

SWIMMING TIMETABLE

Day	Class	Time Age	Group
Monday	Mothers & Babies	11.30 - 12.30	4 mths - 3 yrs
	Ducklings	12.30 - 13.00	3 yrs+
	Improvers	16.00 - 16.45	3 yrs+
	Improvers/Bronze/Silver	16.45 - 17.30	3 yrs+
	Fitness	17.30 - 18.15	5 yrs+
Tuesday	Beginners I	16.00 - 16.30	3 yrs+
	Beginners I	16.30 - 17.00	3 yrs+
	Beginners II	17.00 - 17.30	3 yrs+
	Improvers	17.45 - 18.30	3 yrs+
	One Mile Class	18.30 - 19.15	3 yrs+
	Personal Surviving	19.15 - 20.00	8 yrs+
Wednesday	Improvers	16.00 - 16.45	3 yrs+
	Improvers	16.45 - 17.30	3 yrs+
	Improvers	17.30 - 18.15	5 yrs+
	Fitness	18.15 - 19.00	6 yrs+
Thursday	Improvers	16.00 - 16.45	3 yrs+
	One Mile Class	16.45 - 17.30	5 yrs+
	Beginners I + II	17.30 - 18.00	3 yrs+
	One Mile Class	18.00 - 18.45	3 yrs+
Friday	Mothers & Babies	10.00 - 10.30	4 mths - 3 yrs
	Ducklings	10.30 - 11.00	3 yrs+
	Improvers	16.00 - 16.45	3 yrs+
	One Mile Class	16.45 - 17.30	5 yrs+
	Beginners I	17.30 - 18.00	3 yrs+
	Beginners II	18.00 - 18.30	3 yrs+
	One Mile Class	18.30 - 19.15	5 yrs+
Saturday	One Mile Class	9.00 - 9.45	5 yrs+
	Improvers	9.45 - 10.30	3 yrs+
	Beginners I	10.30 - 11.00	3 yrs+
	Beginners II	11.00 - 11.30	3 yrs+
	Beginners I	11.30 - 12.00	3 yrs+
Sunday	Improvers	9.00 - 9.45	3 yrs+
	One Mile Class	9.45 - 10.30	3 yrs+
	Beginners I	10.30 - 11.00	3 yrs+
	Beginners II	11.00 - 11.30	3 yrs+
	Beginners I	11.30 - 12.00	3 yrs+
	Improvers	15.00 - 15.45	5 yrs+
	One Mile Class	15.45 - 16.30	6 yrs+
	One Mile Class	16.30 - 17.15	6 yrs+
One Mile Class	17.15 - 18.00	6 yrs+	

All swimming lessons are subject to the child's ability level and the instructor's approval. Additional charge applicable. An adult may be required to accompany the child. Swimming lessons and times may change from term to term depending upon demand.

All the swimming lessons described are subject to the child's ability, age and instructor's guidance and approval.

2/5/18

HEALTH & RACQUETS CLUB

JUNIOR TIMETABLE OF ACTIVITIES



OPENING TIMES (for junior members)

Monday10.00 - 20.00

Tuesday - Friday.....10.00 - 12.00
14.00 - 20.00

Saturday, Sunday and09.00 - 20.00

Bank & School Holidays

(Times may vary during bank and school holidays)

**TO BOOK ANY OF THE ACTIVITIES
TELEPHONE 01443 665800**

JUNIOR TIMETABLE OF ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT	SUN
16.30-19.00 Junior Activities 5-15yrs Den	16.30-19.00 Crazy Crafts 5-15yrs Den	16.30-19.00 Junior Activities 5-15yrs Den	16.15-16.30 Kinesis Blast 10-15yrs Gym	16.30-19.00 Junior Activities 5-15yrs Den	09.00-13.00 Junior Activities 5-15yrs Den	09.00-13.00 Junior Activities 5-15yrs Den
17.15-18.00 Junior Football Skills 5-15yrs Five-a-side Pitch	16.30-19.00 Junior Activities 5-15yrs Den		16.30-17.30 Junior Gym 10-15yrs Gym	17.15-18.00 Junior Football Skills 5-15yrs Five-a-side Pitch	9.45-11.45 Fencing 8yrs+ Studio 2	11.00-12.00 Junior Gym 10-15yrs Gym
	17.30-18.30 Multi Games 5-15yrs Squash Courts		16.30-19.00 Cinema Night 5-15yrs Den		11.00-12.00 Junior Gym 10-15yrs Gym	
			17.00-17.45 Kids Kangoo Jumps 5-15yrs Studio 1		12.00-13.00 Junior Circuits 5-15yrs Studio 1	

High Energy

Strength & Conditioning

Other

Keep an eye out for school holiday courses and workshops

CHILDREN'S CHOICE

AWARDS

Bronze/silver/gold Awards for advanced swimmers over 5 years.

AQUA TOTS

An introduction to water for 4 months to 3 years old in a playful and relaxing way

BEGINNERS

An opportunity for children 5 years and over to learn the correct swimming technique from a basic level.

CINEMA NIGHT

A chill out evening - watch a film and eat popcorn with friends.

CRÈCHE

For children aged 3 months up to 5th birthday. The crèche gives the children a chance to play and learn, enjoying arts and crafts, cooking, puzzles, Play-Doh, building blocks, painting and much, much more..

DUCKLINGS

An introduction to basic swimming skills for children aged 3 years and over in a fun and friendly atmosphere.

FENCING

Professional advice on technique and combat.

FOOTBALL SKILLS

A fun session based on improving basic football skills and having fun.

IMPROVERS

Advancing on from the basic swimming techniques for children 5 years and over.

JUNIOR ACTIVITIES

For 5-15 years after school fun sessions including crafts, table football, snooker, board games and outdoor supervised activities weather permitting.

JUNIOR CIRCUITS

Junior circuit class specifically aimed at 5-15 year old. A jam-packed hour of fun.

JUNIOR GYM

A fun-packed hour of studio and gym workouts. This class will introduce all teenagers to a future healthier lifestyle.

PERSONAL SURVIVAL

Basic pool life saving, rescues, personal safety and basic first aid skills. For all age groups over 5 years and of a suitable ability.

MULTI GAMES

A fun dynamic class which focuses on enhancing fundamental core skills, learn and improve catching, striking, kicking, throwing skills through different games and exercises. Each week brings something new.

KIDS KANGOO JUMPS*

Bounce your way to fitness in a class that is fun! fun! fun!

Crèche runs Monday to Friday, 09.00 - 18.00 and Saturday to Sunday, 09.00 - 13.00. Junior Activities can be booked up to 7 days in advance and crèche up to 2 weeks in advance. Maximum 2 hours.

*Minimum shoe size exist.

CHARGEABLE ACTIVITIES

Activity	Day	Instructor	Time	Location	Age	Group
3- Step Induction	Various	Fitness Team	Various	Gym	13-15yrs	Appointments Free TGS KEY £10
1 to 1 Swimming	Various	Various	Various	P	4mths+	EPOA
1 to 1 Tennis	Various	Rob	Various	TC	4yrs+	£20 per session
Group Tennis Coaching	Wednesday	Rob	Various	TC	5yrs+	£8 per session
Taekwondo	Friday	Steve & Pat	18.30-19.30	SC	4yrs+	£4 per session
Taekwondo	Sunday	Steve & Pat	11.30-12.30	SC	4yrs+	£4 per session

SATURDAY (Term-time only)

Football Coaching run by Sports Xtra

Age 2-3 08.45 - 09.45 Dragon Tots | Squash Courts
Age 3-4 09.15 - 10.00 Pre School Dragons | 5 A-Side
Age 4-6 10.05 - 11.05 Mini Dragons | Marquee

**Price on application.
To book call 07932624319**