learn how to use snorkel and fins. Enabling you to progress into Junior Octopush sessions.

WELCOME

There are plenty of activities for children of all ages to get involved with at Teignbridge Leisure. We offer exceptional value for money, with the opportunity for children to enjoy a variety of sports, exercise classes, teen gym sessions and the opportunity to learn and develop new skills such as swimming and Trampolining.

STAY UP TO DATE OR GET IN TOUCH:

Newton Abbot Leisure Centre
Highweek Road, Newton Abbot TQ12 2SH
01626 215660 | nalc@teignbridge.gov.uk
@NewtonAbbotLeisureCentre

Broadmeadow Sports Centre
Newfoundland Road, Teignmouth TQ14 9AE
01626 215590 | broadmeadowsc@teignbridge.gov.uk
@BroadmeadowSportsCentre

Dawlish Leisure Centre
Sandy Lane, Dawlish EX7 0AF
01626 215637 | dawlishlc@teignbridge.gov.uk
@DawlishLeisureCentre

@TDC_Leisure TeignbridgeDC @tdcleisure



Start your journey to a healthier lifestyle with Teignbridge Leisure. Our membership offers you a wide range of activities to meet your needs.

What's included:

- Gym 14+ (to include gym induction and journey appointments)
- Teen gym sessions (11-13 year olds)
- Exercise classes
- Public swimming
- Indoor racket sports court (share)
- Outdoor tennis courts (share) {Dawlish AWP}
- Sports Courses - Trampolining / Swimming Lessons
- Outdoor Swimming at Teignmouth Lido
- Entry to Shaldon Approach Golf
- Advanced booking privilege: 10 days in advance for members
- Discount on Holiday Activities

JUNIORS

AT TEIGNBRIDGE LEISURE

NEWTON ABBOT LEISURE CENTRE

MON	Junior Gym 15.30 - 16.15 Gym 11-13 years	Junior Gym 16.30 - 17.15 Gym 11-13 years	Netball 16.30 - 17.15 Sports Hall 7-11 years
TUE	Circuits 16.00 - 16.45 Activity Hall 8-13 years	Basketball 16.45 - 17.30 Sports Hall 8-14 years	Basketball 16.45 - 17.30 Sports Hall 5-7 years
WED	Indoor Cycling 15.45 - 16.30 Studio 3	Multi-Sports 16.30 - 17.15 Sports Hall 5-13 years	
THU	Junior Gym 15.30 - 16.15 Gym 11-13 years	Junior Gym 16.30 - 17.15 Gym 11-13 years	Family BoxFit 16.30 - 17.30 Sports Hall 9-14 years
FRI	Football 16.30 - 17.30 Sports Hall 5-8 years	Football 17.30 - 18.30 Sports Hall 9-15 years	

BROADMEADOW SPORTS CENTRE

MON	Junior X 16.00 - 16.45 Gym 11-13 years		
TUE	Junior Gym 16.00 - 16.45 Gym 11-13 years	Multi-Sports 16.45 - 17.30 Sports Hall 5-11 years	
WED	Junior Gym 16.00 - 16.45 Gym 11-13 years		
THU	Junior X 16.00 - 16.45 Gym 11-13 years	Squash* 16.20 - 17.20 5-11 years	
FRI	Trampoline 16.00 - 17.00 Sports Hall 5+ years	Trampoline 17.00 - 18.00 Sports Hall 5+ years	Trampoline 18.00 - 19.00 Sports Hall 5+ years
SAT	Trampoline 09.00 - 10.00 Sports Hall 5+ years	Trampoline 10.00 - 11.00 Sports Hall 5+ years	
SUN	Family Rackets 12.00 - 14.00 Sports Hall		

*Squash does not run all year, please contact reception for further details.

Conditioning

Aqua

Social Sports

Aerobic / choreography

Mind / Body

Indoor Cycling

DAWLISH LEISURE CENTRE

MON	Junior Gym 16.00 - 17.00 Gym 11-13 years	Boxercise 16.00 - 16.45 Sports Hall 8+ years	Junior Gym 17.00 - 18.00 Gym 11-13 years		
TUE	Beginners Gymnastics 16.00 - 17.00 Sports Hall 5-6 years	Beginners Gymnastics 17.00 - 18.00 Sports Hall 7-8 years	Beginners Gymnastics 18.00 - 19.00 Sports Hall 9-15 years		
WED	Junior Gym 16.00 - 17.00 Gym 11-13 years	Football 16.00 - 16.45 Sports Hall 5-7 years	Football 16.00 - 16.45 Sports Hall 8-13 years	Netball 16.45 - 17.30 Sports Hall 8-13 years	Junior Gym 17.00 - 18.00 Gym 11-13 years
THU	Tots Bounce 16.00 - 16.45 Sports Hall 3-5 years	Beginner Trampoline 16.45 - 17.45 Sports Hall 6+ years (Under 8's must be accompanied with an adult)	Beginner Trampoline 17.45 - 18.45 Sports Hall 6+ years (Under 8's must be accompanied with an adult)		
FRI	Family Tag Rugby 16.00 - 16.45 Sports Hall 3-5 years	Multi-Sport 17.00 - 17.45 Sports Hall 6-11 years			
SAT	Family Rackets 12.30 - 14.30 Sports Hall	Junior Octopush 14.00 - 15.00 Pool 8-12 years	Junior Octopush 15.00 - 16.00 Pool 12-16 years	Junior Octopush 16.00 - 17.00 Pool 14-19 years	

OTHER ACTIVITIES

Swimming

Swimming Lessons
1 to 1 lessons
Aqua Tots
Parent and Tot
Fun Swim
Fun/Flume Swim

Please refer to pool timetable for further details.



Crèche

At Newton Abbot Leisure Centre
Monday to Friday
Session 1: 9.30 - 11am
Session 2: 11am - 12pm
Open to all, not just leisure centre users!



Holiday Activities

At both Newton Abbot and Dawlish Leisure Centres. Full and half days available. Arts and crafts, sports, games, bouncy castle fun, swimming every day and lots more!



Birthday Parties

A birthday is an exciting time in a child's year. After all, it's a day where they spend time with friends and family, showered with presents, lots of activities and treats.



Visit our website teignbridgeleisure.co.uk/juniors for all our Junior activities