

ADULT COURSES

COURSES - ADULTS	Day	Time	Course No.	Summer Term 13 wks	Autumn Term 13 wks	Spring Term 11 wks
BODY CONDITIONING	Mon	9.30-10.30	BC	£84.50	£84.50	£71.50
LEGS, BUMS AND TUMS	Tues	9.15-10.15	LBT	£84.50	£84.50	£71.50
YOGA	Wed	9.15-10.30	-	Apply direct to Kay Lilley - 01732 458249		
PILATES	Wed	10.45-11.45	-	Apply direct to Helen Whitaker - 07799 534191		
TOTAL BODY WORKOUT	Thurs	9.30-10.30	BW	£84.50	£84.50	£71.50
NIA FITNESS DANCE	Fri	9.00-10.00	-	Apply direct to Emma Townsend - 07834 232695		

CHILD CARE FACILITIES
 On site for Raleys Gym Customers. Book via Barnies Day Nursery - 01732 464670
 £6.00 per hour

OFFICE HOURS

Gym Co-ordinators: Serena Philpott and Sacha Butler

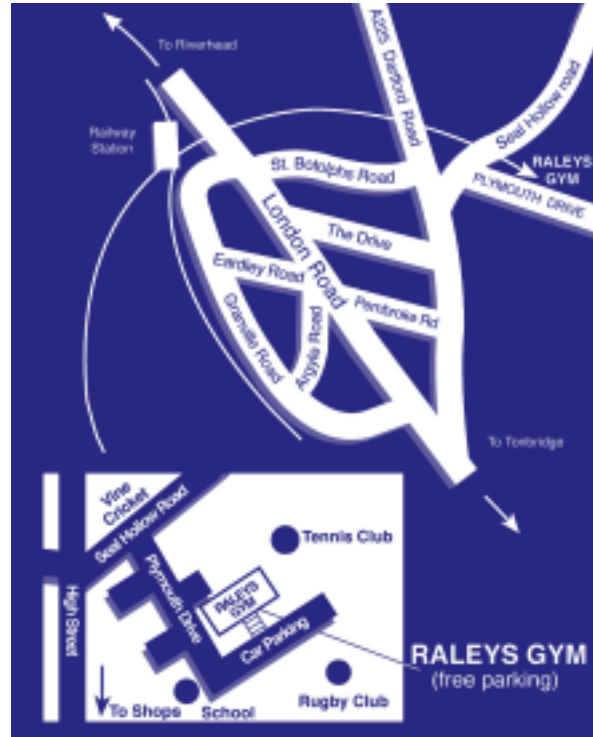
Monday	9.00am - 1.00pm
Tuesday	9.00am - 3.00pm
Wednesday	9.30am - 5.30pm
Thursday	9.00am - 1.00pm
Friday	9.30am - 5.30pm

The answerphone is in operation during out of office hours.

WHERE TO FIND US

Raleys Gym, Plymouth Drive
 Sevenoaks, Kent TN13 3RP
 Tel / Fax: 01732 458614
 Email: raleysgym@sevenoakstown.gov.uk
 www.sevenoakstown.gov.uk

FREE PARKING



RALEYS GYM

COURSE PROGRAMME 2010-2011



To book or make enquiries
 please call Sacha or Serena
 on 01732 458614



Sevenoaks TOWN COUNCIL



SEVENOAKS DISTRICT COUNCIL

TERM DATES 2010/2011

SUMMER TERM 2010. 6+7=13wks

Begins: Monday 19 April
 Bank Holiday: Monday 3 May
 Half Term: Monday 31 May - Friday 4 June
 Ends: Friday 23 July

AUTUMN TERM 2010. 7+6=13wks

Begins: Monday 6 September
 Half Term: Monday 25 October - Friday 29 October
 Ends: Friday 10 December

SPRING TERM 2011. 6+6=12wks

Begins: Monday 10 January
 Half Term: Monday 21 February - Friday 25 February
 Ends: Friday 8 April

HOLIDAY ACTIVITIES/COURSES

Easter Activity Days: Tuesday 6 April - Friday 9 April & Tuesday 13 April - Thursday 15 April

Gymnastics 5-10 yrs 3 hour sessions am or pm £15.00 per session
Art & Craft 5-10 yrs 2 1/2 hour sessions £14.50 per session

Summer Holiday Courses: Monday 26 July - Friday 27 August

Gymnastics 5-10 yrs **Dance** 4-9 years
Mini Tennis 4-8 yrs **Pre School Gym** 3-4 years
Art & Craft 5-10 yrs **Judo** 5 upwards

EVENING COURSES

- Aerobics** (Pay as you come) Mon 7.30 - 8.30pm
Any questions ring Kay Bradley 07817 097710
- Circuit Training** Tues 8.00 - 9.00pm
Any questions ring Charlotte Gormley 07968 619960
- NIA Fitness Dance** (Pay as you come) Wed 7.30 - 8.30pm
Any questions ring Emma Townsend 07834 232695
- Pilates** Thurs 7.00 - 8.00pm
Book direct with Emma Jayne Rushby 01732 459468

CHILDRENS CLASSES - TODDLER & PRE-SCHOOL

COURSE	DAY	TIME	COURSE NO.	SUMMER TERM 13 wks	AUTUMN TERM 13 wks	SPRING TERM 11 wks
PRE-SCHOOL GYM 3-3 1/2 years	Mon	1.15-2.00	PSG1	£71.50	£71.50	£60.50
	Tues	1.30-2.15	PSG3	£71.50	£71.50	£60.50
	Wed	1.00-1.45	PSG5	£71.50	£71.50	£60.50
PRE-SCHOOL GYM 3 1/2 - 4 years	Mon	2.00-2.45	PSG2	£71.50	£71.50	£60.50
	Tues	2.15-3.00	PSG4	£71.50	£71.50	£60.50
	Wed	1.45-2.30	PSG6	£71.50	£71.50	£60.50
PRE-SCHOOL DANCE 3-4 years	Fri	12.30-1.15	PSD	£58.50	£58.50	£49.50

ALL GYM CLASSES INCLUDE PERSONAL INSURANCE COVER

CHILDRENS CLASSES - JUNIOR

GYM 5-6 years <i>and</i> awards 8, 7, 6, 5	Mon	4.00-5.00	G1	£84.50	£84.50	£71.50
	Mon	5.00-6.00	G1A	£84.50	£84.50	£71.50
	Tues	4.00-5.00	G3	£84.50	£84.50	£71.50
	Wed	4.00-5.00	G5	£84.50	£84.50	£71.50
GYM 7-10 years <i>or</i> awards 4, 3, 2, 1	Mon	6.00-7.00	G2	£84.50	£84.50	£71.50
	Tues	5.00-6.00	G4	£84.50	£84.50	£71.50
	Wed	5.00-6.00	G6	£84.50	£84.50	£71.50
GYM Advanced GYM Advanced Summer	Tues	6.00-7.00	G4A	£84.50	£84.50	£71.50
	Wed	6.00-7.15	G7	—	£91.00	£77.00
	Wed	6.00-7.30	G7	£97.50	—	—
JUDO Beginners JUDO Graded JUDO Older graded	Fri	5.00-6.00	JD1	£84.50	£84.50	£71.50
	Fri	6.00-7.00	JD2	£84.50	£84.50	£71.50
	Fri	7.00-8.00	JD3	£84.50	£84.50	£71.50

JUDO FEES INCLUDE GRADING EVENTS, PERSONAL GRADING RECORD AND FREE COLOUR BELTS AND TAGS AS AWARDED

