

Date for Release	From	Contact Tel	Email
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Title:

“Active Tots at Kingswood Leisure Centre”

Body:

Give your Tots the best start by getting them 'Active' in sports. Kingswood Leisure Centre has invested in a wide variety of classes which are specifically designed to help improve your child's development, through playing sports and having lots of fun.

Girls' footy classes kick off on Wednesday's from 5pm to 6pm, which teaches all the basic skills such as dribbling, passing and shooting. There's an opportunity to continually develop skills incorporating games inline with the Football Association guidelines.

Want your child to be the next Wayne Rooney or Steven Gerrard, then the Soccer Tots class can help. It teaches all the basic skills, whilst emphasis is placed on enjoyment of the game and physical activity. Soccer Tots classes are designed for children aged 3-4 yrs and run on Thursday's at 2.10pm to 2.55 pm and Friday's at 1.10pm to 1.55pm.

Don't worry the referee wont blow the final whistle on all the fun, as Kingswood Leisure Centre also offers football classes for children of 4-6 yrs on Tuesday's between 4pm to 5pm.

Tramp Tots classes' spring into action on Friday's from 10.30am to 11.30am and are packed full of fun that is designed to teach children all the basic moves such as star and tuck jumps and progressing onto more complex moves.

Gym Tots classes are ideal for pre-school children aged 2-4 yrs to develop co-ordination, balance and confidence. This is also a great opportunity to make new friends and learn communication skills. Classes run on Wednesday's from 2.10pm to 2.55pm. Gym fun classes are great for children aged between 4-8 yrs and builds on their experiences. It gives them an opportunity to further increase their confidence and balance and get to grips with different pieces of equipment, such as the climbing equipment.

For further information on these and other classes, please call 01454 865701 or go to www.sgleisure.org.

Ends

Notes for Editors:

- **South Gloucestershire Leisure Ltd** - South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. It operates the four leisure centres in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.

South Gloucestershire Leisure

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- **Press releases** - All press releases can be found online at: www.sgleisure.org/press_releases

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