

Southwell Leisure Centre

2018 Edition

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 3-4yrs
15:30—16:15	Junior Gym 14-15yrs
16:00—16:45	XP Beginners Gymnastics 5+yrs
16:00—17:00	XP Football 5-7yrs
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
15:30—16:15	Junior Gym 14-15yrs
16.00-16.30	XP Street Fusion 5-8yrs
16.30-17.15	XP Street Fusion 9+yrs

Wednesday

10:00—12:00	Crèche under 5's
12:30—19:00	Indoor Play under 6's
14:15—15:00	XP Mini Gymnastics 3yrs—4yrs
14:30—15:15	Junior Gym 14-15yrs
16.00-16.45	XP Mini Gymnastics 4yrs-5yrs
16.00-17.00	XP Trampoline 5-7yrs
17.00-18.00	XP Trampoline 8-10yrs
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
15:30—16:15	Junior Gym 14-15yrs
15. 45—16.30	XP Badminton 11yrs—15yrs
16.30—17.15	XP Badminton 5yrs—10yrs
16.30—17.15	XP Basketball 6yrs—11yrs
17.15— 18.00	XP Basketball 12yrs—16yrs

Friday

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

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

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 +**