

**MIXED DANCE:** Including Street dance, Contemporary and High School Musical. Learn routines and funky moves to the latest chart sounds. For ages 13 - 19

**MUSIC THEATRE CLUB:** X factor style vocal workshops. Learn how to sing all the latest chart songs with professional vocal coaches. For ages 10 - 16

**PILATES:** A gentle low impact floor exercise that helps improve the body's core strength and improves your posture through a series of low repetitions, low impact stretching and conditioning exercises

**SEPOY FREESTYLE KARATE:** New Karate beginners class for all ages. Call Gary on 07946 042589 for more information.

**SPORTING CHANGE SPORTS GROUP:** The Group provides opportunities for adults experiencing mental health difficulties to take part in a variety of sports including badminton, tennis, football, basketball etc, as a way of promoting social inclusion and improving individuals mental and physical health, independence and confidence

**SPORTING CHANGE WALKING GROUP:** The walking group is open to all and aims to improve individual's mental and physical health, self esteem and confidence

**STREET DANCE:** Learn funky street dance moves to the latest chart sounds

**TAI CHI:** Consisting of many postures linked together as continuous flowing, circular movements which encourage the flow of life-force energy, or Chi, throughout the body, along the acupuncture meridians. This helps the body to heal and rejuvenate itself over a period of time.

# The Pavilion

formerly Huncote Leisure Centre

# Activity Timetable



**FOR MORE INFORMATION CONTACT:**

**The Pavilion, Sportsfield Lane, Huncote, Leicester LE9 3BN.**

**Tel: 0116 275 0246**



DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00am		Low Impact Aerobics	After School Club		Low Impact Aerobics	Menphy's Sport & Leisure Club
10.30am		Low Impact Aerobics	After School Club		Low Impact Aerobics	Mini and Junior Squash Club
11.00am			After School Club			Mini and Junior Squash Club
11.30am			Coffee Morning			Mini and Junior Squash Club
12.00noon			Coffee Morning			Mini and Junior Squash Club
12.30pm			Coffee Morning			Basketball
1.00pm			Coffee Morning	Dance a Lot		Basketball
1.30pm			Dance a Lot			Basketball
2.00pm				Low Impact Aerobics		Basketball
2.30pm				Low Impact Aerobics		
3.00pm						
3.30pm	After School Club	After School Club		After School Club	After School Club	
4.00pm	After School Club	After School Club		After School Club	After School Club	
4.30pm	After School Club	After School Club	Athletics	Dance a Lot	After School Club	
5.00pm	Creative Movement	After School Club	Athletics	Dance a Lot	After School Club	
5.30pm	Creative Movement			Dance a Lot		
6.00pm						
6.30pm	Circuits	Box Fit	Circuits	Box Fit	Low Impact Aerobics	
7.00pm	Circuits	Box Fit	Circuits	Box Fit	Low Impact Aerobics	

**AFTER SCHOOL CLUB:** The Pavilion provides fun stimulating after school clubs. Our clubs offer children the chance to try new and exciting sports while providing a safe learning environment. It also gives parents the opportunity to relax or enjoy a workout in the gym. Ages 6 - 12

**ATHLETICS:** Introduction into running throwing and jumping with a strong emphasis on having fun!! For children aged 8 – 13 years

**BASKETBALL:** The Bull-dog basketball team train every Saturday with a fully Qualified Coach. Whether you are brilliant or just beginning this group is for you. Ages 7+

**BOX FIT:** A combination of learning movements to defend and box with a combination of skipping exercise to help improve your fitness levels

**CIRCUITS:** Gives you the opportunity to have an all over body workout with a motivating instructor to guide you through all the exercises at each station

**COFFEE MORNING:** Social drop-in for adults experiencing mental health difficulties, where people can receive support, information and be signposted to other services.

**CREATIVE MOVEMENT:** This is a movement based class to encourage creativity, fitness & coordination. For ages 7 - 12 year olds

**DANCE A LOT:** NATD Classical Ballet Class Exam for ages 3+ (1-1.30pm) and NATD Classical Ballet Primary for ages 5+ (1.30 – 2pm)

**LOW IMPACT AEROBICS:** This gives you a whole body fun workout to help burn calories available for all fitness levels

**MENPHY'S SPORT & LEISURE CLUB:** the club provides opportunities for people with learning disabilities (16+) to take part in a variety of activities inc. arts and crafts, dance sport and community trips

**MINI AND JUNIOR SQUASH CLUB:** Juniors get the chance to learn about squash with our fully qualified squash professional. Call Kathy on 0116 288 8177 for more information

Continued overleaf: