



CHILDREN'S TIMETABLE



MONDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
16:30 - 17:15	Taekwondo (5+)	Martial	Studio 2	All	Michael

TUESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
16:20 - 17:00	Freestyle Dance (4-7)	Dance	Studio 2	All	Alice

WEDNESDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
16:00 - 18:30	Child Swim Lesson	Swim	Pool	All £	Christine
16:45 - 17:30	Teen Circuit (13+)	Cardio	Studio 1	All	Carl

THURSDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
16:00 - 19:15	Child Swim Lesson	Swim	Pool	All £	Christine
17:00 - 17:45	Freestyle Dance (8+)	Dance	Studio 1	All	Alice

FRIDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
16:00 - 17:00	Children's Pool Splash	Swim	Pool	All	Life Guards

SATURDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
08:30 - 14:30	Child Swim Lesson	Swim	Pool	All £	Christine
10:00 - 11:00	Supervised Gym (10+)	Cardio	Circuit Zone	All	Gym Staff

SUNDAY

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
10:00 - 11:00	Supervised Gym (10+)	Cardio	Circuit Zone	All	Gym Staff
15:30 - 16:30	Fitness Fun (4 - 12)	Cardio	Studio 1	All	Gym Staff

All children's classes are non-bookable so just come along and have a go!!!



CLASS DESCRIPTIONS

Freestyle Dance (4-7)

A fun freestyle class that combines four of the most popular forms of dance - Ballet, Street, Modern and Jazz - into simple routines that are both enjoyable and effective. Kids will discover rhythm, technique and teamwork skills, and will be dancing fit.

Freestyle Dance (8+)

A fun, up-beat workout that looks to teach great choreography to the latest chart music. These Freestyle classes will combine different forms of dance into enjoyable and effective routines, suitable for all levels of ability.

Fitness Fun (4 - 12)

A skill enhancing activities class designed to give children a rewarding cardio workout whilst focussing on key elements such as catching, running, passing, general coordination and timing. Fun at any age.

Teen Circuit (13+)

A high intensity class designed to improve mobility, strength and stamina. Specifically created for participants aged sixteen and under the classes are welcome to all levels of ability and are a great way of getting fit.

Taekwondo (5+)

Taekwondo is an ancient form of unarmed combat and self defence, a Korean martial art which will teach you how to use punches, kicks, blocks, dodges and restraints to defend yourself. Benefits include: Concentration and increased attention span, Enhanced Co-ordination and Motor skills, Higher levels of Awareness and Safety Consciousness, Improved Study/Academic habits, Greater Respect and Discipline, The ability to Self Defend, Increased Self Confidence and Better Leadership/People Skills.

Child Swim Lessons

Ranging in age and ability from 4 to teenage years these classes help improve stamina, muscle tone and confidence allowing children to swim competently and safely at any age which can be invaluable for later participation in a variety of water based sports.

