

Activity descriptions

Active Antz Designed to give you and your child time to play and learn from each other. Try a variety of activities each week ranging from exploring the soft play shapes to jumping on the bouncy castle, singing, crafts and much more!

Activity Camp Everyone Active offer healthy lifestyle activity camps providing a wide range of sports and activities every day. They are fun, safe and a great way to make friends and keep your children active over the holiday period. All our camps are lead by trained activity leaders.

Cheerleading Give me an 'A', give me a 'C', give me a 'T', give me an 'I', give me a 'V', give me an 'E', and what do you get? An active dance class that combines cheerleading moves to get you fit!

Crazy Play Bouncy castle and sports play.

Crèche Our qualified and experienced team will offer a safe, fun and stimulating play environment for your active tots while you get active yourself!

Gym Active Suitable for 11-15 Yrs. Gym and Studio based sessions to improve general fitness and promote healthy lifestyles.

Gymnastics A great way for children to increase agility, flexibility, balance and co-ordination, while having fun and interacting with other children. Gymnasts will take part in floor, beams, bars and trampettes. Work towards our badge scheme under the guidance of one of our fully qualified coaches.

Family Roller Skating A session for all the family, all stages and abilities. Bring your own skates to this fun session or hire them from reception. All the up to date music and a great social event for all the family.

Mini Bouncers An introduction to trampolining in a fun environment. Work towards the British Gymnastics' badges under the guidance of our qualified coaches. Parents must stay and spot around the trampoline for the sessions.

No Strings Badminton No strings badminton is the low-cost way to play badminton for relaxed, social game-play for adult (16+) players of all abilities. Grab the opportunity to enjoy convenient weekly court time that gets you swinging a racket for fun and fitness with people like you.

Polar Bears An Ice session with music and disco lights for families with young children. A qualified Ice coach gives tips on skating.

Polar Cubs A parent and toddler session with a qualified coach using toys and games to teach pre-schoolers how to Skate and gain confidence on the Ice.

Play World A Supervised activity session for children aged 5 - 11 years with bouncy castle, games, swimming and so much more!

Push 4 Fitness Get fit, have fun and meet other parents! Walk, tone and stretch with our trained instructor in the countryside or inside if it's raining.

Disco Roller Skate This fantastic roller disco session combines free-skating with the latest chart music and LED disco lighting to create an impressive activity the whole family can enjoy. The entry fee includes free skate hire if required.

Skate UK Learn to Skate safely and have fun while working towards badges and certificates.

Roller Skate Coach Programme. Everyone Active working with the British Roller Sport Federation provides an award programme from 5 years plus even into adult age groups. The award programme consist of 5 levels in which awards can be achieved. The programme provides continuous assessment and observation without the learners knowing they are achieving the outcomes of each level. The programme emphasises fun which the skills and criteria are based around.

SmashUp! Badminton SmashUp! Badminton England's perception changing, innovative youth badminton initiative, aimed at inspiring 13 to 16-year-olds of all sporting ability to swing a racket for fun. With a modern 'mashed up' mix of big hitting badminton challenges, mates, music playlists and bold court branding, sociable SmashUp! sessions get sports halls rocking right across England. No dress code. No formal coaching. No team selection or talent spotting.

Striker 9 All sessions are coached by an FA qualified coach. Children will learn football skills through simple drills and routines, improving passing, shooting, dribbling skills and learning the importance for team work.

Swim 4 Everyone For everyone to experience the invigorating and relaxing activity which is swimming. Dip your toe in, the water's lovely.

Trampolining Children can enjoy learning new skills in a fun environment. All classes are taught by qualified coaches who work on an award scheme.

Under 5s & Parent Swim sessions for children under 5 who must be accompanied by an adult.

Under 8s Fun Swim Adult and child session for under 8s in the small pool with balls and floats.

Wet & Wild sessions for children with or without an adult where inflatables are provided (under 8's policy applies).

**Festival Hall
Leisure Centre**

01623 457101

Hucknall Leisure Centre

0115 956 8750

Selston Leisure Centre

01773 781800

Edgewood Leisure Centre

0115 956 8790

Lammas Leisure Centre

01623 511177



Everyone Active manages these facilities in partnership with Ashfield District Council.