

Children's Courses

Swimming Lessons (for ages four and over).

Tynedale's swimming development is designed to make learning to swim as simple as possible. By following the Amateur Swimming Association's National Plan for teaching swimming we offer a comprehensive programme with easy to understand progression levels.

Contact reception for details of all courses.

Monday - Saturday

Aqua Babies (Parent in water with child, post jab to 18 months).

Friendly and helpful advice during supervised sessions, introducing child and parent to water through songs and play.

Monday

Aqua Tots (From 18mths - 3yrs, parent in water with child).

A supervised session to develop water skills and confidence through songs and games in a structured environment helping produce a confident young swimmer.

Aqua Pre-School (from three years to school age, instructor in water with child). A supervised fun lesson introducing basic water skills and strokes following the National Teaching Plan.

Gymnastics (for ages four years and over).

New gymnastic classes for all ages introducing a new conditioning class. Classes follow British Amateur Gymnastic Association Award Scheme involving floor & apparatus work.

Tuesdays Fridays Saturdays

Allendale Gymnastics

Extended course at Allendale Middle School.

Tuesdays

Badminton (for children eight to 11 years).

Qualified coaches will help develop racket skills. Beginners & improvers welcome.

Thursdays

Top Tots (for ages 18 months to four years).

40 minute sessions developing your child's physical skills and self confidence. Provides a head start for school P.E.

Mondays Tuesdays Fridays

Trampolining (for ages four years and over).

Classes are mixed ability and follow the British Gymnastics Award Scheme. Wentworth Trampoline Club competes at district competitions.

Mondays Tuesdays Wednesdays Thursdays Saturdays Sundays

Tae Kwon do (for six to 13 years).

Modern self defence class that develops self confidence and fitness.

Thursdays

Athletic's (for eight to 11 years, summer term only).

Sports Hall athletic's developing a wide range of skills relating to all aspects of athletic's.

Tuesdays

Course information

Wentworth courses/sessions run for a school term with re-enrolments starting after half term. Waiting lists are held for courses, so please leave your details at reception.