

## Monday

10:00—12:00	Crèche under 5's
12:30—19:00	Indoor Play under 6's
14:15—15:00	XP mini gymnastics 3-5yrs
15:45—16:30	Junior Gym 14-15yrs
16:00—16:45	XP Beginners Gymnastics 4-5+yrs
16:00—17:00	XP Football 6-8yrs
16:00—17:00	XP Trampoline 5-7yrs
16:45—17:30	XP Advanced Beginners Gymnastics 6+yrs
17:00—18:00	XP Football 8-10yrs
17:00—18:00	XP Trampoline 8-15yrs
17:30—18:15	XP Intermediate Gymnastics
18:00—19:00	XP Trampoline 8-15yrs
18:15 -19:00	XP Advanced Gymnastics

## Tuesday

10:00—12:00	Crèche under 5's
12:30—19:00	Indoor Play under 6's
15:45—16:30	Junior Gym 14-15yrs
16.00-16.30	XP Street Dance 5-8yrs
16.15-17.00	XP Racket Sports 9+yrs
16.30-17.15	XP Street Dance 9+yrs
17.00-17.45	XP Racket Sports 5-8yrs

## Wednesday

10:00—12:00	Crèche under 5's
12:30—19:00	Indoor Play under 6's
14:45—15:30	Junior Gym 14-15yrs
18:00—18:55	Fun Swim 8-13yrs & 50m *

## Thursday

10:00—12:00	Crèche under 5's
12:30—19:00	Indoor Play under 6's
15:45—16:30	Junior Gym 14-15yrs
15:45—16:30	XP Badminton 11-15yrs
16:30—17:30	XP Badminton 5-10yrs

## Friday

10:00—12:00	Crèche under 5's
12:30—19:00	Indoor Play under 6's
15:45—16:30	Junior Gym 14-15yrs
16:00—16:45	XP Beginners Gymnastics 4-5+yrs
16:00—17:00	XP Trampoline 5-7yrs
16:45—17:30	XP Advanced Beginners Gymnastics 6+yrs
17:00—18:00	XP Trampoline 8-15yrs
17:30—18:15	XP Intermediate Gymnastics
18.00-19.00	XP Trampoline 8-15yrs
18:15—19:00	XP Advanced Gymnastics
18:15—19:10	Fun Swim 8-13yrs & 50m - Main Pool*
18:50—19:25	Fun Swim Under 8's - Teaching Pool *

## Saturday

09:00—19:00	Indoor Play under 6's **
09:00—10:00	XP Football - Beginners
10:00—11:00	XP Football - Intermediate
11:00—12:00	XP Football - Advanced
11:30—12:00	XP Circuits 8yrs -14yrs
12:15—13:00	Junior Gym 14-15yrs
15:00—15:45	Junior Gym 14-15yrs

## Sunday

9.45am-10.30am	XP Beginners Gymnastics 5+yrs
10.30am-11.15am	XP Beginners Gymnastics 5+yrs
11.15am-12.00pm	XP Beginners Gymnastics 5+yrs
09:00—19:00	Indoor Play under 6's **
12:15—13:00	Junior Gym 14-15yrs
15:00—15:45	Junior Gym 14-15yrs

\* Maximum numbers apply

\*\* Subject to availability

A full range of swimming lessons are available at various times throughout the week for all ages

Aqua Babes  
Aqua Tots  
Pre School Beginner  
Pre School Advanced  
Beginners  
Advanced Beginners  
Improvers  
Advanced Improvers  
Bronze Silver  
Gold Honours

Learning to swim is a fantastic experience. It opens up a world of possibilities for children