

# Swimming Pool Programme

## Monday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim			Aqua Yoga	General Swim		Water Polo	Wet 'N' Wild	General Swim				Adult Lane Swim
	Lane Swim				Lane Swim								

## Tuesday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim							Scuba Diving	General Swim			Aqua Mix	Lane
	Lane Swim												

## Wednesday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim			Aqua Jam	General Swim		Water Polo	Wet 'N' Wild	General Swim				Adult Lane Swim
	Lane Swim				Lane Swim								

## Thursday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim			Aqua Groove	General Swim			Scuba Diving	General Swim				Adult Lane Swim
	Lane Swim				Lane Swim								

## Friday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim			Aqua Fit	General Swim		Water Polo	Wet 'N' Wild	General Swim				Adult Lane Swim
	Lane Swim				Lane Swim								

## Saturday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim						Water Polo	Wet 'N' Wild	General Swim				Adult Lane Swim
	Lane Swim												

## Sunday

7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Adult Lane Swim	General Swim				Aqua Groove		Water Polo	Wet 'N' Wild	General Swim				Adult Lane Swim
	Lane Swim												



## Swimming Pool and Junior Activity Programme

Easter Programme 2018

(31st March - 15th April 2018)

This programme is subject to availability and may be amended at any time

## Monday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
09:00 - 12:30	Junior/Tots Tennis Coaching	3 - 15	Martyn	See Tennis Coaching Programme		
13:00 - 13:50	Uni-Hoc	6+	N/A	N/A	Free	Free
14:10 - 15:00	Water Polo	8+	N/A	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
15:30 - 16:30	Cupcake Decorating*	3+	N/A	N/A	£7.50	£7.50
16:00 - 17:00	Family Football Fun	6+	N/A	N/A	Free	Free

## Tuesday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
10:30 - 11:30	Trampoline <sup>s</sup>	4 - 15	Karen	N/A	£10	£10
11:30 - 12:20	Rounders	6+	N/A	N/A	Free	Free
13:00 - 13:50	Kwick Cricket	4+	N/A	N/A	Free	Free
15:00 - 17:00	Scuba Diving**	8+	IOW Divers	£42	£42	£42
15:30 - 16:30	Make Your Own Pizza*	3+	N/A	N/A	£7.50	£7.50
16:00 - 16:50	Uni-Hoc	6+	N/A	N/A	Free	Free

## Wednesday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
10:30 - 11:30	Trampoline <sup>s</sup>	4 - 15	Karen	N/A	£10	£10
13:00 - 13:50	Rounders	4+	N/A	N/A	Free	Free
14:10 - 15:00	Water Polo	8+	N/A	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
16:00 - 16:50	Dance Vibes	9 - 13	Hannah	£5.50	£5.50	£5.50
16:00 - 16:50	Family Football Fun	6+	N/A	N/A	Free	Free
17:00 - 19:00	Skateboarding Lesson	8+	Jason	£20	£20	£20

## Thursday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
09:00 - 12:30	Junior/Tots Tennis Coaching	3 - 15	Martyn	See Tennis Coaching Programme		
13:00 - 13:50	Ultimate Frisbee	6+	N/A	N/A	Free	Free
15:00 - 17:00	Scuba Diving**	8+	IOW Divers	£42	£42	£42
14:00 - 15:00	Dance Vibes	5 - 8	Hannah	£5.50	£5.50	£5.50
15:30 - 16:30	Biscuit Decorating*	3+	N/A	N/A	£7.50	£7.50
16:00 - 16:50	Family Football Fun	6+	N/A	N/A	Free	Free

## Friday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
09:30 - 11:30	Skateboarding Lesson	8+	Jason	£20	£20	£20
13:00 - 13:50	Kwick Cricket	4+	Otis	N/A	Free	Free
14:10 - 15:00	Water Polo	8+	N/A	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
15:30 - 16:30	Pottery Painting*	3+	N/A	N/A	£7.50	£7.50
16:00 - 16:50	Family Football Fun	6+	Martin	N/A	Free	Free

## Saturday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
13:00 - 13:50	Kwick Cricket	4+	Otis	N/A	Free	Free
14:10 - 15:00	Water Polo	8+	N/A	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
16:00 - 16:50	Family Football Fun	6+	Callum	N/A	Free	Free

## Sunday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEMBER	GUEST	MEMBER
11:00 - 14:30	Junior/Tots Tennis Coaching	3 - 15	Martyn	See Tennis Coaching Programme		
14:00 - 14:50	Water Polo	8+	N/A	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
16:00 - 16:50	Family Football Fun	6+	N/A	N/A	Free	Free
18:00 - 18:30	Bed Time Reading	3 - 6	Lizzie	£2.50	£2.50	£2.50

## Easter Bunny Painting - Sunday 1st April

TIME	AGE GROUPS	EASTER BUNNYS	NON-MEMBER	GUEST	MEMBER
15:00 - 16:00	3+	Lizzie	£10	£10	£10
16:30 - 17:30	3+	Lizzie	£10	£10	£10

Please note - If numbers are low then inclusive Junior activities may be cancelled or have time reduced.

\* Under 5's Must be accompanied by an adult.

\*\* Scuba Diving - Minimum number required to run the session is 2 people, booking required.

\$ Trampoline - Socks must be worn, booking is required.

We have a 12 hour Cancellation policy for Skateboarding, Trampoline and Scuba Diving, all other paid for activities are a 3 hour cancellation policy.