

Junior Activities

Monday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
16:30 - 17:30	Gymnastics (Course)*	5 - 11	Karen	£42.00		£36.00

Tuesday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
N/A	N/A	N/A				

Wednesday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
10:00 - 10:40	Parent and Toddler Lessons	3 Months - 4 Years	Lizzie	£4.50	£4.50	£4.50

Thursday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
16:00 - 18:50	Junior Tennis Coaching	11+	Connor	See Tennis Programme for Details		

Friday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
17:00 - 17:50	Family Football	6 - 14	Kevin	N/A	Free	Free

Saturday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
10:30 - 14:20	Junior Tennis Coaching	4+	Martyn	See Tennis Programme for Details		
13:00 - 14:00	Kwick Cricket	6 - 14	Jack	N/A	Free	Free
15:10 - 16:00	Water Polo	8+	Connor	N/A	Free	Free
16:00 - 17:00	Wet 'N' Wild	8+	N/A	N/A	Free	Free
17:00 - 17:50	Football	6 - 14	Jack	N/A	Free	Free

Sunday

TIME	ACTIVITY	AGE	INSTRUCTOR	NON-MEM	GUEST	MEMBER
10:30 - 11:00	Junior Tennis Coaching	4+	Martyn	See Tennis Programme for Details		
11:00 - 11:50	Kwick Cricket	6 - 14	Callum	N/A	Free	Free
13:00 - 13:50	Badminton	6 - 14	Callum	N/A	Free	Free
15:00 - 15:50	Water Polo	8+	Callum	N/A	Free	Free
16:00 - 16:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
17:00 - 17:50	Family Football	6 - 14	Kevin	N/A	Free	Free

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Please note - If numbers are low then junior activities may be cancelled or have time reduced
* Limited spaces available - Booking essential **Minimum number of 3 required



THE WEST BAY
COUNTRY CLUB & SPA
ISLE OF WIGHT



Junior & Swimming Pool

Pre Summer Programme
(4th June 20th July 2018)

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

Tell: 01983 766222

Monday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00
Adult Lane Swim	General Swim			Aqua Yoga	General Swim		Pool Closed Maintenance	General Swim					Adult Lane Swim
	Lane Swim				Lane Swim								

Tuesday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00
Adult Lane Swim	General Swim										Adult Lane Swim		
	Lane Swim							General Swim					

Wednesday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00
Adult Lane Swim	General Swim		Parent and Toddler Swimming Lesson	Aqua Zumba	General Swim						Adult Lane Swim		
	Lane Swim				Lane Swim								

Thursday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00
Adult Lane Swim	General Swim			Aqua Groove	General Swim		Pool Closed Maintenance	General Swim					Adult Lane Swim
	Lane Swim				Lane Swim								

Friday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00
Adult Lane Swim	General Swim			Aqua Fit	General Swim						Adult Lane Swim		
	Lane Swim				Lane Swim								

Saturday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00
Adult Lane Swim	General Swim							Water Polo	Wet 'N' Wild	General Swim			Adult Lane Swim
	Lane Swim												

Sunday

7:00-8:00	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00	
Adult Lane Swim	General Swim				Aqua Groove	General Swim			Water Polo	Wet 'N' Wild	General Swim			Adult Lane Swim
	Lane Swim													