

LITTLE

JUNE 1ST
TO DECEMBER 31ST

You



TIME FOR TOTS • TIME TOGETHER • TIME FOR YOU

ACTIVE
TAMESIDE

INSPIRING PEOPLE TO LIVE WELL AND FEEL GREAT



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TIME FOR TOTS

LITTLE DUCKS

Little Ducks is the next step on from Ducklings and a platform for our Learn to Swim programme. Instructors deliver the lesson from in the water to support children throughout and each class contains only 4 pupils to provide a high quality lesson.

LEARN 2 SWIM

Your child's progression through the Learn to Swim scheme will result in the development of a wide range of skills that when put together will create a competent, confident and safe swimmer who has the skill base for then developing technique in a wide range of water based sports.

LITTLE TUMBLERS

Our Little Tumblers coaches are British Gymnastics Pre-School qualified and will guide your child through their structured gymnastics session. Encouraging new milestones, in social,

physical and gymnastic development, we actively encourage independence and ask you to leave your child in the care of the coaches, but remain within the centre.

By taking part in the Little Tumblers sessions your child will work towards British Gymnastics Badge Scheme rewards so you know they're on the right path.

CRÈCHE

Our Crèche sessions have been carefully timed to coincide with some of our group exercise classes and general swim times, so you can enjoy a gym workout, class or go for a swim while we look after your little one. Our Crèche offers childcare for newborn babies up to children aged 6 years. We care for your children to the highest of standards, so that they have fun while you work out.

TIME TOGETHER

WALLY WALRUS AND DUCKLINGS

Wally & Ducklings are great ways to encourage your baby or toddler to explore and enjoy the fun of learning to swim. With your help, your child will develop a range of skills helping them stay buoyant in the water.

PRE DUCKS

You will accompany your child in a structured swimming lesson, delivered by a qualified swimming teacher. Once your child is confident enough, they can progress to our little duck's lessons. From age 2 years.

GYM TOTS

Taking place at our specially designed Active Ken Ward centre, our Gym Tots sessions are perfect for letting your little one explore a new and exciting environment. As your child discovers the equipment we have at the centre they'll experience an interactive learning session in a fun and stimulating environment. With you by their side, they'll develop social and physical skills, improving movement, strength, balance and co-ordination.

TINY TUMBLERS

These fun sessions are great for parents and children to learn together! Each tiny tumbler session will last for 1 hour and begins with a 30 minute structured sessions delivered by our British Gymnastics qualified coaches. These sessions cover a circuit of activities that have been adapted to meet that week's theme.

FUN 4 ALL

A great family session with a range of equipment available to put some extra fun into your swim.





TIME FOR YOU

TAKE ADVANTAGE OF OUR CRECHE SESSIONS AND ENJOY SOME PERSONAL TIME FOR YOURSELF...

Whether you want to hit the gym at Medlock, Copley or iTrain to work on your fitness whilst the tots are playing, or take some quiet time in our Sauna, Steam room & Hot beds at Copley, taking some time for yourself will leave you feel refreshed and ready to go.



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TIME FOR TOTS • TIME TOGETHER • TIME FOR YOU

CRÈCHE

TIME FOR TOTS AND TIME FOR YOU

At Active Medlock, Active Copley & iTrain our Crèche sessions have been carefully timed to coincide with some of our group exercise classes and general swim times, so you can enjoy a gym workout, class or go for a swim while we look after your little one.

Our Crèche offers childcare for newborn babies up to children aged 6 years. We care for your children to the highest of standards, so that they have fun while you work out.

ACTIVE COPLEY

Mon - Fri : **09.30 - 10.15** **10.30 - 11.15** **11.30 - 12.15**

ACTIVE MEDLOCK

Mon - Fri : **09.30 - 10.15** **10.30 - 11.15** **11.30 - 12.15**

i TRAIN

Mon, Tue & Fri : **09.20 - 11.20** **13.30 - 15.30** **15.30 - 17.30**

Wed & Thur : **09.20 - 11.20** **13.30 - 15.30**

Sat : **10.00 - 12.00**



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TIME FOR TOTS • TIME TOGETHER • TIME FOR YOU

Gymnastics

Tiny Tumblers ages 2-3

These fun sessions are great for parents and children to learn together!

Each tiny tumbler session will last for 1 hour and begins with a 30 minute structured sessions delivered by our British Gymnastics qualified coaches. These sessions cover a circuit of activities that have been adapted to meet that week's theme. The second half of these session will consist of free play, much like our Gym Tots sessions where you'll have free reign of our Gymnastics centre, enjoying our great range of equipment together.

Little Tumblers ages 3-5

Our Little Tumblers coaches are British Gymnastics Pre-School qualified and will guide your child through their structured gymnastics session.

Encouraging new milestones, in social, physical and gymnastic development, we actively encourage independence and ask you to leave your child in the care of the coaches, but remain within the centre.

By taking part in the Little Tumblers sessions your child will work towards British Gymnastics Badge Scheme rewards so you know they're on the right path.

Gymnastics ages 5+

British Gymnastics qualified coaches lead groups of up to 10 gymnasts through the sessions learning skills on our great range of equipment.

Working through the British Gymnastics Proficiency Badges gymnasts will be rewarded for their time and effort regularly gaining their next level. These sessions are great for children new to gymnastics and those who have come through our sessions previously. Our coaches tailor the sessions to make sure each child is always learning.

ACTIVE COPLEY

Huddersfield Road, Stalybridge, SK15 3ET

Monday

5.00pm - 6.00pm	Gymnastics 5 years+
5.00pm - 6.00pm	Gymnastics 6-13 years
6.00pm - 7.00pm	Gymnastics 5 years+
6.00pm - 7.00pm	Gymnastics 6-13 years

Saturday

10.00am - 11.00am	Gymnastics 5 years+
11.00am - 12.00pm	Gymnastics 5 years+

ACTIVE OXFORD PARK

Pottinger Street, Ashton-U-Lyne, OL7 0PW

Friday

4.00pm - 5.00pm	Junior Gymnastics 5-7 years
5.00pm - 6.00pm	Junior Gymnastics 5-7 years

Saturday

9.00am - 10.00am	Junior Gymnastics 5-7 years
10.00am - 11.00am	Junior Gymnastics 5-7 years
11.00am - 12.00pm	Junior Gymnastics 5-7 years



Call to Book :
0161 303 8118



Call to Book :
0161 830 0508

ACTIVE KEN WARD

Hattersley Road East, Hatterley, SK14 3NL

Monday

12.30pm - 1.30pm	Gym Tots 0-4 years
1.45pm - 2.45pm	Little Tumblers 3-5 years
4.00pm - 4.55pm	Stay & Play 0-4 years
4.00pm - 5.00pm	Boys Gymnastics
5.00pm - 6.00pm	Girls Gymnastics
6.00pm - 7.00pm	Girls Gymnastics
7.00pm - 9.00pm	Girls Gymnastics

Tuesday

4.00pm - 5.00pm	Boys & Girls Gymnastics
5.00pm - 6.00pm	Boys & Girls Gymnastics
4.00pm - 6.00pm	Girls Gymnastics
5.00pm - 6.00pm	Boys Gymnastics

Wednesday

9.45am - 10.45am	Gym Tots 0-4 years
11.00am - 12.00pm	Little Tumblers 3-5 years
1.00pm - 2.00pm	Little Tumblers 3-5 years
2.00pm - 3.00pm	Little Tumblers 3-5 years
4.00pm - 4.55pm	Stay & Play 0-4 years
4.00pm - 5.00pm	Boys & Girls Gymnastics
5.00pm - 6.00pm	Girls Gymnastics
6.00pm - 7.00pm	Girls Gymnastics
7.00pm - 9.00pm	Girls Gymnastics

Thursday

9.45am - 10.45am	Gym Tots 0-4 years
11.00am - 12.00pm	Tiny Tumblers 2-3 years
12.45pm - 1.45pm	Tiny Tumblers 2-3 years
1.45pm - 2.45pm	Little Tumblers 3-5 years
4.00pm - 4.55pm	Stay & Play 0-4 years
4.00pm - 5.00pm	Girls Gymnastics

Friday

9.15am - 10.15am	Gym Tots 0-4 years
10.15am - 11.15am	Gym Tots 0-4 years
11.15am - 12.15pm	Little Tumblers 3-5 years
4.00pm - 6.00pm	Girls Gymnastics
6.00pm - 7.00pm	Boys & Girls Gymnastics
6.00pm - 8.00pm	Boys Gymnastics
7.00pm - 8.00pm	Girls Gymnastics
8.00pm - 9.00pm	Adult Gymnastics

Saturday

9.00am - 10.00am	Little Tumblers 3-5 years
9.00am - 10.00am	Boys & Girls Gymnastics
10.00am - 11.00am	Little Tumblers 3-5 years
10.00am - 11.00am	Boys & Girls Gymnastics
11.00am - 12.00pm	Little Tumblers 3-5 years
11.00am - 12.00pm	Boys & Girls Gymnastics



Call to Book :
0161 366 5545



WELLY WALKS

TIME TOGETHER - FAMILIES OF ALL AGES CAN ENJOY OUR WELLY WALKS. THE IPLAY ZONE IS OPEN TO CHILDREN UNDER 12 YEARS OF AGE. ENJOY THE GREAT OUTDOORS WITH FUN WALKING SESSIONS, FOLLOWED BY IPLAY ZONE ACCESS

Welly Walks are ideal for families. They provide an opportunity for parents or carers and children to be active while experiencing the outdoors, with fun nature themed activities along the way. After each Welly Walk which is free, children can have fun in our iPlay Zone for just £1!

**9:30AM ON WEDNESDAYS AT MEDLOCK
(DURING SCHOOL TERM TIME ONLY).**

RHYME TIME

TIME TOGETHER - CHILDREN UNDER 12 YEARS MORNINGS OF MUSICAL FUN WITH RHYMES AND INSTRUMENTS, FOLLOWED BY IPLAY ZONE ACCESS

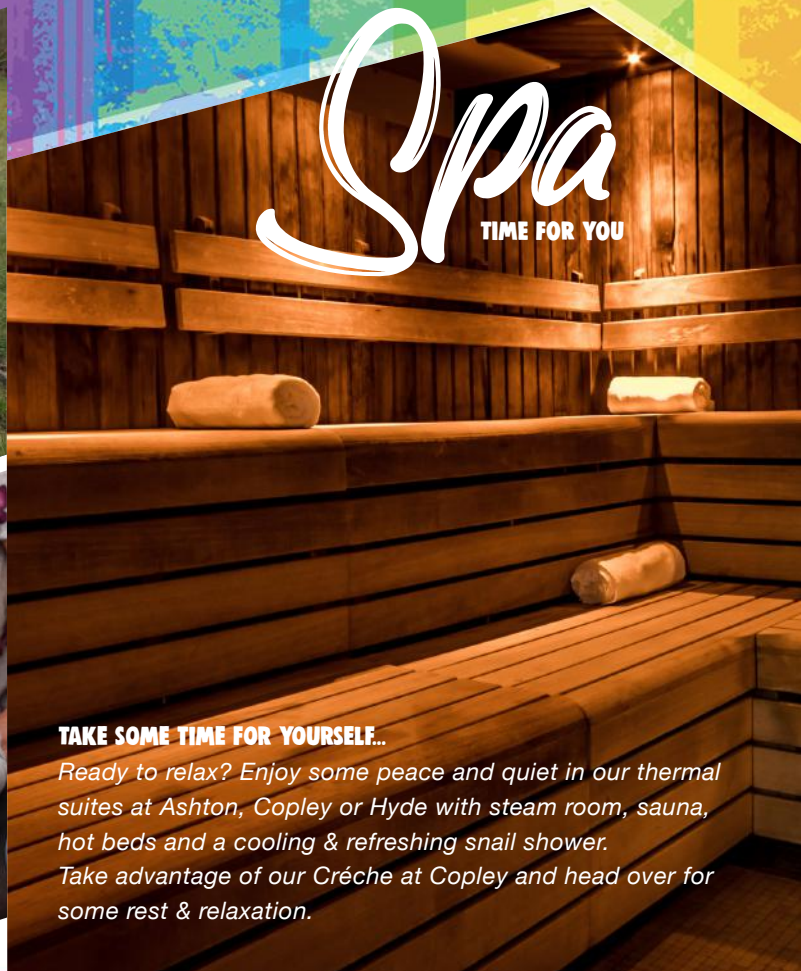
Children and their parents or carers can play musical instruments and learn and sing rhymes in a fun and relaxed atmosphere. Following on from the free Rhyme Time session, children can make the most of our iPlay Zone for £1.

**9:30AM ON TUESDAYS AND THURSDAYS AT MEDLOCK
(DURING SCHOOL TERM TIME ONLY).**



Spa

TIME FOR YOU



TAKE SOME TIME FOR YOURSELF...

Ready to relax? Enjoy some peace and quiet in our thermal suites at Ashton, Copley or Hyde with steam room, sauna, hot beds and a cooling & refreshing snail shower. Take advantage of our Crèche at Copley and head over for some rest & relaxation.



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TIME FOR TOTS • TIME TOGETHER • TIME FOR YOU

Exclusive Introductory
Offer!

£99.00*
per person

or iPlayZone Annual pass for just £79.00*
per person

Attractions

Annual Pass



1 pass, 4 times the fun!

Now Available

Join today in centre or call

0161 366 4810

*Dates and availability apply

LITTLE BOUNCERS

TOTAL ADRENALINE
where fun is made

Tuesday & Thursday

10 - 11am & 1:30 - 2:30pm*

Saturday 9-10 am

Children under 5 can join us for a
bounce in our trampoline zone*

Call Total Adrenaline on

01457 600 700

www.totaladrenaline.co.uk

Manley Grove, Mottram in Longdendale, SK14 6PJ

*Term Time only

£5.00

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MESSY PLAY

TIME TOGETHER

INTERACTIVE FUN AND LEARNING!

Messy play allows a child to explore their senses by providing the opportunity to pour, mix, squeeze and squelch materials not normally available to them. Also, not having to produce something in particular, leaves a child free to explore all sorts of possibilities. It taps into a child's curiosity about the world around them and feeds their irresistible urge to try new things out and experiment.

Please contact our iPlay zone in Dukinfield for times and dates on :

0161 804 8999

or check out our facebook at :

www.facebook.com/iPlayZone.co.uk

HYDE LEISURE POOL



**WAVE
MACHINE**

**RED RIPSTER
SLIDE**

WATER CANNONS

**BUBBLE
BEDS**

WATER RAPIDS



hydeleisurepool.com



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£3.00

Ages 3 to 7 yrs

ACTIVE COPLEY

LITTLE STRIKERS FOOTBALL

Tuesday 5:30pm - 6:30pm
Saturday 10:00am - 12:00am

Learn & practice football skills including development exercises and small football matches, the sessions are mainly suited for beginners.

grow
HELPING CHILDREN AND
FAMILIES TO START WELL

MOVE AND PLAY

www.gotogrowtameside.co.uk

Varied activities to support and encourage your baby's physical development.

Short, fun activities to keep your baby engaged and interested.

Welcome and free play



0-9 Months

9-18 Months

18-30 Months

NHS

Tameside and Glossop
Clinical Commissioning Group

NHS

Tameside and Glossop
Integrated Care
NHS Foundation Trust

grow
HELPING CHILDREN AND
FAMILIES TO START WELL

Tameside
Metropolitan Borough



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Located at:



Birch lane, Dukinfield, SK16 5AP
0161 804 8999



Manley Grove, Mottram In Longdendale, SK14 6PJ
01457 600 700



Gardenfold Way, Droylsden, M43 7XU
0161 370 3070

www.iplayzone.co.uk

iPLAY ZONE
where fun is made

SOFT PLAY CAFE
PARTIES
TODDLER AREA
CRECHE SESSIONS

Swimming

TIME FOR TOTS, TIME TOGETHER

Your child's progression through the Learn to Swim scheme will result in the development of a wide range of skills that when put together will create a competent, confident and safe swimmer who has the skill base for then developing technique in a wide range of water based sports.



HYDE LEISURE POOL

Walker Lane, Hyde, SK14 5PL

LITTLE DUCKS

MONDAY	12:15pm - 12:45pm
TUESDAY	3:15pm - 4:45pm

WALLY WALRUS

WEDNESDAY	6pm - 7pm
FRIDAY	9:15am - 10:30am
SATURDAY	9:15am - 10:45am

SWIM, SLIDE AND WAVES

THURSDAY	4:30pm - 8pm
FRIDAY	4:30pm - 9pm
SATURDAY	11:15am - 4pm
SUNDAY	9am - 4pm

ACTIVE ASHTON

Water Street, Ashton-Under-Lyne, OL6 7AN

LITTLE DUCKS

MONDAY	3:20pm - 4pm
TUESDAY	3:20pm - 4pm
WEDNESDAY	10:30am - 11am & 3:20pm - 4pm
THURSDAY	3:20pm - 4pm
FRIDAY	12:45pm - 1:15pm & 1:15pm - 1:45pm

DUCKLINGS

MONDAY	9:15am - 10am
WEDNESDAY	9:15am - 10am & 11am - 11:45am
FRIDAY	12pm - 12:45pm

PRE DUCKS

MONDAY	10am - 10:30am
WEDNESDAY	10am - 10:25am



ACTIVE COPLEY

Huddersfield Road, Stalybridge, SK15 3ET

LITTLE DUCKS

MONDAY	3pm - 4pm
TUESDAY	10:05am - 10:30am & 3pm - 4pm
WEDNESDAY	3pm - 4pm
THURSDAY	10:30am - 12pm
FRIDAY	3pm - 4pm

DUCKLINGS

THURSDAY	12:05pm - 12:50pm
FRIDAY	11:30am - 12:15pm
SATURDAY	1:15pm - 2pm

ACTIVE MEDLOCK

Gardenfold Way, Droylsden, M43 7XU

LITTLE DUCKS

MONDAY	10:45am - 11:15am
TUESDAY	3:45pm - 4:45pm
WEDNESDAY	3:30pm - 5:30pm

PRE DUCKS

MONDAY	11:15am - 11:45am
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FUN 4 ALL

SATURDAY	1pm - 2pm
SUNDAY	2pm - 3pm

ACTIVE DENTON

Victoria Street, Denton, M34 3GU

DUCKLINGS

MONDAY	9:30am - 10:15am
TUESDAY	10:15am - 11:00am
THURSDAY	12:00pm - 12:45pm
FRIDAY	9:30am - 10:15am

LITTLE DUCKS

WEDNESDAY	12:15pm - 12:45pm & 12:45pm - 1:15pm
THURSDAY	12:45pm - 1:15pm

FUN 4 ALL

SATURDAY	1pm - 2pm
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ACTIVE TAMESIDE

ACTIVE ASHTON

Water St. Ashton-U-Lyne, OL6 7AN | 0161 330 1179

ACTIVE DENTON

Victoria St. Denton, M34 3GU | 0161 336 1900

ACTIVE COPLEY

Huddersfield Rd. Stalybridge, SK15 3ET | 0161 303 8118

ACTIVE KEN WARD

Hattersley Rd. East, Hattersley, SK14 3NL | 0161 366 5545

ACTIVE MEDLOCK

Gardenfold Way, Droylsden, M43 7XU | 0161 370 3070

ACTIVE OXFORD PARK

Pottinger St. Ashton-U-Lyne, OL7 0PW | 0161 830 0508

ACTIVE HYDE

Walker Lane, Hyde, SK14 5PL | 0161 368 4057

ITRAIN

Birch Lane, Dukinfield, SK16 5AP | 0161 804 8999

TOTAL ADRENALINE

Manley Grove, Mottram in Longdendale SK14 6PJ | 01457 600 700



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