



October Half term timetable

28th October- 3rd November 2013

| | SWIM | |
|------------------|---------------|----------------------------|
| MONDAY | 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 |
| TUESDAY | 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 |
| WEDNESDAY | 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 | |
|--|---------------|----------------------------|
| THURSDAY  | 8.30-10.30am | General Swim |
| | 11.00-12.00pm | Aqua Aerobics |
| | 12.00-1.00pm | Adult Swim |
| | 6.00-7.00pm | General Swim |
| | 7.00-8.00pm | Adults Only Swim |
| | 8.00-9.00pm | Spooky Swim |
| FRIDAY | 8.30-10.30am | General Swim |
| | 11.00-12.00pm | Fun Swim |
| | 12.00-1.00pm | Adult Swim |
| | 1.30-2.30pm | Kids Inflatable |
| | 6.00-8.00pm | General Swim (with a lane) |
| SATURDAY | 11.30-1.00pm | General Swim |
| | 1.15-2.00pm | Inflatable |
| SUNDAY | 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 |
|--|---|-------------|---|---|--------------------|
| Junior gym (12-16yrs) | Weekdays 11.00-1.00pm & 4.00-6.00pm. Saturday 9.30-12.00pm | MON | 11.00.-12.00pm 6.00-7.00pm 7.00-8.00pm | Zumba Gold Legs, Bum & Tums Pilates | 8am-1pm 4pm-8pm |
| Circus Skills 12.15-1.15pm (4-12yrs) | Monday 28th October | TUES | 9.30-11.00am 7.00-8.00pm 7.15-8.00pm | Tai Chi Zumba Aqua Aerobics (Pool) | 8am-1pm 4pm-8pm |
| Halloween Treasure Hunt 11.30-12.30pm (4-12yrs) | Tuesday 29 th October | WED | 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. | | THUR | 9.30-11.00am 11.00-12Noon 11.45-12.45pm | Pilates Aqua Aerobics (Pool) Yoga | 8am-1pm 4pm-8pm |
| Swimming Lesson Crash Courses Every morning Monday to Friday. Only £25.00 per child for the course. | | FRI | 10.00-11.00am 6.00-7.00pm | Zumba Yoga | 8am-1pm 4pm-8pm |
| Tadpoles: 9.15-9.45am Tiddlers: 10.30-11.00am | | SAT | 9.30-10.30am 10.30-11.15pm | Zumba Gold Zumba Kids (4-12 yrs) | 8am-1pm |

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

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