

From 14 young adults can book swim lanes, gym and all fitness classes as well as courts. They must have an induction to use the gym and pass a swimming competency test.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						<p>TENNIS (Ages 10-16) Improvers Junior Tennis 10.00-11.00 Intermediate 11.00-12.00 Book via Reception</p> <p>Family Splash (All ages) (No earlier than 21st June) 10.00- 13.00 NEW *FREE to members*</p> <p>Tennis (Ages 10-16) Advanced 12.00-13.00 Book via Reception</p>	
PM		<p>STRETCH AND RELAX WITH LISA 16.00 -16.45 (Ages 6+) *FREE to members* Book via Reception NEW</p> <p>THE NEST</p>	<p>TENNIS (Ages 10-16) Beginners 17.00-18.00 Book via Reception</p>	<p>TENNIS (Ages 10-16) Beginners 17.00-18.00 Book via Reception</p>	<p>TENNIS (Ages 10-16) Beginners 17.00-18.00 Book via Reception</p>	<p>MOVE WITH MIKE (Ages 6+) 13.00 -13.45 *FREE to members* Outdoor Studio Book via Reception NEW</p> <p>CYCLE WITH MIKE (Ages 10+) 14.00- 14.45 *FREE to members* Outdoor Studio Book via MyCourts NEW</p>	<p>FAMILY AND JUNIOR CLUB TENNIS (All Ages) *FREE to members* 14.00-16.00 Book via MyCourts NEW</p>
		<p>PARKOUR 17.00 - 17.45 (Ages 10 +) *FREE to members* Book via MyCourts NEW</p>	<p>PARENT AND JUNIOR GYM 16.00 - 17.00 (8 + must be accompanied by an adult) *FREE to members* Book via MyCourts</p>	<p>BOOGIE WITH BERNIE 16.00 -16.30 (Ages 6+) *FREE to members* (starting in May) Book via Reception NEW</p> <p>THE NEST</p>	<p>SQUASH Epic girls (All Ages) 17.00-18.00 Book via Reception</p>	<p>SQUASH Epic Gold (Ages 12+) 13.00 -14.00 Epic girls (All) 14.00 - 15.00 (Book via Reception) Family Squash and Racketball All ages *FREE to members* 15.00- 16.00 Book via MyCourts</p> <p>Parent and Junior Gym 14.00 - 15.00 (8 + must be accompanied by an adult) *FREE to members* Book via MyCourts</p>	<p>PARENT AND JUNIOR GYM 14.00 - 15.00 (8 + must be accompanied by an adult) *FREE to members* Book via MyCourts</p> <p>FAMILY SPLASH (All Ages) (No earlier than 21st June) 15.00- 17.00 *FREE to members* Indoor Pool NEW</p>