

Day	Time	Activity	Age
Monday	0930-1100	Tea & Tots Playtime	0-4
	1000-1030	Parent & Child Lessons	0-3
	1030-1100	Parent & Child Lessons	0-3
	1300-1430	*Under 1's	0-1
	1330-1415	*Musical Bumps	0-4
	1530-1700	Fitness Club	11-12
	1600-1800	Swimming Lessons	3+
	1600-1630	Junior Synrgy	11-12
	1630-1830	*Gymnastics Club	5+
	1715-1800	Kids Dance (Course)	6-8
	1900-2000	*Under 15's Netball Club	11-15
Tuesday	1600-1800	Swimming Lessons	3+
	1600-1700	Rookie Lifesaving Club	Wave 5+ (pre-assessment needed)
	1600-1645	Flexercise (course)	3-5
	1645-1730	Flexercise (course)	6-10
Wednesday	0915-1100	Tea & Tots Playtime	0-4
	1600-1740	Swimming Lessons	3+
	1815-1900	Sports Start	6-8
Thursday	1600-1740	Swimming Lessons	4+
	1600-1730	Fitness Club	11-12
	1600-1645	Cheerleading (Course)	6-8
	1645-1730	Cheerleading (Course)	9+
	1730-1800	Introduction to Kids Dance	4-5
	1700-1745	Tag Rugby (Course)	4-8
Friday	1600-1740	Swimming Lessons	3+
	1630-1730	NEW! Junior Athletics 10 week course April 20 th to June 29 th	7-11
	1700-1800	*Kung Fu	7-11
	1745-1845	Rookie Lifesaving Club	Wave 5+ pre-assessment needed
	1800-1900	**GOGA Multisport Session	11+
Saturday	0930-1155	Swimming Lessons	4+
	1000-1200	Kids Zone	0-8
	1030-1200	Fitness Club	11-12



Activity Key:

Tiddlers 2-3 years	Tots 4-5 years	Mini 6-8 years	Junior 9+ years	Child 11-12	Mixed	External Club
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For a copy in large print, Braille, audio tape or an alternative language,
Please call 01437 776613. Booking is essential for all activities – Please call us to book on 01437 775504 *External Club **Suitable for children with a learning disability