HOLIDAY ACTIVITIES WEEKLY TIMETABLE

Date	W/C 29th July

Days	Activities
Monday	10.00-15.30 Junior Gym (11-15 years) 15.00 - 15.45pm Drop in Gymnastics (5 - 7 years) 10.30-11.30 Aqua Splash (Over 8's) 08.30-10.30 Crash Course Swimming Monday to Friday 12.00-14.00 Free Swimming (U16)
Tuesday	09.30-10.30 Multi-Sports (5-11 years) 10.00-15.30 Junior Gym (11-15 years) 10.30-11.30 Aqua Splash (Over 8's) 12.00-14.00 Free Swimming (U16)
Wednesday	10.00-15.30 Junior Gym (11-15 years) 12.00-14.00 Free Swimming (U16) 10.30-11.30am Aqua Splash (Over 8's)
Thursday	09.30-10.30 Multi-Sports (5-11 years) 10.00-15.30 Junior Gym (11-15 years) 10.30-11.30 Aqua Splash (Over 8's) 12.00-14.00 Free Swimming (U16) 13.30 - 14.30 Girls Football (6 - 11 years)
Friday	10.00 - 11.00 Junior Gym Inductions (Book in advance 11 - 15 years) 11.00-15.30 Junior Gym (11-15 years) 11.30 - 12.30 Rookie Lifeguard (Over 8') 10.30-11.30 Aqua Splash (Over 8's) 12.00-14.00 Free Swimming (U16)
Saturday	12.00-14.00 Free Swimming (U16)
Sunday	12.00-14.00 Free Swimming (U16)

Find out more about holiday activities at
better.org.uk/activities-for-kids

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