

Xperience Timetable

Monday

11:45-13:15	Aquababes/Pre School Swimming Lessons	3months-4yrs
15:00-16:30	Active Mini's	3yrs-4yrs
15:30-17:30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
16:00-18:30	Swimming Lessons	4yrs-18yrs
16:30-18:45	Gymnastics	5yrs-18yrs

Tuesday

09:30-11:30	Creche	3months-4yrs
09:15-11:45	Aquababes/Pre School Swimming Lessons	3months-4yrs
15:30-17:30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
16:00-18:30	Swimming Lessons	4yrs-18yrs
16:00-16:45	Active Indoor Athletics	5yrs-10yrs
17:00-17:45	Active Tag Rugby	5yrs-10yrs
18:00-18:45	Active Junior Badminton	7yrs-18yrs

Wednesday

09:30-11:30	Creche	3months-4yrs
09:30-10:30	Aquababes/Pre School Swimming Lessons	3months-4yrs
15:00-16:30	Active Mini's	3yrs-4yrs
15:00-16:00	Pre School Trampolining	3yrs-4yrs
15:30-17:30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
16:00-18:15	Gymnastics	5yrs-18yrs
16:00-18:30	Swimming Lessons	4yrs-18yrs
17:00-19:15	Active Trampolining	5yrs-18yrs
17:30-18:30	Lifeguard Academy *	8yrs+
18:15-19:00	Disability Gymnastics	8yrs-18yrs

Thursday

09:30-11:30	Creche	3months-4yrs
11:45-13:15	Aquababes/Pre School Swimming Lessons	3months-4yrs
15:30-17:30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
16:00-18:30	Swimming Lessons	4yrs-18yrs
16:00-19:00	Gymnastics	5yrs-18yrs
17:00-19:00	Gymnastics (Elite Squad Training)	5yrs-18yrs

Friday

15:30-17:30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
17:00-17:45	Active Football - At the Newark Academy	4yrs-6yrs
18:00-18:45	Active Football - At the Newark Academy	7yrs-10yrs
16:00-18:30	Swimming Lessons	4yrs-18yrs
16:00-17:30	Girls Artistic Gymnastics	5yrs-18yrs
16:30-17:30	Lifeguard Academy *	8yrs+
16:30-17:15	Active Street Dance	4yrs-6yrs
17:15-18:00	Active Street Dance	7yrs-10yrs
17:00-19:00	Gymnastics (Elite Squad Training)	5yrs-18yrs

Saturday

08:00-11:00	Swimming Lessons	4yrs-18yrs
08:30-14:30	Active Trampolining	5yrs-18yrs
08:30-12:30	Active Gymnastics	5yrs-18yrs
09:30-10:15	Active Junior Ballet	4yrs-6yrs
10:15-11:00	Active Junior Ballet	7yrs-18yrs
11:30-13:00	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
12:45-13:45	Active Mini's Gymnastics	2yrs-3yrs
13:45-14:30	Active Mini's Gymnastics	3yrs-4yrs
15:00-15:45	Active Football	2yrs-4yrs
15:45-16:30	Active Football	5yrs-7yrs

Sunday

08:30-10:30	Swimming Lessons	3yrs+
08:30-10:00	Parent & Toddlers	4yrs+
09:00-09:30	Active Tots Tennis	2yrs-4yrs
09:30-10:15	Active Mini Tennis	5yrs-7yrs
10:15-11:00	Active Mini Tennis	8yrs +
11:30-13:00	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs

* Must have gained their 200m badge

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

Swim School operated by STA qualified Instructors