

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)
 17.45 - 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 Fun Swim
 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 Fun Swim
 14.00 - 20.00 Junior Gym