

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 Fit	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

May Half-Term Programme 2018

(26th May - 3rd June 2018)

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

Country Club: 01983 766222

Island Wellness Spa: 01983 766202

Monday

TIME	ACTIVITY	AGE	NON-MEMBER	GUEST	MEMBER
09:00 - 12:30	Junior/Tots Tennis Coaching	3 - 15	See Tennis Coaching Programme		
13:00 - 14:00	Football Academy	6-7	N/A	£6.50	£6.50
14:00 - 15:00	Junior Circuits	12-16	N/A	£5.50	£5.50
14:10 - 15:00	Water Polo	8+	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	Free	Free
15:30 - 16:15	Cupcake Decorating*	3+	N/A	£7.50	£7.50
16:00 - 17:00	Family Football Fun	6+	N/A	Free	Free

Tuesday

TIME	ACTIVITY	AGE	NON-MEMBER	GUEST	MEMBER
10:30 - 11:30	Trampolining ^{\$}	4 - 15	N/A	£10	£10
13:00 - 13:50	Kwick Cricket	4+	N/A	Free	Free
14:00 - 15:00	Junior Circuits	9-11	N/A	£5.50	£5.50
15:00 - 17:00	Scuba Diving**	8+	N/A	£42	£42
15:30 - 16:30	Pottery Paining*	3+	N/A	£7.50	£7.50
16:00 - 16:50	Netball	6+	N/A	Free	Free

Wednesday

TIME	ACTIVITY	AGE	NON-MEMBER	GUEST	MEMBER
10:30 - 11:30	Trampolining ^{\$}	4 - 15	N/A	£10	£10
13:00 - 14:00	Football Academy	8-10	N/A	£6.50	£6.50
14:10 - 15:00	Water Polo	8+	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	Free	Free
16:00 - 16:50	Dance Vibes	9 - 13	N/A	£5.50	£5.50
16:00 - 16:50	Family Football Fun	6+	N/A	Free	Free

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.

\$ Trampolining - Socks must be worn, under 8's must be accompanied by an adult.

We have a 24 hour Cancellation policy for all paid for Activities.

Thursday

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

Friday

TIME	ACTIVITY	AGE	NON-MEMBER	GUEST	MEMBER
13:00 - 13:50	Rounders	6+	N/A	Free	Free
13:00 - 14:00	Football Academy	11-12	N/A	£6.50	£6.50
14:10 - 15:00	Water Polo	8+	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	Free	Free
15:30 - 16:15	Biscuit Decorating*	3+	N/A	£7.50	£7.50
16:00 - 16:50	Family Football Fun	6+	N/A	Free	Free

Saturday

TIME	ACTIVITY	AGE	NON-MEMBER	GUEST	MEMBER
11:00 - 11:50	Netball	6+	N/A	Free	Free
13:00 - 13:50	Kwick Cricket	4+	N/A	Free	Free
14:10 - 15:00	Water Polo	8+	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	Free	Free
16:00 - 16:50	Family Football Fun	6+	N/A	Free	Free

Sunday

TIME	ACTIVITY	AGE	NON-MEMBER	GUEST	MEMBER
11:00 - 14:30	Junior/Tots Tennis Coaching	3 - 15	See Tennis Coaching Programme		
11:30 - 12:15	Junior Circuits	7-9	N/A	£5.50	£5.50
14:00 - 14:50	Water Polo	8+	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	Free	Free
16:00 - 16:50	Family Football Fun	6+	N/A	Free	Free