

**Monday**

15.30 - 19.00 Junior Gym  
 16.00 - 18.00 Swim Lessons  
 16.00 - 17.00 Squash Coaching  
 18.00 - 18.40 Junior SeaScooter  
 18.30 - 20.30 Judo

**Tuesday**

15.30 - 19.00 Junior Gym  
 16.00 - 16.45 Dribblers 3-5yrs  
 16.00 - 17.00 Squash Coaching  
 17.00 - 18.30 Swim Lessons  
 17.00 - 18.00 Junior Kickers 6-9yrs  
 18.30 - 19.15 Public Swim

**Wednesday**

15.30 - 19.00 Junior Gym  
 16.00 - 18.30 Swim Lessons  
 16.15 - 16.45 Trampoline(3-4yrs)  
 16.00 - 17.00 Go-Karting  
 16.45 - 17.45 Trampoline  
 17.30 - 18.10 Junior Seascooter  
 17.45 - 18.45 Trampoline  
 18.15 - 19.00 Public Swim/swim club  
 18.15 - 19.00 Street Dance 6-8yrs  
 19.15 - 20.15 Street Dance 9+yrs

**Thursday**

15.30 - 19.00 Junior Gym  
 16.00 - 16.45 Fundamental Gymnastics 3-4yrs  
 16.30 - 18.30 Swim Lessons  
 16.45 - 17.45 Gymnastics (beginners)  
 17.00 - 18.00 Boxing 8yrs+  
 17.45 - 18.45 Gymnastics (improvers)  
 18.45 - 19.45 Gymnastics (advanced)

**Friday**

15.30 - 19.00 Junior Gym  
 16.00 - 17.00 Soccer Skills 4-6yrs  
 16.00 - 18.00 Swim Lessons  
 17.00 - 18.00 Soccer Skills 7-10yrs

**Saturday**

08.15 - 12.00 Junior Gym  
 08.30 - 09.00 Trampoline 3-4yrs  
 9.00 - 11.30 Swim Lessons  
 9.00 - 10.00 Trampoline  
 10.00 - 13.00 Active Kids  
 10.00-11.00 Trampoline  
 12.30 - 13.30 Inflatable Fun  
 14.00 - 18.00 Junior Gym

**Sunday**

09.15 - 12.00 Junior Gym  
 10.00 - 10.40 Family SeaScooter  
 12.15 - 13.15 Family Swim  
 14.00 - 15.00 Inflatable Fun  
 14.00 - 20.00 Junior Gym