

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 Volly-ball	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				Adult Lane Swim
	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 Zumba	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 Volly-ball	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							Wet 'N' Wild	General Swim				Adult Lane Swim
	General 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
	General Swim												



Swimming Pool and Junior Activities

Summer Holiday Programme 2018

(22nd July - 2nd September)

This programme is subject to availability and may be amended at any time
To book onto activities please call the Country Club team on 01983 766222

Monday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
09:00 - 12:20	Tennis Coaching	3+	Connor	See Tennis Coaching Programme		
10:30 - 11:30	Football Academy	6-7	Callum	£6.50	£6.50	£6.50
10:30 - 11:00	Mini Fitness	6-11	Fran	£5.50	£5.50	£5.50
11:40-12:40	Football Academy	8-10	Callum	£6.50	£6.50	£6.50
12:50-13:50	Football Academy	11-12	Callum	£6.50	£6.50	£6.50
14:10 - 15:00	Water Volleyball	8+	Jack	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
15:30-16:15	Cupcake Decorating *	3+	Bistro Team	£8.50	£8.50	£8.50
16:00-17:00	Family Football	6+	Callum	N/A	Free	Free

Tuesday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
09:30- 10:10	Family Zumba ***	7+	Larni	N/A	Free	Free
14:00 - 14:50	Uni-Hoc	6+	Jack	N/A	Free	Free
14:00 - 14:45	Dance Vibes	5-8	Hannah	£5.50	£5.50	£5.50
15:00 - 17:00	Scuba Diving **	8+	N/A	N/A	£42	£42
15:30 - 16:30	Pottery Painting *	3+	Bistro Team	£8.50	£8.50	£8.50
16:00 - 16:50	Netball	6+	Fran	N/A	Free	Free

Wednesday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
09:00 - 12:20	Tennis Coaching	3+	Connor	See Tennis Coaching Programme		
09:15 - 12:30	Surfing ~	8+	N/A	£35	£35	£35
10:30 - 11:30	Football Academy	6-7	Callum	£6.50	£6.50	£6.50
11:40 - 12:40	Football Academy	8-10	Callum	£6.50	£6.50	£6.50
12:15 - 13:00	Teen Spin	14-17	Larni	£5.50	£5.50	£5.50
12:50 - 13:50	Football Academy	11-12	Callum	£6.50	£6.50	£6.50
14:10 - 15:00	Water Polo	8+	Caleb	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
16:00 - 17:00	Dance Vibes	9-13	Hannah	£5.50	£5.50	£5.50
16:00 - 17:00	Kwick Cricket *	4+	Caleb	N/A	Free	Free
19:00 - 20:30	Social Family Badminton	14+	Connor	N/A	Free	Free

We have a 24 hour cancellation policy for all paid activities. There is no need to book onto any 'inclusive' sports activities.

Junior activities may be cancelled or have time reduced if numbers are low.

Thursday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
09:00 - 12:20	Tennis Coaching	3+	Connor	See Tennis Coaching Programme		
09:15 - 12:30	Surfing ~	8+	N/A	N/A	£35.00	£35.00
14:00 - 14:45	Teen Bootcamp	12-16	Fran	N/A	£5.50	£5.50
15:00 - 17:00	Scuba Diving **	8+	N/A	N/A	£42.00	£42.00
15:30 - 16:15	Pizza Making*	3+	Bistro Team	N/A	£8.50	£8.50
16:00 - 16:50	Netball	6+	Fran	N/A	Free	Free
19:00 - 20:00	Ultimate Football	12+	Callum	N/A	Free	Free

Friday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
11:00 - 11:50	Kwik Cricket *	4+	Martin	N/A	Free	Free
14:10 - 15:00	Water Volleyball	8+	Caleb	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
15:30 - 16:15	Biscuit Decorating*	3+	Bistro Team	£8.50	£8.50	£8.50
16:00 - 16:50	Family Football	6+	Kevin	N/A	Free	Free

Saturday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
11:00 - 11:50	Ultimate Frisbee	6+	Chris	N/A	Free	Free
14:00 - 14:50	Family Football	6+	Connor	N/A	Free	Free
15:00 - 15:50	Wet 'N' Wild	8+	N/A	N/A	Free	Free
16:00 - 16:50	Uni-Hoc	6+	Jack	N/A	Free	Free

Sunday

TIME	ACTIVITY	AGE		NON-MEMBER	GUEST	MEMBER
11:00 - 14:30	Junior Tennis Coaching	3-15	Martyn	See Tennis Coaching Programme		
13:00 - 13:50	West Bay Scavenger Hunt ^^	5-11	Fran & Callum	N/A	Free	Free
14:00 - 14:50	Water Polo	8+	Caleb	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

* Under 5's must be accompanied by an adult.

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

*** Family Zumba - All children under 16 must be accompanied by adult.

~ Surfing - Minimum number required to run the session is 3 people, booking required.

^^ Scavenger Hunt - Some reading will be involved in this activity so younger children may need to be accompanied by an adult.