

YOUNG Leisure Guide

CASCADES • CYGNET • SWANSCOMBE



Outline Fit Kids Inclusive Membership

An exercise routine adopted at a young age generally continues in to adult life. Fit Kids was developed to give a platform from which to start a more active lifestyle. For ages 3-15yrs - This inclusive membership can be bolted on to a single adult or joint membership, juniors aged 12-15 can have their own membership by DD or annual payment (parental consent forms are required) pay as you go gym sessions also available following an induction. Full membership includes inclusive use of the following activities (some activities are age appropriate)

- Bouncing Tots
- Swimming
- Racket sports
- Saturday Bizz Kidz
- Weekly paid sports sessions
- Designated gym sessions (Cardio)
- 20% off swimming & dry courses
- 20% off full Acorn weeks
- 2 free Smarty Party places

Fit Kids Gym Sessions @ Cascades, Cygnet & Swanscombe*

Monday - Friday 3pm - 6pm - after 6pm with an adult using the gym Saturday & Sunday 9am - 6pm



*NB: During the holidays the gym hours are extended from 9am – 6pm

Bouncing Tots @ Cascades & Cygnet

A session designed for under 5's to improve their co-ordination, mobility and flexibility. Equipment includes bouncy castle, soft play, climbing equipment and trampolines* Creche @ all 3 centres Available to our centre users, book your child's place up to a week in advance, for children age from 4 months up until their 5th birthday. This facility is free to full Outline members and paid by the hour for casual users.

Bizz Kidz Saturday Club @ Cascades & Cygnet

This multi-activity drop off session is open to children from 5-12 years. They participate in a variety of activities including swimming.

Bizz Kidz Holiday Playscheme @ Swanscombe & Cygnet

A pre-booked holiday fun session that includes a variety of activities - great fun for 5-12 year olds are run throughout the school holidays Cygnet Monday - Friday (excluding Bank Holidays) 8.45am - 1.00pm Swanscombe Monday - Contact the centre for information.

Acorn Holiday Playscheme @ Cascades

The Acorn Club is an Ofsted registered school holiday play scheme available for children aged between 5 to 13 years. Our fully trained team of Acorn Leaders manage the club and give you, the parent/guardian, the reassurance of knowing that your child is being well cared for when you leave them at the scheme. The leaders will entertain, care for and encourage the children to take part in the many activities we offer.

The daily activities may include:

- Bouncy Castle
- Swimming
- Trampolines
- Ball Sports
- Golf
- Arts and Crafts
- Team Games
- Parties
- Obstacle Courses
- Games
- Music and Dance

(*equipment will vary and trampolines are not guaranteed)

Smarty Parties @ Cascades

Have a smarty party and watch while your child and their friends enjoy the organised fun - and there's no cleaning up afterwards. Our friendly, well trained Party Host will be there to welcome you and supervise your special day. You can choose a Swimming Party in the big waves, Bouncy Castle Party, Soccer Party , Go-Kart Party* or even a Kangoo Jumps Party * The choice is yours. *Contact the centres for information about Go-kart & Kangoo Jump parties.

Party Includes:

- Quality Invitations
- 1-1.5 hours Activity session
(Including changing time for swim parties)
- Party Tea
- Helium Balloon
- Party Bag
- Bag of Haribo Sweets

Swanscombe & Cygnet are available to hire privately for parties (Own food must be provided). Please contact the centre or complete an enquiry form www.gcll.co.uk/kidszone

GCLL's Academy of Swimming & Sports Academy

Our Swimming & Sports Academy have been established to ensure key sporting activities are available for young local people. Any talented youngster is encouraged to further develop their skills through links with our local clubs.

Swimming Academy - Cascades & Cygnet both offer an extensive range of swimming lessons for all ages. The Academy runs during the school terms with crash courses available during the school holidays. Lessons include - Adult & Child, Pre-School, Junior (beginner - advanced), Rookie Lifeguard and Teens. Complete an Academy of Swimming enquiry form www.gcll.co.uk courses can be paid termly or by direct debit (this option includes active leisure membership & swimming)

Football Academy @ Cascades - A weekly paid session to help develop your child's football skills; including ball control, dribbling, passing and rules of the game.

Gymnastics Academy @ Cygnet - Our qualified & experienced gymnastics coaches are on hand to teach various disciplines and skills in floor and apparatus. The Academy is ideal for complete beginner to elite levels, age 5+. Beginners will start on our Saturday session and work towards joining the improver squad on a Friday.

Badminton Academy @ Cascades - This Academy runs on a Saturday 3-5pm for children age 5+. This is a weekly paid activity with a qualified coach who will teach various shots, skills and rules of the game.

CASCADES SESSIONS AND CLUBS

MONDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
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TUESDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Zest Dance Academy	1.30pm - 6.45pm	2+ yrs
Ballet / Tap / Dance		
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WEDNESDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Bouncing Tots	10am - 11.30am	0m - 4yrs
Jenny Clare Singing & Stage School	4.30pm - 7pm	6+ yrs
www.jennyclare-singing.co.uk		
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THURSDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
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FRIDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Football Academy (drop in)	4.30pm - 5.30pm	5+
Karate www.shizendo.co.uk	4.15pm - 8pm	5+
Ju-jitsu	7.30pm - 8.30pm	
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SATURDAY	TIME	AGE
Bizz Kidz	10am - 1pm	5 - 12yrs
Junior Badminton Academy (drop in)	3pm - 5pm	5+
Red Dragon Kickboxing	11.30am - 1pm	6+
www.reddragonkickboxing.co.uk		

SWANSCOMBE SESSIONS AND CLUBS

MONDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Cheerleading	4.30pm - 6.30pm	5+
www.intensitycheerextreme.com		
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TUESDAY	TIME	AGE
Crèche	9am - 11am	4m - 4yrs
Cheerleading	4.30pm - 9.30pm	5+
www.intensitycheerextreme.com		
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WEDNESDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Cheerleading	7.30pm - 9.30pm	5+
www.intensitycheerextreme.com		
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THURSDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Cheerleading	4.30pm - 9.30pm	5+
www.intensitycheerextreme.com		
Taekwondo	7.30pm - 9.30pm	5+
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FRIDAY	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Cheerleading	4.30pm - 8pm	5+
www.intensitycheerextreme.com		
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SATURDAY	TIME	AGE
Cheerleading	9am - 1pm	5+
www.intensitycheerextreme.com		
Karate	9.30am - 1pm	5+
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SUNDAY	TIME	AGE
Taekwondo	10am - 12noon	5+

CYGNET SESSIONS AND CLUBS

MONDAY

	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs
Cheerleading	4.30pm - 6.00pm	5+

www.intensitycheerextreme.com

Judo Jim	6.00pm - 7.00pm	5+
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Gravesham Amateur Boxing Club	6.30pm - 7.30pm	8+
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Gravesend & Northfleet	6.55pm - 9.35pm	4+
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Swimming Club www.gnsc.org.uk

TUESDAY

	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs

Bouncing Tots	10am - 11.30am	0m - 4yrs
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Gravesham Fencing Club	7.30pm - 9.30pm	8+
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www.graveshamfencing.org.uk

WEDNESDAY

	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs

Gravesham Amateur Boxing Club	6.30pm - 7.30pm	8+
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Jujitsu	7pm - 8pm	5+
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www.torii-jujitsu.com

THURSDAY

	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs

Bouncing Tots	10am - 11.30am	0m - 4yrs
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Karate	6pm - 9pm	5+
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www.shizendo.co.uk

FRIDAY

	TIME	AGE
Crèche	9am - 12noon	4m - 4yrs

Gymnastics Academy (improver group)	6pm - 8pm	5+
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Gravesham Fencing Club	6.30pm - 9.30pm	8+
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www.graveshamfencing.org.uk

Gravesend & Northfleet	6.55pm - 9.35pm	4+
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Swimming Club www.gnsc.org.uk

SATURDAY

	TIME	AGE
Bizz Kidz	10am - 1pm	5+

Gymnastics Academy	10am - 2.30pm	5+
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Gravesend & Northfleet	7.45am - 9.45am	4+
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Swimming Club www.gnsc.org.uk

SUNDAY

	TIME	AGE
Gravesham Lifesaving Club	5pm - 7pm	8+

Gravesend & Northfleet	7pm - 9pm	4+
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Swimming Club www.gnsc.org.uk



www.gcll.co.uk

Cascades Leisure Centre
Thong Lane, Gravesend
Kent DA12 4LG
Tel: 01474 337471

Cygnets Leisure Centre
Old Perry Street, Northfleet
Kent DA11 8BU
Tel: 01474 337484

The Swanscombe Centre
Craylands Lane, Swanscombe
Kent DA10 0LP
Tel: 01322 386362