

# Dukeries Leisure Centre

May 2018

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

Junior Gym  
8yrs -15yrs  
15:00 -17:00

Junior Gym  
8yrs -15yrs  
15:00 -17:00

Aquababes/Tots  
Swim School #  
3Mnts– 3yrs  
11:00 -13:00

Junior Gym  
8yrs -15yrs  
15:00 -17:00

Junior Gym  
8yrs -15yrs  
15:00 -17:00

Junior Gym  
8yrs -15yrs  
11:00 -15:00

Active Trampoline  
5yrs+  
09.30-12.30 **M**

Activo Fitness Suite \*

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Activo Fitness Suite \*

Swim School #  
3yrs - 15yrs  
16:30 -18:30

Swim School #  
8yrs - 15yrs  
16:30 -18:30

Junior Gym  
8yrs -15yrs  
15:00 -17:00  
Activo Fitness Suite \*

Swim School #  
3yrs - 15yrs  
16:30 - 18:30

Swim School #  
3yrs - 15yrs  
16:30 - 18:30

Aquababes  
Swim School #  
3Mnts– 3yrs  
08:30 - 09:00  
11:30 -12:00

Junior Gym  
8yrs -15yrs  
11:00 -15:00  
Activo Fitness Suite \*

Active Trampoline  
3yrs - 4yrs  
16.15 –16.45 **Pre**  
5yrs+  
16:45 - 19.45 **M**

Soccer Skills  
3yrs - 5yrs  
16:00 -16:45

Swim School #  
3yrs - 15yrs  
16:30 - 18:30

Active Minis  
Gymnastics  
3yrs - 4yrs  
16:00 -16:30

Swim School #  
3yrs - 15yrs  
08:30 - 12:00

**#Swim School  
operated by  
STA qualified  
Instructors and held at  
Wellow House School,  
Eakring Rd, Wellow**

Soccer School  
6yrs - 10yrs  
17:00 -18:00

Active Gymnastics  
5yrs -15yrs  
16:00 - 16:45 **B**  
16:45 - 17:30 **B**

Active Gymnastics  
5yrs -15yrs  
16:30 - 17:15 **B**  
17:15 - 18:00 **I**  
18:00 - 18:45 **A**

Active Trampoline  
5yrs+  
09:00 - 12:00 **M**

**\*Fitness Suite is open  
at all other times if  
Supervised by a  
responsible adult**

Primary Judo\*\*  
5yrs+  
18:15 - 19:15

Advanced Judo\*\*  
5yrs+  
19:15 - 20:15

Trampolining and  
Gymnastics  
Ability Levels  
**Pre = Pre School**  
**A = Advanced**  
**B = Beginners**  
**I = Intermediate**  
**M = Mixed Ability**

\*\*Judo will include  
additional charges  
(membership to BJU  
etc..)