

balance

HEALTH CLUBS

SWIMMING POOL ACTIVITY TIMETABLE

MONDAY	
10.00—12.00	Children's Swimming Time
10.00—12.30	Infant Aquatics
14.00—15.00	Aqua Natal
15.00—18.00	Children's Swimming Time/Swimming Lessons
TUESDAY	
19.00—19.45	Aqua Aerobics
WEDNESDAY	
10.00—12.00	Children's Swimming Time
10.00—12.30	Infant Aquatics
15.00—18.00	Children's Swimming Time/Swimming Lessons
THURSDAY	
10.00—10.45	Aqua-Fit
19.00—19.45	Aqua Aerobics
FRIDAY	
10.00—12.00	Children's Swimming Time
10.00—12.30	Infant Aquatics
15.00—19.00	Children's Swimming Time/Swimming Lessons
SATURDAY	
10.00—14.00	Children's Swimming Time
10.00—12.00	Children's Swimming Lessons
12.00—14.00	Infant Aquatics
SUNDAY	
10.00—14.00	Children's Swimming Time

- For Aqua Aerobics and Aqua-Fit please ask for booking details at reception
- For Swimming Lessons please ask for booking details at reception
- Pregnant? For Aqua Natal please contact Karen Morgan on 07793 227299
- For Infant Aquatics please contact Carly on 01858 565713
- At Balance, Adult Swimming Lessons are also available. Please contact Kate Webb on 01536 523440 or 07747 794566