

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW! Creche 3months-4yrs 09:30-11:30	NEW! Creche 3months-4yrs 09:30-11:30	NEW! Creche 3months-4yrs 09:30-11:30	NEW! Creche 3months-4yrs 09:30-11:30	NEW! Creche 3months-4yrs 09:30-11:30	Swimming Lessons 4yrs-15yrs 08:00-11:15	Swimming Lessons Parent & Toddlers 3yrs+ 08:30-10:30
Aquababes/Pre School Swimming Lessons 3months-4yrs 11:45-13:15	Aquababes/Pre School Swimming Lessons 3months-4yrs 09:15-11:45	Aquababes/Pre School Swimming Lessons 3months-4yrs 09:30-10:30	Aquababes/Pre School Swimming Lessons 3months-4yrs 11:45-13:15	Junior Fitness 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	Active Trampolineing 5yrs-15yrs 08:30-14:30	Gymnastics 5yrs-15yrs 08:45-11:00
Active Mini's 3yrs-5yrs 15:00-16:30	Junior Fitness 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	Active Mini's 3yrs-5yrs 15:00-16:30	Junior Fitness 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	Active Football 4yrs-6yrs 15:45-16:30	Junior Fitness 8yrs-15yrs 11:30-13:00 Activo Fitness Suite**	Active Tots Tennis 2yrs-4yrs 09:00-09:30
Junior Fitness 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	Swimming Lessons 4yrs-15yrs 16:00-18:30	Junior Fitness 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	Swimming Lessons 4yrs-15yrs 16:00-18:00	Swimming Lessons 4yrs-15yrs 16:00-18:30	Active Mini's 2yrs-3yrs 15:00-16:00	Active Mini Tennis 5yrs+ 09:30-11:00
Swimming Lessons 4yrs-15yrs 16:00-18:30	Active Indoor Athletics 6yrs-9yrs 16:00-16:45	Gymnastics 5yrs-15yrs 16:00-18:15	Gymnastics 5yrs-15yrs 16:00-19:15	Lifesaving Skills* 8yrs+ 16:30-17:30	Active Football 2yrs-4yrs 15:00-15:45	Junior Fitness 8yrs-15yrs 11:30-13:00 Activo Fitness Suite**
Gymnastics 5yrs-15yrs 16:30-19:00	Active Tag Rugby 5yrs-8yrs 17:00-17:45	Swimming Lessons 4yrs-15yrs 16:00-18:30		Active Football 7yrs-9yrs 16:30-17:15	Active Football 5yrs-7yrs 15:45-16:30	
	Active Junior Badminton 7yrs-11yrs & 11yrs-15yrs 18:00-18:45	Active Trampolineing 5yrs-15yrs 17:00-19:15		Active Dance 4yrs-7yrs 17:00-18:00		
		Active Kayaking & Snorkelling* 8yrs+ 17:30-18:30		Active Karate 4yrs+ 17:30-18:30		
		Disability Gymnastics 8yrs-15yrs 18:30-19:15				

* Must have gained their 200m badge

** Fitness Suite is open at all other times if supervised by a responsible adult

Swim School operated by STA qualified Instructors