

FUN DYNAMIC PROGRESSIVE

FURTHER INFORMATION

- All courses must be booked in advance for the duration of the course
- Course fees will not be refunded unless the course is cancelled or rescheduled
- Queen's Sport attempt to accommodate all enrolments, although places will be allocated on a first come first served basis
- Phone and email bookings will not be accepted
- All bookings will only be confirmed upon receipt of payment and completed enrolment form
- Queen's Sport instructors are chosen to deliver the best activity programme. Instructors may be subject to change
- It is important to arrive on time for pre-course announcements and the warm up component of the course. Latecomers may be refused entry for their own safety and to avoid disturbing other members
- Please ensure to wear appropriate attire for the course as some dance and other courses have specialist attire requirements. Please check with instructors for further details
- Whilst every effort has been made to ensure the accuracy of this programme, courses may be subject to change after publication
- The programme may be amended during public holiday periods
- Programme commences week beginning Monday 16 September, with the exception of Climbing & Swimming which will commence week beginning Monday 9 September, and Kids' Yoga which commences week beginning 23 September.
- Queen's Sport also offers bespoke Sports Parties for children in the following activities: Climbing, Basketball, Trampolining, Soccer and Dodgeball



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT

ACTIVE CHILDREN'S PROGRAMME

Autumn 2019

Monday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
11.00	12.00	Baby Dance	1-3***	Jo	Studio 3	12 Weeks
16.30	17.30	**Gymnastics (Juniors)	5-7	External	Dojo	12 Weeks
17.30	18.30	**Gymnastics (Seniors)	8-11	External	Dojo	12 Weeks
17.30	19.00	NEW Climbing Squad*	12+	External	Climbing Wall	13 Weeks

Tuesday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
16.00	17.00	Basketball (Juniors)	5-7	James	Minor Hall	12 Weeks
17.00	18.00	Basketball (Seniors)	8-11	James	Minor Hall	12 Weeks
16.00	17.00	NEW Beginners' Climbing	7+	External	Climbing Wall	7 Weeks
17.00	18.00	NEW Improvers' Climbing	7+	External	Climbing Wall	7 Weeks

Wednesday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
16.00	17.00	**Trampoline (Juniors)	5-7	Jacqui	Main Hall	12 Weeks
17.00	18.00	**Trampoline (Seniors)	8-11	Jacqui	Main Hall	12 Weeks
15.30	16.15	NEW Tiny Tots Hip Hop	3-6	Jade	Studio 3	12 Weeks
16.15	17.15	NEW **Gymnastics (Juniors)	5-7	External	Dojo	12 Weeks
17.15	18.15	**Gymnastics (Seniors)	8-11	External	Dojo	12 Weeks
18.15	19.15	**Gymnastics (Advanced)*	N/A	External	Dojo	12 Weeks

Thursday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
15.45	16.45	NEW Junior Ballet	6+	Mayte	Studio 1	12 Weeks
16.00	17.00	NEW Gaelic Football Development	6-10	Gavan	OTF	10 Weeks
16.30	17.30	**Gymnastics (Juniors)	5-7	External	Dojo	12 Weeks
17.30	18.30	Kids' Taekwondo Club*	4-12	Adam	Minor Hall	12 Weeks

ENROLMENT IS OPEN NOW

Programme commences week beginning Monday 16 September, with the exception of Climbing & Swimming which will commence week beginning Monday 9 September, and Kids' Yoga which commences week beginning 23 September.

Half-term courses (KinderGym, Squirrels Climbing, Active Minds) which will run an additional 6 weeks after the Halloween break, with a separate sign-up period.

There will be a break for all courses during week commencing Monday 28 October.

* These courses are invite only.

** There is a £5.00 fee required for British Gymnastics insurance for Trampoline and Gymnastics.

***It is important that the child can walk on their own before enrolling in Baby Dance.

Queen's Sport also offers bespoke Sport's Parties for children in the following activities: Climbing, Basketball, Trampoline, Soccer and Dodgeball.

Friday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
15.30	16.30	Baby Ballet	2-4	Mayte	Studio 3	12 Weeks
15.30	16.10	NEW Toddler Rugby	2.5 - 3	RugBugz	Minor Hall	12 Weeks
16.00	18.00	Splash 'N' Swim	5+	External	Swimming Pool	13 Weeks
16.00	17.00	Climbing (Squirrels) Parent and Child Climbing	4-5	External	Climbing Wall	6 Weeks
16.00	17.00	Climbing (Rock Monkeys)	6-7	External	Climbing Wall	13 Weeks
16.10	16.50	NEW Toddler Rugby	4-5	RugBugz	Minor Hall	12 Weeks
16.30	17.30	Baby Ballet Improvers	3-6	Mayte	Studio 3	12 Weeks
17.00	18.30	Climbing (Wall Stars)	8-10	External	Climbing Wall	13 Weeks
18.30	20.00	Climbing (Junior Mountaineers)	10-12	External	Climbing Wall	13 Weeks
18.30	20.00	Climbing (Everest Explorers)	12+	External	Climbing Wall	13 Weeks

Saturday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
9.00	13.00	Splash 'N' Swim	4 months+	External	Swimming Pool	13 Weeks
9.00	10.00	Climbing (Rock Monkeys)	6-7	External	Climbing Wall	13 Weeks
9.30	10.30	Baby Ballet	2-4	Mayte	Studio 3	12 Weeks
10.00	11.00	NEW Active Minds Level 1	6-12	Carolyn	Studio 4	6 Weeks
10.00	11.00	Taekwondo (Juniors)	4-7	Adam	Dojo	12 Weeks
10.00	11.30	Climbing (Wall Stars)	8-10	External	Climbing Wall	13 Weeks
10.30	11.30	Baby Ballet Improvers	3-6	Mayte	Studio 1	12 Weeks
11.00	12.30	Taekwondo (Seniors)	8-12	Adam	Dojo	12 Weeks
11.00	12.00	NEW Active Minds Level 2	6-12	Carolyn	Studio 4	6 Weeks
11.30	13.00	Climbing (Junior Mountaineers)	10-12	External	Climbing Wall	13 Weeks
12.00	13.00	NEW Childrens' Yoga	6-10	Elizabeth	Level 4	11 Weeks
13.00	14.30	Climbing (Everest Explorers)	12+	External	Climbing Wall	13 Weeks

Sunday

Start Time	Finish Time	Class	Age	Instructor	Location	No. of weeks
9.00	10.00	Climbing (Squirrels) Parent and Child Climbing	4-5	External	Climbing Wall	6 Weeks
9.00	11.30	Splash 'N' Swim	4 months+	External	Swimming Pool	13 Weeks
9.30	10.15	KinderGym	3-4	External	Dojo	6 Weeks
10.00	11.30	Climbing (Wall Stars)	8-10	External	Climbing Wall	13 Weeks
10.15	11.00	KinderGym	3-4	External	Dojo	6 Weeks
11.30	13.00	Climbing (Junior Mountaineers)	10-12	External	Climbing Wall	13 Weeks
13.00	14.30	Climbing (Everest Explorers)	12+	External	Climbing Wall	13 Weeks

