

Kid's classes



	UNDER 2's	2 TO 4'S	4 TO 7'S	8 TO 12'S	13 TO 15'S
Monday	Adult & Baby** 10.45-11.15 am Pool	Adult & Child** 11.15-11.45 am Pool	Pre- school beginner** 9.45-10.15 am Pool		Family Virtual Cycle 5.00-5.45 pm Cycle Studio
Tuesday	Crèche * 9.00 – 1.00 pm Crèche	Mini Movers 10-10.45 am Crèche	Crèche * 9.00 – 1.00 pm Crèche	Junior Zumba Deimante 5.00-5.45 pm Studio 2	Junior Zumba Deimante 5.00-5.45 pm Studio 2
Wednesday	Adult & Baby** 11.45-12.15 pm Pool	Adult & Child* 11.15-11.45 am Pool	Art's & Craft 4.00-5.00 pm Crèche		
	Crèche * 9.00 – 1.00 pm Crèche	Crèche * 9.00 – 1.00 pm Crèche	Art's & Craft 5.00-6.00 pm Crèche		
			Pre- school beginner** 12.00 – 12.30 pm Pool		
Thursday	Crèche * 9.00 – 1.00 pm Crèche	Crèche * 9.00 – 1.00 pm Crèche	Crèche * 9.00 – 1.00 pm Crèche		
Friday	Adult & Baby** 1.00-1.30 pm Pool	Adult & Child** 1.00-1.30 pm Pool	Born To Move Anna&Rebecca 4.30- 5.15 Studio 1	SKILL CLASS Megan 4.30- 5.00 Skill Zone	Family Virtual Cycle 5.00-5.45 pm Cycle Studio
Saturday	Crèche * 8.30 – 12.30 pm Crèche	Crèche * 8.30 – 12.30 pm Crèche	Pre- school beginner** 12.30 – 1.00 pm Pool	N-Stars 8:45 - 10:15 am Junior Studio	
				N-Stars 10:30 - 12:00 pm Junior Studio	
Sunday			Family Yoga Lucia 11.15- 12.00 pm Junior Studio	Family Yoga Lucia 11.15 – 12.00 pm Junior Studio	Family Yoga Lucia 11.15- 12.00 pm Junior Studio

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.

Born To Move Each session feeds young people's natural appetite for action, movement and play- and lets them enjoy the energy, confidence, good health and increased ability that goes with it.

*Limited spaces for members, contact crèche/reception to book.

**Class not included in membership, contact relevant instructors to book on to class.