



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	<p>CRÈCHE 9.15 – 12.15 (0-7 Years) Book via Reception</p> <p>THE NEST</p>	<p>rhythm time </p> <p>Toddlers (from 13 months) 9.30-10.00 Babies (0-13 months) 10.20- 10.50 Babies (0-13 months) 11.10- 11.40 Young baby (0-5 months) 12.00 -12.30 Book via https://rhythmtime.net/</p> <p>THE NEST</p>	<p>CRÈCHE 9.15 – 12.45 (0-7 Years) Book via Reception</p> <p>THE NEST</p>	<p>STAY, PLAY & SOCIALISE WITH ME 9.30- 11.00 *FREE to members* (Parent/ Carer and child 0-5) Book via MyCourts</p> <p>THE NEST</p>	<p>rhythm time </p> <p>Toddlers (from 13 months) 9.30-10.00 Toddlers (from 13 months) 10.20 -10.50 Young Baby (0-5 months) 11.10-11.40 Babies (0-13 months) 12.00 -12.30 Book via https://rhythmtime.net/</p> <p>THE NEST</p>	<p>CRÈCHE 9.00-12.00 (0-7 Years) Book via Reception</p> <p>THE NEST</p>	<p>SWIMMING LESSONS 9.15-9.45, 10.15-10.45 Beginner with armbands (4+) 9.45-10.15 Preschool (2-4 years) Indoor Pool Book via Reception</p>
	<p>TENNIS Hot Shot Tots 9.30-10.00 (Parent/ Carer and child 2-3) Book via Reception</p>	<p>SQUASH Epic Toddlers (18m - 3 years) 11.00- 11.30</p>	<p>SPLASH WITH ME 11.15-11.55 *FREE to members* (Parent/ Carer and child up to 3 years with instructor) Indoor Pool Book via Mycourts</p>	<p>MOVE WITH ME PRE & POSTNATAL FITNESS *FREE to members* 11.15- 12.00 (Parent/ Carer and child 0-5) Book via MyCourts</p> <p>THE NEST</p>	<p>SQUASH Epic Toddlers (18m - 3 years) 10.30- 11.00</p>	<p>TENNIS - PRIORY SCHOOL GYM Mini Tots (3-5) 9.00- 9.30, 9.30- 10.00, 10.00- 10.30 10.30- 11.00 Hot Shot Tots (Parent/ Carer and child 2-3) 11-11.30 Book via Reception</p>	<p>SQUASH Epic Toddlers (18m - 3 years) 09.00-9.30 Epic Pre-School (3-5 years) 9.30- 10.15 Book via Reception</p>
PM	<p>MOVE WITH ME PRE & POSTNATAL FITNESS *FREE to members* 1.30-2.15 (Parent/ Carer and child 0-5) Book via MyCourts</p> <p>THE NEST</p>	<p>BABY SPLASH WITH ME 15.30-16.00 *FREE to members* (Parent/ Carer and child under 18 months with instructor) Indoor Pool Book via Mycourts</p>	<p>SWIMMING LESSONS 16.15- 16.45, 16.45-17.15 Beginners in Armbands (4+) Indoor Pool Book via Reception</p>	<p>SWIMMING LESSONS 16.15- 16.45 Preschool (2-4 years) 16.45- 17.15 Beginner with armbands (4+) Indoor Pool Book via Reception</p>	<p>SQUASH Epic Pre-School 16.15- 17.00 Book via Reception</p>	<p>FAMILY SPLASH (All Ages) 10.00- 13.00 *FREE to members* Indoor Pool</p>	<p>FAMILY AND JUNIOR CLUB TENNIS 14.00-16.00 All Ages *FREE to members* Book via MyCourts</p>
		<p>SWIMMING LESSONS 16.15- 16.45 Beginners in Armbands (4+) Indoor Pool Book via Reception</p>	<p>TENNIS Mini tots 16.30-17.00 (3-5 Years) Book via Reception</p>	<p>TENNIS Mini tots 16.00-16.30, 16.30-17.00 (3-5 Years) Book via Reception</p>	<p>TENNIS Mini tots 16.00-16.30, 16.30-17.00 (3-5 Years) Book via Reception</p>	<p>FAMILY SQUASH AND RACKETBALL All ages *FREE to members* 15.00- 16.00 Book via MyCourts</p>	<p>FAMILY SPLASH (All Ages) 15.00- 17.00 *FREE to members* Indoor Pool</p>