

CHILDREN'S CLASS TIMETABLE - FROM MARCH 2025

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY / SUNDAY		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
CRÈCHE			CRÈCHE			CRÈCHE			CRÈCHE			CRÈCHE					
10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda	10:00-12:00	Crèche* PB	Amanda			
DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO SUNDAY		
															12:30-13:30	Dance Class	Bethany
BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL		
16:00-16:45	Rugby 4-6 yrs	Fergus	17:00-18:00	Fitkids	Kids Team	17:00-18:00	Fitkids	Kids Team	17:00-18:00	Fitkids	Kids Team	17:00-18:00	Fitkids	Kids Team			
17:00-18:00	Fitkids	Kids Team															
SMALL GYM			SMALL GYM			SMALL GYM			SMALL GYM			SMALL GYM			SWIMMING POOL		
17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team	17:00-18:00	Fitzone 10-15 yrs PB	Gym Team			
SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SATURDAY		
10:00-11:30	Tiny Swimming	Tiny Swimming	09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	10:00-10:30	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury	10:00-11:30	Tiny Swimming	Tiny Swimming	09:30-10:00	Pre-School Swim 3 mths -5 yrs	Lets Swim Shrewsbury
			16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury	16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury	16:00-18:30	Swimming Lessons * ** PB	Lets Swim Shrewsbury				10:00-13:00	Swimming Lessons * ** PB	Lets Swim Shrewsbury
															14:00-15:30	Tiny Swimming	Tiny Swimming
SQUASH COURTS			SQUASH COURTS			SQUASH COURTS			SQUASH COURTS			SQUASH COURTS			SUNDAY		
18:00-19:00	Junior Squash Coaching PB	Finn	16:00-17:00	Tennis 5-7 yrs ** PB	Mike												
			17:00-18:00	Tennis 8-11 yrs ** PB	Mike												
FIELD			FIELD			FIELD			FIELD			FIELD			FIELD		
TENNIS COURTS			TENNIS COURTS			TENNIS COURTS			TENNIS COURTS			TENNIS COURTS			TENNIS COURTS		
			16:00-17:00	Tennis 5-7 yrs ** PB	Mike	16:00-17:00	Tennis 5-7 yrs ** PB	Mike									
			17:00-18:00	Tennis 8-11 yrs ** PB	Mike	17:00-18:00	Tennis 8-11 yrs ** PB	Mike									
			18:00-19:00	Tennis 12-17 yrs ** PB	Mike	18:00-19:00	Tennis 12-15 yrs ** PB	Mike									

HEALTH & FITNESS FOR EVERYONE

FitZone - Please ensure your child has had an induction in the fitzone.

FitZone Gym - Supervised gym session for 15-10 yrs. You must have a program to attend.

Family Circuits - Supervised circuits for 9 to 15 yrs. Parents welcome to join in.

FitZone Inductions and Programs cannot be booked in the advertised times.

* Additional Cost ** Term Time Only ‡ See notice boards ^{PB} Pre-bookable [∞] Seasonal please ask at desk

