

## SWIMMING TIMETABLE

Day	Class	Time	Age Group
Monday	Ducklings	12.00 - 13.00	3 yrs+
	Improvers	16.00 - 16.45	3 yrs+
	Improvers/Bronze/Silver	16.45 - 17.30	3 yrs+
	Fitness	17.30 - 18.30	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+
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	17.30 - 18.00	3 yrs+
	Personal Survival	18.00 - 18.45	8 yrs+
Friday	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	18.45 - 19.30	5 yrs+
Saturday	One Mile Class	09.00 - 9.45	5 yrs+
	Improvers	09.45 - 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	09.00 - 09.45	3 yrs+
	One Mile Class	09.45 - 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.*

## HEALTH & RACQUETS CLUB

# JUNIOR TIMETABLE OF ACTIVITIES



### OPENING TIMES (for junior members)

Monday .....10.00 - 20.00

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

Saturday, Sunday and .....09.00 - 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 Quiz & Bingo 5-15yrs J.A. Room	16.30 - 19.00 Junior Activities Crazy Crafts 5-15yrs J.A. Room	16.30 - 17.30 Junior Yoga 5-9yrs Studio 2	16.15 - 16.30 Kinesis Blast 10-15yrs Gym	16.30 - 19.00 Junior Activities Party Night 5-15yrs J.A. Room	09.00 - 13.00 Junior Activities 5-15yrs J.A. Room	09.00 - 13.00 Junior Activities 5-15yrs J.A. Room
17.15 - 18.00 Junior Football Skills 5-15yrs Five-a-side Pitch	17.30 - 18.30 Multi Games 5-15yrs Squash Courts	16.30 - 19.00 Junior Activities Cooking   5-15yrs J.A. Room	16.30 - 17.30 Junior Gym 10-15yrs Gym	16.30 - 17.30 Beginners Fencing 6yrs + Studio 2	09.45 - 11.45 Fencing 8yrs + Studio 2	09.00 - 10.00 Squash Under 10yrs Squash Courts
		17.30 - 18.15 Twens Yoga 10-15yrs Studio 2	16.30 - 19.30 Movie Night 5-15yrs J.A. Room	17.15 - 18.00 Junior Rugby Skills 5-15yrs Five-a-side Pitch	11.00 - 12.00 Junior Gym 10-15yrs Gym	10.00 - 11.00 Squash Over 10yrs Squash Courts
			17.00 - 17.45 Kids Kangoo Jumps 5-15yrs Studio 1		12.00 - 13.00 Junior Circuits 5-15yrs Studio 1	11.00 - 12.00 Junior Gym 10-15yrs Gym

High Energy

Strength & Conditioning

Other

## 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.

### CRÛCHE

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.

### 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.

### JUNIOR YOGA\*

Taking a journey through postures and playful theatre every story has a moral or a theme integrated giving children a chance to learn through postures and play.  
\*Term time only.

### KIDS KANGOO JUMPS\*

Bounce your way to fitness in a class that is fun! fun! fun!  
\*Minimum shoe size exist.

### MOVIE NIGHT

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

### MULTI GAMES

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

### PERSONAL SURVIVAL

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

### RUGBY SKILLS

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

### TWEENS YOGA\*

Help build strength and flexibility with more physically challenging postures and flowing sequences. Promote self-confidence, awareness and control.  
\*Term time only.

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.

## 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 Squash	Various	Mike	Various	TC	4yrs+	POA
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

Keep an eye out for school holiday courses and workshops