

## **COME & JOIN US FOR FREE ACTIVITY**

### **FREE SWIM FOR ALL**

Free swimming during the school holidays for Be Active card holders and children from outside of Birmingham.  
Please note a Leisure Card is needed for Be Active swimming – see a staff member for more details.  
See timetable for free swimming times

### **FREE MULTI SPORT ACTIVITIES**

-Tuesday and Thursday 11am to 1pm  
Free football, archery, and arts & crafts  
Please see reception for details  
A ticket from reception is needed for all free activities

### **FREE BABY / TODDLER BOOGIE BOUNCE**

**Fun & games for the young ones on the bouncy castle**  
Midday to 3pm on Wednesday

### **FREE TINY TOTS TENNIS ( AGES 2 to 5YRS)**

**Tuesday 11am to 1pm**

Tiny Tots Tennis is a course aimed to get 2½ to 5 year olds active and learning transferable skills in an exciting and social environment. The Parents and Tots sessions are based on circuit activities and fun tennis games to build on physical 'ABCs' (agility, balance and coordination) and basic technique. Our courses also use a themed activity, for example, "Pirate Adventures" or "Superheroes", to ensure our tots engage in our program, and most importantly have fun!  
Please see reception for details  
A ticket from reception is needed for all free activities



**Tel - 0121 464 7890**  
**Mail - [kingstanding.lc@birmingham.gov.uk](mailto:kingstanding.lc@birmingham.gov.uk)**

## **SCHOOL HOLIDAY PROGRAMME 24 to 28 October 2016**

**Tel: 0121 464 7890**  
**E-mail: [Kingstanding.lc@Birmingham.gov.uk](mailto:Kingstanding.lc@Birmingham.gov.uk)**

Half-Term swimming and dryside activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults only	7am to 9am & Ladies only 7pm to 9pm	7am to 9am 7pm to 9pm	7am to 9am 7pm to 9pm	7am to 9am 7pm to 9pm Adult lessons 3:15pm to 4pm	7am to 9am 7pm to 9pm		
General Swimming	10:30am to 7pm	10:30am to 3pm	10:30am to 3pm 5pm to 7pm	10:30am to 3pm	10:30am to 7pm	10:45am to 2:30pm	8am to midday Families & midday to 2pm
50+ Swimming <i>Free with Be Active card</i>	9:15am to 10:15am		9:15am to 10:15am		9:15am to 10:15am		
Aquatone	7:15pm to 8pm Ladies only	9:15am to 10:15am	9:30am to 10:15am (50+)	9:30am to 10:15am			
Dryside activities		11am to 1pm Tiny tots tennis Multi sports Arts & crafts		11am to 1pm Multi sports Arts & crafts			
Parent & Baby swimming <i>Free with Be Active card</i>		9am to 10am No instructor		9am to 10am 3:15pm to 4pm No instructor			
Junior Swimming Instruction		4pm to 6pm		4pm to 6pm		8:30am to 10:30am	
FREE SWIMMING FOR EVERYONE	10:30am to 7pm		10:30am to 3pm & 5pm to 7pm		10:30am to 7pm	10:45am to 12:45pm	8am to midday Family free swim only

Last entrance will be issued 30 minutes prior to the end of the session stated above  
Free swimming for all with valid Be Active Leisure Card (these can be acquired at reception at no cost, ID will be required  
Ask at reception for details or call 0121 464 7890