

# CHILDREN'S CLASS TIMETABLE - FROM SEPTEMBER 2024

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY / SUNDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
<b>CRÈCHE</b>			<b>CRÈCHE</b>			<b>CRÈCHE</b>			<b>CRÈCHE</b>			<b>CRÈCHE</b>					
10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda			
<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>		
			17:00-18:00	Jiu Jitsu 5-7 yrs	Lisa & Shane	17:00-18:00	Fit Kids 5-9 yrs PB	Kids Team				17:00-18:00	Fit Kids 5-9 yrs	Kids Team			
			18:00-19:00	Jiu Jitsu 8-16 yrs	Lisa & Shane												
<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>		
<b>SMALL GYM</b>			<b>SMALL GYM</b>			<b>SMALL GYM</b>			<b>SMALL GYM</b>			<b>SMALL GYM</b>			<b>SMALL GYM</b>		
17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team			
<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>		
			09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	10:00-10:30	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury						
			16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury	16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury	16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury				09:00-12:00	Swimming Lessons * ** PB	Lets Swim  Shrewsbury
<b>SQUASH COURTS</b>			<b>SQUASH COURTS</b>			<b>SQUASH COURTS</b>			<b>SQUASH COURTS</b>			<b>SQUASH COURTS</b>			<b>SUNDAY</b>		
17:00-18:00	Fit Kids	Kids Team							17:00-18:00	Fit Kids 5-9 yrs PB	Kids Team				11:00-12:00	Aqua Fun	Kids Team
18:00-19:00	Junior Squash Coaching PB	Finn															
<b>FIELD</b>			<b>FIELD</b>			<b>FIELD</b>			<b>FIELD</b>			<b>FIELD</b>			<b>FIELD</b>		
<b>TENNIS COURTS</b>			<b>TENNIS COURTS</b>			<b>TENNIS COURTS</b>			<b>TENNIS COURTS</b>			<b>TENNIS COURTS</b>			<b>TENNIS COURTS</b>		
			16:00-17:00	Tennis 5-7 yrs ** PB	Mike	16:00-17:00	Tennis 5-7 yrs ** PB	Mike									
			17:00-18:00	Tennis 8-11 yrs ** PB	Mike	17:00-18:00	Tennis 8-11 yrs ** PB	Mike									
			18:00-19:00	Tennis 12-17 yrs ** PB	Mike	18:00-19:00	Tennis 12-15 yrs ** PB	Mike									

## HEALTH & FITNESS FOR EVERYONE

- FitZone** - Please ensure your child has had an induction in the fitzone.
- FitZone Gym** - Supervised gym session for 15-10 yrs. You must have a program to attend.
- Family Circuits** - Supervised circuits for 9 to 15 yrs. Parents welcome to join in.
- FitZone Inductions and Programs cannot be booked in the advertised times.**

\* Additional Cost \*\* Term Time Only ‡ See notice boards <sup>PB</sup> Pre-bookable ∞ Seasonal please ask at desk

