

Xperience Timetable

Monday

11.45-13.15	Aquababes/Pre-School Swimming Lessons	3months-4yrs
15.00-16.30	Active Mini's Gymnastics	3yrs-4yrs
15.30-17.30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
16.00-18.30	Active Swimming Lessons	4yrs-18yrs
16.30-18.45	Active 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
15.45-17.15	Active Trampoline	5yrs-18yrs
16.00-18.30	Active 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 Gymnastics	3yrs-4yrs
15.15-16.15	Active Trampolining	3yrs-4yrs
15.30-17.30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
16.00-16.45	Active Street Dance	4yrs-6yrs
16.00-18.15	Active Gymnastics	5yrs-18yrs
16.00-18.30	Active Swimming Lessons	4yrs-18yrs
16.15-19.15	Active Trampolining	5yrs-18yrs
16.45-17.30	Active Street Dance	7yrs-10yrs
17.30-18.30	Lifeguard Academy *	8yrs-18yrs
18.15-19.00	Inclusive 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	Active Swimming Lessons	4yrs-18yrs
16.00-19.00	Active Gymnastics	5yrs-18yrs
17.00-19.00	Active Gymnastics Squad – Invite Only	5yrs-18yrs

Friday

15.30-17.30	Junior Fitness - Activo Fitness Suite**	8yrs-15yrs
17.00-18.00	Active Football - At the Newark Academy	4yrs-10yrs
16.00-18.30	Active Swimming Lessons	4yrs-18yrs
16.00-17.30	Active Gymnastics (Women's Artistic)	5yrs-18yrs
16.00-16.45	Active Gymnastics Squad – Invite Only	4yrs-8yrs
16.30-17.30	Lifeguard Academy *	8yrs-18yrs
17.00-19.45	Active Gymnastics Squad – Invite Only	5yrs-18yrs

Saturday

08.00-11.00	Active 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

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-18yrs
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