



THE LENSBRURY



JCT_VI-10/2018

Junior Class Timetable

Autumn 2018

Class participants must be aged 8 - 13 unless otherwise stated.

Please remember to book on to classes that you would like to attend.
To book please see Members' or Lockside Reception.

Monday

16:15 - 16:45	Junior Gym	Studio 1	Vikki
16:45 - 17:15	Junior Games	Studio 1	Vikki
17:30 - 18:00	Junior Induction	Gym Floor	Vikki

Tuesday

16:15 - 16:45	Junior Induction	Studio 1	Scott
16:45 - 17:15	Speed & Agility	Studio 1	Scott
17:30 - 18:00	Junior Gym	Gym Floor	Scott

Friday

16:15 - 16:45	Junior Gym	Gym Floor	Scott
16:15 - 17:00	Junior Dance Fusion	Studio 1	Sophia
17:00 - 17:45	Junior Ballet	Studio 1	Sophia
17:00 - 17:30	Junior Gym	Gym Floor	Scott
17:45 - 18:45	Football	MUGA	Scott

Saturday

11:45 - 12:30	Family Cycling	Cycling Studio	Rachel
12:00 - 12:30	Junior Bootcamp	Studio 1	Charles

Sunday

12:15 - 13:45	Family Yoga	Studio 2	Alva
15:15 - 15:45	Junior Induction	Gym Floor	Vikki

 Studio 1 Classes

 Studio 2 Classes

 Cycling Studio Classes

 MUGA

Class Description

Family Cycling	Our cycling classes are exciting and challenging. Our instructors will take you through a new terrain every week and customize an AMAZING soundtrack for your workout to increase your energy, cardiovascular fitness and lower body strength.
Junior Gym	Junior Gym is a session designed to enable children aged 8-13 to safely and effectively use the Gym facilities with the supervision and encouragement of a personal trainer.
Junior Ballet	In this beginner ballet class, Juniors will learn fundamental ballet skills. The class will introduce and reinforce the five ballet positions, the names of the ballet movements, and basic technique.
Speed and Agility	Move like an athlete and improve sports specific skills.
Dance Fusion	Learn some dance moves and various routines for a fun workout to improve your fitness.
Family Yoga	An introduction to Hatha Yoga for all ages above eight years old. Hatha Yoga refers to any sequence of physical postures so instructors are able to design their own workouts.
Football	Come and have a social kick around and short game.
Bootcamp	Get fit and healthy with our multi station full body workout.
Junior Induction	This induction is aimed at Juniors aged between 8-13 years old who would like to get involved with the Junior Gym activities and learn how to use the equipment.

Junior Classes Teaching Policies and Procedures

The Lensbury will provide suitable qualified instructors. It is The Lensbury's policy to provide a temporary replacement instructor in the event of any instructor absence. The Lensbury reserves the right to replace instructors, cancel or move classes at any time, once the term or course has started.

The Child or Junior member (under the age of 13) must be accompanied to the activity registration point and collected at the end of the session by the adult member. Where a Child or Junior member participates in an activity, the instructor will only be responsible for the student during the designated class times; parents/carers must remain on The Lensbury Grounds for the duration of the class.

All Child or Junior members (under the age of 16) must have a medical disclaimer completed and signed by their adult/guardian/carer before taking part in any Junior activities or classes.

Children are expected to be on their best behaviour at all times. Inappropriate behaviour may jeopardise a child's future use of the Club.

In the event that a lesson is cancelled outright, The Lensbury will attempt to contact participants using the details held on members' records. It is important that The Lensbury is notified of any changes to members' details. All classes are bookable online or at Members' and Lockside Reception with a capacity of up to 20 individuals per class. Please see above the schedule and brief description of the classes.

For more information please contact the Gym Team at **healthandfitness@lensbury.com**

*Please note acceptance into the Junior Cycling and Family Cycling classes are dependent on height and limb length. This can only be determined by the Cycling Instructor whilst setting up members on the bikes.