



## October Half term timetable

28<sup>th</sup> October- 3<sup>rd</sup> November 2013

	SWIM	
<b>MONDAY</b>	8.30-10.00	General Swim
	10.00-10.30	Parents & tots (under 5's)
	11.00-12.00	Fun Swim
	12.00-1.00	Adults only
	6.00-7.00	General Swim
	7.00-8.00	Ladies only
<b>TUESDAY</b>	8.30-10.30am	General Swim
	11.00-12.00pm	Fun Swim
	12.00-1.00pm	Adult Swim
	1.30-2.30pm	Inflatable
	6.00-7.00pm	General swim
	7.15-8.00pm	Aqua Aerobics
<b>WEDNESDAY</b>	8.30-10.30am	General Swim
	11.30-12.00	Adult lessons
	12.00-1.00pm	Adult Swim
	6.00-7.00pm	General Swim
	7.00-8.00pm	Adults Only Swim

	SWIM	
<b>THURSDAY</b> 	8.30-10.30am	General Swim
	11.00-12Noon	Aqua Aerobics
	12.00-1.00pm	Adult Swim
	1.30-2.30pm	Inflatable
	6.00-7.00pm	General Swim
	7.00-8.00pm	Adults Only Swim
	8.00-9.00pm	Spooky Swim
<b>FRIDAY</b>	8.30-10.30am	General Swim
	11.00-12.00pm	Fun Swim
	12.00-1.00pm	Adult Swim
	6.00-8.00pm	General Swim (with a lane)
<b>SATURDAY</b>	11.30-1.00pm	General Swim
	1.15-2.00pm	Inflatable
<b>SUNDAY</b>	9.30-11.30am	Family Fun Swim
	11.30-12.30pm	General Swim

\***GYM OPEN:** Monday-Friday 8.30am-1.00pm & 4.00pm-8.00pm/ Saturday 8.30am-1.00pm / Sunday 8.00am-12.30pm

\* **JUNIOR GYM OPEN:** Monday-Friday 11.00-1.00pm & 4.00-6.00pm / Sat 9.30am-12.30pm

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HALF TERM ACTIVITIES			DRYSIDE ACTIVITES		Gym
<b>Junior gym (12-16yrs)</b>	Weekdays 11.00-1.00pm & 4.00-6.00pm. Saturday 9.30-12.00pm	<b>MON</b>	11.00.-12.00pm 6.00-7.00pm 7.00-8.00pm	Zumba Gold Legs, Bum & Tums Pilates	8am-1pm 4pm-8pm
<b>Circus Skills 12.15-1.15pm (4-12yrs)</b>	Monday 28th October	<b>TUES</b>	9.30-11.00am 7.00-8.00pm 7.15-8.00pm	Tai Chi Zumba Aqua Aerobics (Pool)	8am-1pm 4pm-8pm
<b>Halloween Treasure Hunt 11.30-12.30pm (4-12yrs)</b>	Tuesday 29 <sup>th</sup> October	<b>WED</b>	10.00-11.00am 7.00-8.00pm	Circuit Training Boxercise	8am-1pm 4pm-8pm
Half term activities £3.00 Book a place in advance to avoid disappointment.		<b>THUR</b>	9.30-11.00am 11.00-12Noon 11.45-12.45pm	Pilates Aqua Aerobics (Pool) Yoga	8am-1pm 4pm-8pm
<b>Swimming Lesson Crash Courses</b> Every morning Monday to Friday. Only £25.00 per child for the course.		<b>FRI</b>	10.00-11.00am 6.00-7.00pm	Zumba Yoga	8am-1pm 4pm-8pm
Tadpoles: 9.15-9.45am Tiddlers: 10.30-11.00am		<b>SAT</b>	9.30-10.30am 10.30-11.15pm	Zumba Gold Zumba Kids (4-12 yrs)	8am-1pm

	STEAM ROOM	
<b>MON</b>	8.30-1.00 4.00-7.00 7.00-8.00	Men Mixed Women only
<b>TUES</b>	8.30 am-1.00pm 4.00-8.00pm	Mixed Mixed
<b>WED</b>	8.30 am-1.00pm 4.00-8.00pm	Women-Only Mixed
<b>THUR</b>	8.30 am-1.00pm 4.00-8.00pm	Mixed Mixed
<b>FRI</b>	8.30 am-1.00 pm 4.00-7.00pm 7.00-8.00pm	Men-Only Mixed Men-Only
<b>SAT</b>	8.30am-1.00pm	Women-Only
<b>SUN</b>	9.30am-12.30pm	Mixed

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