

## Junior Activity Timetable

Commencing Monday April 8<sup>th</sup> 2024

Day	Time	Activity	Age
Monday	From 3.30pm	Swimming Lessons	4+
	3.30pm – 5.00pm	Fitness Club	11 - 12
Tuesday	From 3.30pm	Swimming Lessons	3+
	3.30pm – 5.00pm	Fitness Club	11 - 12
	4.05pm – 4.50pm	Rookie Lifesaving Club	Wave 5+
Wednesday	From 3.30pm	Swimming Lessons	4+
Thursday	9.15am – 11.30am	Adult & Child Lesson	Under 3's
	1.30pm – 2.30pm	Yoga & Play (course)	0 - 2
	From 3.45pm	Swimming Lessons	3+
	3.30pm – 5.00pm	Fitness Club	11 - 12
Friday	From 3.30pm	Swimming Lessons	4+
	5.00pm – 6.00pm	Kung Fu*	6 - 11
	6.00pm – 7.00pm	GOGA**	14+
Saturday	8.30am – 5.00pm	Family Fitness	11 - 12
	10.30am – 12.00pm	Kids Zone	0 - 8
	11.30am – 1.00pm	Fitness Club	11 - 12
Sunday	8.15am – 3.00pm	Family Fitness	11 - 12

**Parents/guardians of children under 8 taking part in activities must stay in the building at all times and remain with their child if under 4 years.**

**Booking and Cancellation policy applies.  
Kickstart required to attend Fitness Club & Family Fitness**

*Booking is essential for all activities – please call us to book on 01437 775504.*

\* External Club \*\*suitable for children with Additional Learning Needs

For a copy in large print, Braille, audio tape or an alternative language, please call 01437 764551.  
*Timetable correct at the time of print. Version 1.*