

CLASS DESCRIPTIONS

THURSDAY

Kangaroo Kids After school drama

KangaRooKids will ignite your little one's imagination and help to build their confidence in a fun and energetic way.



FRIDAY, SATURDAY, SUNDAY

Tennis

Our Tennis coaches are LTA accredited and follow the LTA Mini Tennis pathway to make tennis fun, structured, and age-appropriate. Children move through the stages based on age, ability, and confidence, with guidance from our coaches.

£156 for this term

**Term time only*



SATURDAY

Kids Active Basketball

Whether they're completely new to the game or have played before, we offer a range of basketball lessons for children aged 4-11. Our structured coaching programme gives kids the chance to practice their dribbling, shooting and passing.



Kids Active Football

Our Football programme takes your child through several levels of progression. These football classes focus on developing shooting, passing, dribbling through each level. We offer a range of football lessons for children aged 4-11.



Kids Active Dance 5 -11 years

Calling all children age 5-11! Welcome to Kids Active Dance. An energetic and fun dance class, where your children will learn fundamental dance moves, as well as getting active and social and learning funky routines!

BOOKINGS & CANCELLATIONS

For football, basketball and dance, KA Young Tots, Multi Sports Development, Sport Progression, Teen Fitness Session we recommend that all members book 7 days in advance. If the number of people in the class exceeds the maximum number it will allow us to contact you in the case of a place becomes available. Please cancel any bookings with at least a 24 hours notice.

Anyone new to a class or with a medical/physical condition should make this known to the instructor prior to the start of the class.

Terms and Conditions of Booking – By booking onto a Kids Active programme, you agree to these terms and conditions and cancellation policies and further agree to abide by the Club Rules and Standard Terms and Conditions of Membership.

1. All participants on the Kids Active Programme must hold a valid and live membership with UCS Active for the duration of their attendance on the programme. a. If the membership is cancelled during the course, the participant will only be allowed to attend until the cancellation date. Once cancelled, the participant will no longer be able to attend the course. b. If a participant's membership is cancelled during the course, no refund of membership fees or Kids Active fees will be given.

2. Your child will be offered a place on a Kids Active course as soon as possible, however priority will be given to participants currently on the courses (see Priority Booking below).

3. Your child's place is only confirmed once payment has been received and UCS Active reserves the right to withdraw the offer of a place if payment is not made.

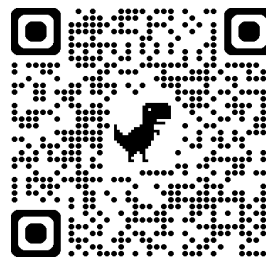
4. All payments cover the entire duration of the course with the following exception: a. When you are joining a course in mid-term, when the course fee will be calculated on a pro-rata basis (£.... per week, x remaining weeks of course). All payments are non-refundable.

5. For details of how cancelled sessions are managed, please see the Cancellation and Coach Illness/Absence sections in our full T&CS.

6. Where participants are under 8 years old, parents/guardians must remain on site and close to the area where the activity is taking place.

Full terms @ <https://ucsactive.org.uk/wp-content/uploads/2022/11/Kids-Active-Classes-Policy-2022-23.pdf>

Scan QR Code
To Book
Saturday Classes
On Our Members
Club Hub



1st September - 30th
November 2026



TIMETABLE

ucsactive.org.uk

UCS
Active

KIDS ACTIVE CLASSES TIMETABLE

1st September to 30th November 2026

All classes, except for courses indicated by an (**), are included in your membership at no additional cost.

THURSDAY Kangaroo Kids After school drama

TIME	CLASS	INSTRUCTOR	AREA	LEVEL
16:10* - 16:55	Drama Club	Ruth	Studio	Ages 3-6

Call 07801 748 699 or email ruth@kangarookidsgroup.co.uk

**Please note, no use of the car park before 6pm*

FRIDAY TENNIS £156 per term

TIME	CLASS	INSTRUCTOR	AREA	LEVEL
16:15 - 17:00	KA Tennis	Daniella	Tennis Court	Ages 6-8

SATURDAY ACTIVE FREE WITH MONTHLY MEMBERSHIP

TIME	CLASS	INSTRUCTOR	AREA	LEVEL
8:30 - 9:20	KABasketball**	Konstantinos	Sports Hall	Ages 4-7
9:30 - 10:25	KA Basketball**	Konstantinos	Sports Hall	Ages 8-11
10:30 - 11:25	KA Football**	Konstantinos / Dylan	Sports Hall	Ages 4-7
11:30 - 12:25	KA Football**	Konstantinos / Dylan	Sports Hall	Ages 8-11
14:40- 15:30	KA Dance***	Sherry	Studio	Ages 5-11

SATURDAY TENNIS £156 per term

TIME	CLASS	INSTRUCTOR	AREA	LEVEL
10:00 - 11:00	KA Tennis	Dean	Tennis Court	Ages 3-5
11:00 - 12:00	KA Tennis	Dean	Tennis Court	Ages 5-7
12:00 - 13:00	KA Tennis	Dean	Tennis Court	Ages 8-10
13:00 - 14:00	KA Tennis	Dean	Tennis Court	Ages 10-13

SUNDAY TENNIS £156 per term

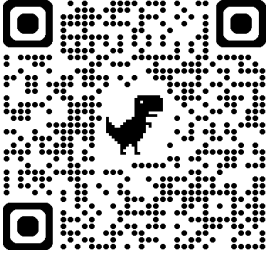
TIME	CLASS	INSTRUCTOR	AREA	LEVEL
09:00 - 10:00	KA Tennis	Tony	Tennis Court	Ages 3-4
10:00 - 11:00	KA Tennis	Tony	Tennis Court	Ages 4-5
11:00 - 12:00	KA Tennis	Tony	Tennis Court	Ages 6-8

We offer the following levels, tailored to different ages, to support each child’s development based on their ability and confidence:

To ensure our 3-5 year old players get the best, safest, and most enjoyable experience possible, we welcome and encourage on-court parental support. This helps us maintain a great coaching ratio and ensures children feel secure and engaged in what might be their first sporting experience.

We ask that one adult from your family is prepared to step onto the court with your child.

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***Can only be booked 7 days in advance, included in the membership*
**** KA Dance takes place in the dance studio*
Please note KA Tennis courses are bookable from July 9th 2026. The Autumn term starts on Sat 5th September 2026.

Tennis Blue Stage (Ages 3–5)

Focus: Fun movement, basic ball skills and gentle intro to tennis

What they’ll learn:

- Running, jumping, catching and simple racket skills
- Learning to hit the ball and start rallies
- Confidence and coordination development

Tennis Red Stage (Ages 5–8)

Focus: Learning to rally, serve and score on small courts

What they’ll learn:

- Serve into the service box
- Rally back and forth up to 4 shots
- Understand basic scoring
- Agility, balance and footwork for court movement

Tennis Orange Stage (Ages 8–9)

Focus: Bigger court, faster balls, more tactics

What they’ll learn:

- Build on red stage skills
- Serve, rally, and score on a larger court
- Try new techniques and tactical play
- Adapt to a slightly faster game

Tennis Green Stage (Ages from 9 to 14) → Transition to Yellow Ball

Focus: Preparing for full tennis

What they’ll learn:

- Rally from the baseline using forehands and backhands
- Improve serves, volleys and point play
- Develop tactical awareness and court coverage
- Build confidence for full yellow ball tennis

All classes require booking

Kids Active after school classes take place from 4pm during term time. All other members can access the facilities from 6pm. Please contact the Reception Team on **0207 433 2127** to book.