

# Dukeries Leisure Centre

January 2017

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

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

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

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

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  
09.30-10.30 **B**  
10:30-11.30**B**

Activo Fitness Suite \*

Activo Fitness Suite \*

Activo Fitness Suite \*

Activo Fitness Suite \*

Activo Fitness Suite \*

Activo Fitness Suite \*

Swim School  
3yrs - 15yrs  
16:00 -18:00

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

Swim School  
3yrs - 15yrs  
16:30 - 17:30

Swim School  
3yrs - 15yrs  
16:45 - 18:15

Swim School  
3yrs - 15yrs  
16:00 - 18:00

Aquababes  
Swim School  
3Mnts- 3yrs  
8:30 - 09:00  
11:30 -12:00

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

Active Trampoline  
5yrs -15yrs  
16.15 -16.45 **Pre**  
16:45 - 19.45 **M**

Swim School  
8yrs - 15yrs  
16:00 -18:00

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

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

Swim School  
3yrs - 15yrs  
08:30 - 11:30

Family Swim  
10:30 -11:30

Public Swim  
18:00 - 19:00

Soccer School  
6yrs - 10yrs  
17.00 -17:45

Active Trampoline  
3yrs - 4yrs  
16:00 - 16:30 **Pre**  
16:30 - 17:00 **Pre**

Active Gymnastics  
5yrs -15yrs  
16:30 - 17:15 **B**  
17:15 - 18:00 **B**  
18:00 - 18:45 **I**  
18:45 - 19:30 **A**

Active Trampoline  
5yrs -15yrs  
9:00 - 12:00 **M**

Fun Swim  
14:00 - 15:00

Judo\*  
5yrs+  
18:15 - 19:30

#Active Swim Club  
18:00 - 18:45

Active Trampoline  
5yrs - 15yrs  
17:00 - 17:45 **B**

Public Swim  
18:45 - 19:30

Public Swim  
12:15 - 13:15

**Swim School  
operated by  
STA qualified  
Instructors**

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

Public Swim  
18:45 - 19:30

Public Swim  
18:15 - 19:15

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

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

#Swim Club  
Must be able to swim at  
least 200metres  
confidently