

Junior Activities Timetable

	Kids Club			Gym, Studios & Courts			Kids Pool	Main Pool
	Under 5's	5-7's	8-11's	5-7's	8-11's	12+	6 wks-11yrs	6 weeks +
Monday	Creche, 09.15-12.45			Ballet, 16.00-16.45	Street Dance, 17.00-17.45	Teen Gym, 16.00-18.00	Family Swim, 10.00-18.30	Family Swim, 15.30-18.30
							Swimming Lessons, 15.30-18.30	
Tuesday	Creche, 09.15-12.45			Football Club, 16.00-16.45	Football Club, 17.00-17.45	Teen Gym, 16.00-18.00	Family Swim, 10.00-18.30	Family Swim, 15.30-18.30
	Mum & Baby Fitness, 13.15-14.00, Studios						Swimming Lessons, pre-school 10.00-11.30 & 15.30-18.30	
Wednesday	Creche, 09.15-12.45			Tennis Lessons, 16.00-18.30		Teen Gym, 16.00-18.00	Family Swim, 10.00-18.30	Family Swim, 15.30-18.30
		Sports Club, 16.00-18.00						
Thursday	Creche, 09.15-12.45					Teen Gym, 16.00-18.00	Family Swim, 10.00-18.30	Family Swim, 15.30-18.30
							Family Dance, 16.15-17.00, Studios	
Friday	Creche, 09.15-12.45					Teen Gym, 16.00-18.00	Family Swim, 10.00-18.30	Family Swim, 15.30-18.30
Saturday	Creche, 09.15-12.45			Tennis Lessons, 09.00-13.00		Teen Gym, 11.00-13.00 & 15.00-17.00	Family Swim, 10.00-16.00	Family Swim, 10.00-16.00
		Sports Club, 09.00-13.00					Swimming Lessons, 09.00-12.30	
Sunday	Creche, 09.15-12.45					Teen Gym, 11.00-13.00 & 15.00-17.00	Family Swim, 10.00-16.00	Family Swim, 10.00-16.00
		Sports Club, 09.00-13.00						

Family Swim	Please view the club guide to be aware of the correct adult:child ratios
Teen Gym	Unsupervised gym sessions for children aged 12-16
Creche (£)	Supervised child care, please book sessions at reception upto 7 days in advance
Sports Club	Junior sports activities including dodgeball, football, basketball, unihoc and indoor games
Swim Lessons (£)	Paid swim lessons for children from 3 months to 15, please email swim@modeclub.co.uk for more info
Tennis Lessons (£)	Paid tennis lessons for children from 3 months to 15, please email tennis@modeclub.co.uk for more info
Ballet	Beginners ballet with Azzy
Street Dance	Beginners Street Dance with Azzy
Football Club	Keeping active on the outdoor pitches with Merillin, learning skills, drills and matchplay