

Kids classes



	UNDER 2's	2 TO 4'S	4 TO 7'S	8 TO 12'S	13 TO 15'S
Monday	Adult & Baby* 10.45-11.15am Pool	Adult & Child* 11.15-11.45 am Pool	Street Dance Daisy 4-4.45pm Junior Studio	Street Dance Daisy 5-5.45pm Studio 2	Junior Cycle Paul 5-5.45pm Cycle Studio
Tuesday		Mini Movers 10-10.45 am Crèche	Animal Yoga Lucia 5-5.45 Junior Studio	Junior Zumba Deimante 4.30-5.15pm Studio 1	Junior Zumba Deimante 4.30-5.15pm Studio 1
Wednesday	Adult & Baby* 11.15-11.45am Pool	Adult & Child* 10.45- 11.15 am Pool	Art's & Craft 4-5 pm 5-6 pm Crèche		
			Pre- school beginner* 9.45-10.15 Pool		
			Pre- school beginner* 1- 1.30 pm Pool		
Thursday	Rhythm & Rhyme 10.00- 10.45 am Crèche				
Friday	Adult & Baby* 1-1.30 pm Pool	Adult & Child* 1.30-2 pm Pool	Pre- school beginner* 12.00 – 12.30 pm Pool	Family Virtual Cycle 5-5.45pm Cycle Studio	Family Virtual Cycle 5-5.45pm Cycle Studio
			Pre- school beginner* 2.00 – 2.30 pm Pool		
Saturday			Pre-school beginner* 10.30-11.00 am Pool	N-Stars 8:45-10:15am 10:30-12:00pm Junior Studio	
Sunday				Family Yoga Lucia 11-11.45 Studio 2	

Rhythm & Rhyme A rich mix of musical fun. Our multi-sensory sessions are packed with songs, dance, bubbles and balls, puppets and parachute play. Activities are specially designed to target areas of child's development.

Adult & Baby, Adult & Child, Pre-school beginner * These classes are essential in building swim readiness skills for your child. Also, a great way of bonding with your child.

Contact Rebecca: rebecca.quijano@nuffieldhealth.com

N-Stars is designed for children aged 8 -12 years. Children can enjoy a range of games, challenges and arts & crafts that stimulates all abilities. Fitness will also be improved through sport and games.

Mini Movers This class, aimed at some of our youngest members, uses various styles of dance moves to help your child become active. They will also learn co-ordination and balance as well as how to follow instructions.

Animal Flow This class includes a range of animal movements blended with yoga and games. Children use their imagination to unleash their inner animal and improve strength, flexibility and mobility.

Street Dance This class offers a combination of hip hop, funk and breakdance styles. Street Dance classes are not only a fun way to stay active, they also provide children with a place to de-stress and express themselves.

*Limited spaces for members, contact reception to book on to class. **Class not included in membership, contact relevant instructors to book on to class.