

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Young Persons Fitness Sessions 8yrs - 15yrs Activo Fitness Suite 6.30am - 4.00pm 4.00pm - 4.45pm* 4.45pm - 5.30pm* 5.30pm - 10.00pm Kids Multi-skills 5yrs—7yrs 3.45pm—4.30pm Swim Skool Swim with the Best 4yrs—15yrs 4.00pm - 6.30pm Swim Skool Swim with the Best 4yrs—15yrs 4.00pm - 6.30pm Gymnastics Course (With Gareth) 5yrs—15yrs 4.30pm - 5.15pm 5.15pm - 6.00pm 6.00pm - 7.00pm <u>Split into mixed abilities</u>	Young Persons Fitness Sessions 8yrs—15yrs Activo Fitness Suite 6.30am - 4.00pm 4.00pm- 4.45pm* 4.45pm-5.30pm* 5.30pm - 10.00pm Swim Skool Swim with the Best 4yrs—15yrs 4.00pm - 6.30pm Swim Skool Snorkelling Course 8yrs- 15yrs 4.00pm—5.00pm Trampoline 5yrs - 15yrs 4.00pm - 4.45pm 4.45pm - 5.30pm 5.30pm - 6.15pm	Young Persons Fitness Sessions 8yrs - 15yrs Activo Fitness Suite 6.30am - 4.00pm 4.00pm- 4.45pm* 4.45pm-5.30pm* 5.30pm - 10.00pm Swim Skool Swim with the Best 4yrs—15yrs 4.00pm - 6.30pm NEW! Gymnastics Course (With Gareth) 5yrs—15yrs 4.00pm - 4.45pm 4.45pm - 5.30pm 5.30pm - 6.15pm <u>Split into mixed abilities</u>	Young Persons Fitness Sessions 8yrs—15yrs Activo Fitness Suite 6.30am - 4.00pm 4.00pm- 4.45pm* 4.45pm-5.30pm* 5.30pm - 10.00pm Swim Skool Swim with the Best 4yrs—15yrs 4.00pm - 6.30pm Swim Skool Snorkelling Course 8yrs- 15yrs 4.00pm—5.00pm Gymnastics Course (with Marilyn & Maria) 5yrs—15yrs 4.00pm - 4.45pm 4.45pm - 5.30pm 5.30pm- 6.15pm 6.15pm - 7.15pm <u>Split into mixed abilities</u> Professionally Coached Junior Badminton Joint Session 7- 11yrs & 11 - 15yrs 5.00pm - 5.45pm	Young Persons Fitness Sessions 8yrs - 15yrs Activo Fitness Suite 6.30am - 4.00pm 4.00pm- 4.45pm* 4.45pm-5.30pm* 5.30pm - 10.00pm Mini Movers 2yrs—3yrs 4.00pm—4.30pm 4yrs—5yrs 4.30pm—5.00pm Swim Skool Swim with the Best 4yrs—15yrs 4.00pm - 6.30pm Karate Kidz 4yrs—7 yrs 4.30pm—5.15pm NEW! Karate Kidz 7—15 yrs 5.15pm—6.00pm	Young Persons Fitness Sessions 8yrs - 15yrs Activo Fitness Suite 8.00am—7.00pm Formula XP Karting 3yrs—5yrs 9.00am—9.45am 5yrs—7yrs 9.45am—10.30am 7yrs- 11yrs 10.30am—11.15am Swim Skool Swim with the Best 4yrs—15yrs 8.30am—11.00am NEW! Children s Zumba Dance 10.00am - 10.45am 4yrs - 7yrs Zumba Dance & Fitness 11.00am-12 noon 8yrs—15yrs Brazilian Soccer Skills 7yrs—11yrs 1.15pm - 2.00pm Dribblers Mini Football 2-4yrs 2.00pm—2.45pm (Parental participation encouraged) Mini Football 4-6yrs 3.00pm—3.45pm	Young Persons Fitness Sessions 8yrs - 15yrs Activo Fitness Suite 8.00am—7.00pm Swim Skool Swim with the Best Parents & Toddlers 3yrs—4yrs (Small pool) 8.30am - 10.30am Trampoline 5yrs - 15yrs 9.15am - 10.00am 10.00am - 10.45am 10.45am - 11.30am 11.30am - 12.15pm "Junior Aces" (Fun Tennis) 4yrs—6yrs 10.45am—11.30am 7yrs—11yrs 11.45am—12.30pm

*Specific Young Persons Structured Sessions, Monday to Friday Limited to Zone 1 (Instructor Led in the Activo Fitness