



June 5th - July 23rd 2017

Activity	Day	Time	Age range	Location
Tag Rugby	Monday	1700-1800	4-8 years	STP
Tag Rugby	Tuesday	1600-1700	4-8 years	HLC
Junior Spinning	Tuesday	1600-1630	Min height 1m 30cm	HLC
Junior Dance	Tuesday	1700-1800	6+	HLC
Rookies	Tuesday	1915-2015	8+	HLC
Athletics	Wednesday	1700-1800	4-11 years	STP
Junior Spinning	Thursday	1600-1630	Min height 1m 30cm	HLC
Junior Swimfit	Thursday	1915-2000	Stage 5 and above	HLC
Gym Tots	Friday	1115-1200	0-walking	HLC
Gym Tots	Friday	1200-1300	walking-3yrs	HLC
Rookies	Saturday	0900-1000	8+	HLC
Rookies	Saturday	1000-1100	6+	HLC
Fun Football	Saturday	1000-1200	4-11 yrs	STP
Pocket Rockets	Saturday	1000-1100	3-8 yrs (no stabilisers on bike)	STP
Pembs Tri Stars	Saturday	0930-1030	8-16 yrs (Competency test on first session)	STP
Beginners Ballet	Saturday	1000-1030	Age 3 (studio 2)	HLC
Ballet Beginners	Saturday	1045-1115	3-4yrs	HLC
Tap and Jazz Beginners	Saturday	1115-1145	4yrs +	HLC
Pre Primary Ballet	Saturday	1145-1230	5-6 yrs	HLC
Primary Tap	Saturday	1230-1300	5 ½ yrs +	HLC
Primary Ballet	Saturday	1300-1345	5 ½ +	HLC
Junior Jazz	Saturday	1345-1445	6 +	HLC
Grade 1 Tap	Saturday	1445-1515	7 yrs +	HLC
Grade 1 Ballet	Saturday	1515-1600	7yrs +	HLC
Junior Fitness	Monday-Friday	1600-1700	11+	HLC

Swimming Lessons	Swimming Lessons — Swimming lessons are booked on a termly basis, please see reception for more information regarding enrolment dates. Minimum age 3 years
Family Gym	Family Gym — Saturday & Sunday 9am-1pm 11+ years (parent/guardian must accompany) Induction needed for parents



Junior Activities — Why not take out a Junior Multi Activity Membership, all of these activities are Included.
Parents/guardians of children under 8 taking part in activities must stay in the building at all times.

01437 776676

For a copy in large print, Braille,
audio tape or an alternative
language, please call (01437) 776613