

Day	Class	Time	Age (yrs)	Information
Monday	Pre School	12:00-12:30	3-4½	1 2
	Pre School	12:30-13:00	3-4½	1 2
	Pre School	13:00-13:30	3-4½	1 2
	Pre School	13:30-14:00	3-4½	1 2
	Junior Combat	16.30-17.15	11-15	4
	VRX	17:30-18:00	8-15	4
	Junior Ju Jutsu	18:00-19:30	6-15	1 2
Tuesday	Parent and Toddler	10:00-10:45	3mths-3yrs	1 2
	Parent and Toddler	10:50-11:35	3mths-3yrs	1 2
	Junior Gym	16:30-17:15	11-13	4
	Junior Dragons	16:30-18:30	5-12	1 2 4
Wednesday	Junior Gym	16.30-17.15	11-13	4
	Swimming Lessons	16:30-18:30	4½ +	1 2
	Junior Trampoline	17:30-18:30	5-15	1 2
	Junior Ju Jutsu	18:00-19:30	6-15	1 2
	Junior Trampoline	18:30-19:30	5-15	1 2
Thursday	Junior Soccer School	16:00-16:50	4-5	1 2 Reception
	Get Messy	16:00-17:00	4-7	4
	Junior Gym	16:00-16:45	11-13	4
	Junior Gym	16:45-17:30	11-13	4
	Junior Soccer School	16:55-17:45	5-7	1 2 Tots
	Squash Coaching	17.45-18.30	11+	1 6 wk course
	Squash Coaching	18.30-19.15	11+	1 6 wk course
	Junior Soccer School	17:50-18:50	8-12	1 2 Champ
Friday	Bouncing Tots	13.15-14.00	3-5	1 2
	Junior Gym	16:00-16:45	11-13	4
	Junior Trampoline	16:30-17:30	5-15	1 2
	Junior Trampoline	17:30-18:30	5-15	1 2
	Junior Trampoline	18:30-19:30	5-15	1 2
Saturday	Swimming Lessons	08:00-11:00	4½ +	1 2
	Junior Gym	09:00-09:45	11-13	4
	Junior Gym	09:45-10:30	11-13	4
	Junior Gym	16:30-17:15	11-13	4
	Junior Dragons	16:30-18:30	5-12	1 2 4
Sunday	Junior Gym	09:00-09:45	11-13	4
	Junior Gym	09:45-10:30	11-13	4
	Junior Trampoline	10.00-11.00	5-15	1 2
	Junior Trampoline	17:30-18:30	5-15	1 2
	Junior Gym	17:00-17:45	11-13	4
	Rookie Lifeguard	17:00-18:30		1 2
	Junior Gym	17:45-18:30	11-13	4

SQUASH COURTS	Junior Combat A great mix of martial art disciplines will ensure you are challenged both physically and mentally with a larger variety of strikes and blocks to really keep you on your toes. VRX A opportunity to join our class in the X-biking room and cycle the streets from around the world on the big screen
SPORTS HALL	
STUDIO	
FITNESS SUITE	
SWIMMING POOL	

UNDER 5'S

UNDER 5'S	Ju Jutsu A form of martial art which develops mental awareness and self-discipline. Trampoline Learn new moves and improve techniques on a full size tramp bed with a fully qualified instructor. Soccer School Learn new skills throughout this course which includes 5-a-side games and player development programmes. Junior Dragons One hour of various sports activities followed by a one hour fun swim. Parent and Toddlers A great session to improve your child's confidence in the water and interact together with games and music. Pre-School Children are taught basic swimming strokes in shallow water. Swimming Lessons All abilities are catered for in small groups with a qualified ASA instructor. Awards are given throughout the 12 levels. Sessions last between 30-45 minutes. Get Messy An arts an crafts session. Junior Gym A structured session for children to gain knowledge and experience of the fitness suite. Rookie Lifeguard Learn lifesaving skills in theory and in practice. For competent swimmers only. Bouncing Tots A great introduction to trampolining. Parental supervision required. Squash Coaching Children are taught the basic skills and rules of the game.
<ul style="list-style-type: none"> 1 Term Time only 2 12 Week block course 3 Swim Included 4 Included in Full Leisure Membership 	
<p style="text-align: center;">Under 5's</p> <p style="text-align: center;">A safe and educational environment in which to play and learn, whilst parents can enjoy the clubs facilities. Pre-school provides a stimulating environment, with activities promoting learning goals laid down by the Department for Education and Skills (DFES).</p> <p style="text-align: center;">Spaces are available weekdays from 9.15-12.15 Pre-school (2½-4 years) & 9.30-12.15 Crèche (0-2½ years) Afternoon crèche spaces from 1-3pm (0-7 years)</p> <p style="text-align: center;">Block Booking Discounts Available.</p> <p style="text-align: center;">Morning Government funded spaces available for 3 and 4 year olds. See the under 5's supervisor for more details.</p> <p style="text-align: center;">Children may attend both morning and afternoon sessions. Children can only attend Crèche for two hours between the specified times.</p>	<p style="text-align: center;">registration forms for children taking part in supervised activities.</p>
Fun Zone Come and play in our new facility made especially for children (height and age restrictions apply). Parental Supervision required.	