MONDAY

10:30-11:15
Melody Bear Music and Movement *(1 - 3 years)*

11:30-12:15
Postnatal circuits with Joanna

16:00-16:45
Junior cheer *(5 - 11 years)*

16:00-17:30
Lego creators
(5 - 11 years)
**Parent Supervision required*

TUESDAY

10:00 - 10:45
Tiny Tots Football *(2 - 4 years)*

11:15-12:00
Postnatal Pilates and stretch

13:00-14:00
Paint and Play with the creche team *(3 - 5 years)*

16:30-17:15
Supervised table tennis club *(9+ years)*

16:30-17:30
Open box *(12+ years)*

WEDNESDAY

09:00-10:00
Coffee & Cubs
(last Wednesday of the month)

10:00 - 10:45
Arts and crafts *(1 - 4 years)*

13:00-14:00
Open creche
(0 - 4 years)
**Parent supervision*

16:00-16:45
Mini Olympics *(5 - 12 years)*

THURSDAY

09:45 - 10:30
Baby Sensory
(6 - 13 months)

10:45 - 11:30
Baby Sensory
(0 - 7 months)

11:30-12:15
Postnatal circuits with Joanna

16:30-17:15
Arts and crafts
(5-12 years)

FRIDAY

09:30 - 10:15
Forest Nook *(1 - 4 years)*

10:30 - 11:00
Mini Multi Sports *(2 - 4 years)*

11:15-11:45
Baby music with Sarah *(4 - 12 months)*

12:00-12:30
Baby massage and yoga with Sarah
(birth - crawling)

16:30-17:15
Sports games *(5 - 12 years)*

17:30-18:30
Open box *(12+ years)*

SATURDAY

09:00-12:00
Kids club
(4 - 11 years)

12:00-12:45
Teen functional fitness with Joanna
(8+ years)

14:00-15:00
Arts and crafts
(2+ years)

15:30-17:30
Cinema club *(6+ years)*
(last Saturday of every month)

SUNDAY

09:00-12:00
Kids club
(4 - 11 years)

09:30-10:30
Aqua splash in the pavilion indoor pool
(0 - 4 years)

14:30-15:30
Sports games *(5+ years)*

MONARCH STUDIOS*

Please email **us@monarchstudios.co.uk** to book midweek dance classes.
**subject to availability and age.*

Additional activitites

CRECHE*

Our creche is run by a friendly, qualifed team.
(3 months - 5 years)
Bookings 30 mins - 2 hours
Bookable by emailing **creche@foxhills.co.uk**
Monday - Friday 08:30 - 13:30
Saturday 09:00 - 11:00
Sunday 08:00 - 10:10

KEY DATES

Keep an eye out for our seasonal timetables in the weekly newsletter
October half term 19th Oct - 1st Nov
Halloween fun day 31st Oct
Christmas holidays 21ST Dec - 3rd Jan
February half term 15th Feb - 21st Feb

OPEN TIMES

Soft play and games room
07:30 - 19:30

PARTIES

For enquiries please contact
npainter@foxhills.co.uk

FOXSTARS GOLF LESSONS*

Bronze (5 - 7 years) 09:00 - 10:00
Silver (7 - 10 years) 10:15 - 11:15
Silver (11 - 15 years) 11:30 - 12:30
Gold (12 + years) 12:45 - 13:45

Subject to availability. Please contact the golf team for more information

RACQUET LESSONS*

10 - 12 Week courses available from ages 3+ years

For new enquries or to check availiability please email
pbritton@foxhillls.co.uk

SWIMMING LESSONS*

Adult, child and pre-school swimming lessons available.

For more information on classes please email **swimming@foxhills.co.uk**

Subject to availability
School holidays 1-1 crash courses available

Pre-booking is essential, and sessions can be booked 48 hours in advance online from 08:00am. For ages 5+, 'drop and go' is available with sign-in/sign-out, while ages 1-4 require parental supervision. Children should wear appropriate footwear and clothing. All sessions may change or be cancelled due to weather or staffing. Arriving more than 5 minutes late may result in your slot being given to the waiting list.

Activity Descriptions

1 - 4 YEARS

- **Baby Sensory** - Baby Sensory® provides ideas for creative play, massage, tummy time, movement, visual development, textures, scents, and music in simple practical ways that can be easily repeated at home. We also use a combination of original and traditional songs and rhymes to develop early speech and language skills, and sensory signing activities to help you and your baby communicate from birth.
- **Melody Bear Music & Movement** - Melody Movement early learning is a unique dance curriculum which addresses the needs of children aged 18 months upwards. It is tailored to discovering and fulfilling the potential of each child, nurturing their creative and physical development and musicality. Loveable Melody Bear is the focal point of the early years curriculum and all her activities, ideas and dreams can be told through dance, song and movement. Parents and caregivers are encouraged to participate with their child in a friendly song and dance class.

- **Coffee & Cubs** - We understand that family is at the heart of our community. That's why we're excited to invite all members with newborns and preschool-aged children to join us for a *Complimentary Monthly Coffee Morning*, designed to offer you a relaxed and welcoming space for old or new members to exchange numbers, arrange meet-ups and discuss similar interests.
- **Aqua splash**: Dive into a world of fun with this interactive water play experience! Kids are invited to splash, explore, and engage with a variety of exciting water toys in the pool.
- **Open creche:** A relaxed and welcoming space for little ones to play, explore and have fun while their parents or carers stay and join in. Children can enjoy a range of age-appropriate toys, activities and creative play, with opportunities to socialise and make new friends as they get to know the Creche team. Every wednesday from 13:00-14:00.
- **Arts & Crafts** - Join us each session for a fun creative activity that strives to improve creativity and imagination, as well as teaching new skills and developing confidence.
- **Tiny Tots Football** – these sessions will help develop your child's football skills, as well as other key areas such as balance, co-ordination and agility.
- **Mini Multisports** - A variety of sports, skills and games for 2-4 year olds designed for fun and confidence building.
- **Forest Nook Adventure** - Join us for guided outdoor sensory play in the Forest Nook, located in the Adventure Playground. This outdoorsy, messy play hybrid is great for any little ones that want to play, learn and get a little bit mucky! *If there is bad weather there will be an alternative Arts & Crafts session put on indoors. *The last session will be the 16th October.
- **baby massage and baby music**: A gentle and joyful class combining soothing baby massage with fun music and movement. A wonderful way to relax, bond, and create special moments with your little one.
- **post notal circuits**: Staying fit as a new parent can be challenging, but our 45 minute baby friendly session is the perfect way to ease back into exercise, without the pressure of finding childcare.
- **Postnatal yoga:** The perfect way to prepare for birth, or rebalance your body after giving birth, helping to strengthen the pelvic floor and focus your core awareness. A great way to bring calm to the lead up or challenging new-born days. Babies welcome!
- **Paint and play:** A fun and creative session where little artists can get messy, explore colours and let their imaginations run wild! Children aged 3-5 will enjoy painting, making and playing in a relaxed creche environment, with plenty of opportunities to create something special to take home. Parent supervision required in the creche.

5+ YEARS

- **Lego Creators** - Have the freedom to create your own world with our expansive lego collection. Parental supervision required.
- **Arts & Crafts** - Expand your creative knowledge with these craft sessions. Join us each session for a new/different artistic activity that strives to improve creativity and imagination, as well as teaching new skills and developing confidence.
- **Kids' Club** - A fun packed morning of activities. Children must have suitable outdoor clothing, and we ask that they keep mobile phones in bags please.
- **Junior Cheer** - Join Isla for a fun Cheer skills session every Monday.
- **Sports games** - A fun and active class where kids run, jump, kick, and play sport themed games while learning teamwork and basic sports skills.
- **Supervised Games Room** - The age of the games room will be lowered to 9+, as a member of our team will be in the room to supervise all activities.
- **Cinema club** - Join the activity team on the last Saturday of every month in the games room to enjoy watching a film.

9+ YEARS

- **Teen Mixed Media** - A creative space for teens to begin learning and practising the basic principles of fine art in and explore mixed media. Learn to use colour, line, form, and tone in this art class, perfect for young people with an interest in art.
- **Open Box -** Enjoy Some Family Training Time. Take advantage of our Box equipped with boxing gear, perfect for getting active together. This area is not supervised by a trainer, so parental supervision is required at all times. Suitable for ages 12+
- **Table tennis club:** Get active, have fun and improve your table tennis skills! Children can practise their serves, rallies and shots, take part in friendly games and challenge their friends in a fun and supportive environment. Perfect for beginners and those looking to develop their skills.
- **Teen functional fitness:** Train with your kids in this class in our studio The Box, suitable for junior members aged 8 years and over when accompanied by an adult. A great workout for developing coordination, agility and fitness for all ages (1 adlut can accompany 2 children.)
- Please see the teen fitness timetable for all classes available to attend

12-15 YEAR OLD GYM TIMES

Term time Mon-Thurs 15:00 - 17:00, Friday 15:00 - 21:30 , Sat - Sun 12:00 - 19:30
Holidays Mon-Thurs 12:00 - 17:00, Friday 12:00 - 21:00, Sat - Sun 12:00 - 19:30

Must be accompanied by an adult whilst using the gym, and had a gym induction

JUNIOR PERSONAL TRAINING

60 mins: £50 | 11 x 60 mins: £500
30 mins: £30 | 11 x 30 mins: £300

*From Monday 1st June *PT packages of 1 - 11 are sold with a 3-month expiry date from date of purchase*

KEY BOOKING INFORMATION

Please note that bookings open at 08:00 via the online booking system, and at 08:15 for bookings made by email or telephone. To avoid disappointment, we recommend booking as soon as possible, as classes can fill up quickly.

If you are no longer able to attend a class you have booked, please cancel your booking through the online booking system or contact the Pavilion team on **pavilion@foxhills.co.uk** or **01932 704461**

We often have waiting lists, so cancelling in advance allows another member the opportunity to attend.