

Sport & Leisure

Monday	Time	Age/Ability
Junior Football	4.00 - 4.55pm	5 - 8 yrs, All abilities
Trampolineing	5.00 - 5.55pm	Beginners (course)
Trampolineing	6.00 - 6.55pm	Advanced (course)
Archery	7.00 - 8.30pm	All abilities
Tuesday	Time	Age/Ability
Teens gym session	3.30 - 4.30pm	14 & 15 yrs
Wednesday	Time	Age/Ability
Badminton Club	7.00 - 8.55pm	14 yrs+ All abilities
Thursday	Time	Age/Ability
Junior Street Dance	5.00 - 6.00pm	5 - 14years
Trampolineing	5.00 - 5.55pm	Beginners (course)
Junior Cricket	6.00 - 6.55pm	Under 11's
Friday	Time	Age/Ability
Tae Kwon Do*	6.00 - 6.55pm	All abilities
Saturday	Time	Age/Ability
Tae Kwon Do*	11.00am - 12.00pm	All abilities
Sunday	Time	Age/Ability
5-a-side football league	Ask at reception for details	

* Please note these are external bookings and not included in membership benefits.

Booking Information:

Late cancellations and no – shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

'UNLIMITED' members will be able to book up to 8 days in advance.

Aqua members / PAYG members and non members will be able to book up to 7 days in advance.

Payment is required for the activity upon booking.