



# JUNIOR SUMMER HOLIDAY TIMETABLE



THE ESSEX  
BY THE CLUB COMPANY

AT THE ESSEX - CALL 01787 224 466  
MONDAY 1<sup>ST</sup> AUGUST - FRIDAY 26<sup>TH</sup> AUGUST 2022



## HALF TERM CAMP

EVERY MONDAY & WEDNESDAY (1<sup>ST</sup> AUGUST - 26<sup>TH</sup> AUGUST 2022)

AGES 5 - 12YRS - TIME: 10:00AM TILL 2.30PM

MEMBER £25.00 PER DAY, NON - MEMBER £30.00 PER DAY

TENNIS, GOLF, LUNCH BREAK (BRING YOUR OWN PACKED LUNCH)  
FITNESS FUN, SWIMMING.

WEDNESDAY 24<sup>TH</sup> AUGUST

COME DRESSED AS YOUR FAVOURITE SUPER HERO

## FAMILY MOVIE NIGHT

FRIDAY 26<sup>TH</sup> AUGUST 2022 - 6:00PM

MOVIE IS FREE FOR MEMBERS AND STAYING GUESTS.  
GUEST PASS FOR NON - MEMBERS

## AUGUST

### MONDAY 1ST AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
J Golf - Driving Range	11 - 15yrs	4:15pm - 5:00pm	Free	Guest Pass
Junior Yoga - Studio 3	5 - 10yrs	4:30pm - 5:15pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### TUESDAY 2ND AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### WEDNESDAY 3RD AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Golf Driving Range	5 - 10yrs	4:00pm - 4:45pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### THURSDAY 4TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Martial Arts Studio 3	5 - 10yrs	4:45pm - 5:30pm	Free	Guest Pass
J Martial Arts - Studio 3	11 - 15yrs	5:40pm - 6:25pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### FRIDAY 5TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 7:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### SATURDAY 6TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Junior Fitness - Studio 3	5 - 10yrs	9:30am - 10:15am	Free	Guest Pass
Family Swim - Poolside	All	11:00am - 6:00pm	Free	Guest Pass
Family Splash - Poolside	All	11:00am - 12:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	11:00am - 8:00pm	Free	Guest Pass

### SUNDAY 7TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	11:00am - 6:00pm	Free	Guest Pass
Family Splash - Poolside	All	3:00pm - 4:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	11:00am - 8:00pm	Free	Guest Pass



**MONDAY 8TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
J Golf - Driving Range	11 - 15yrs	4:15pm - 5:00pm	Free	Guest Pass
Junior Yoga - Studio 3	5 - 10yrs	4:30pm - 5:15pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**TUESDAY 9TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**WEDNESDAY 10TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**THURSDAY 11TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Martial Arts Studio 3	5 - 10yrs	4:45pm - 5:30pm	Free	Guest Pass
J Martial Arts - Studio 3	11 - 15yrs	5:40pm - 6:25pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**FRIDAY 12TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 7:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**SATURDAY 13TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Junior Fitness - Studio 3	5 - 10yrs	9:30am - 10:15am	Free	Guest Pass
Family Swim - Poolside	All	11:00am - 6:00pm	Free	Guest Pass
Family Splash - Poolside	All	11:00am - 12:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	11:00am - 8:00pm	Free	Guest Pass

**SUNDAY 14TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	11:00am - 6:00pm	Free	Guest Pass
Family Splash - Poolside	All	3:00pm - 4:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	11:00am - 8:00pm	Free	Guest Pass

**MONDAY 15TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Yoga - Studio 3	5 - 10yrs	4:30pm - 5:15pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**TUESDAY 16TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

**WEDNESDAY 17TH AUGUST**

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass



### THURSDAY 18TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Martial Arts Studio 3	5 - 10yrs	4:45pm - 5:30pm	Free	Guest Pass
J Martial Arts - Studio 3	11 - 15yrs	5:40pm - 6:25pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### FRIDAY 19TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 7:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### SATURDAY 20TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Junior Fitness - Studio 3	5 - 10yrs	9:30am - 10:15am	Free	Guest Pass
Family Swim - Poolside	All	11:00am - 6:00pm	Free	Guest Pass
Family Splash - Poolside	All	11:00am - 12:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	11:00am - 8:00pm	Free	Guest Pass

### SUNDAY 21ST AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	11:00am - 6:00pm	Free	Guest Pass
Family Splash - Poolside	All	3:00pm - 4:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	11:00am - 8:00pm	Free	Guest Pass

### MONDAY 22ND AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
J Golf - Driving Range	11 - 15yrs	4:15pm - 5:00pm	Free	Guest Pass
Junior Yoga - Studio 3	5 - 10yrs	4:30pm - 5:15pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass



### TUESDAY 23RD AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### WEDNESDAY 24TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Half Term Camp	5 - 12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Golf Driving Range	5 - 10yrs	4:00pm - 4:45pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### THURSDAY 25TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 6:00pm	Free	Guest Pass
Junior Martial Arts Studio 3	5 - 10yrs	4:45pm - 5:30pm	Free	Guest Pass
J Martial Arts - Studio 3	11 - 15yrs	5:40pm - 6:25pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass

### FRIDAY 26TH AUGUST

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am - 11:00am	Free	Guest Pass
Family Swim - Poolside	All	1:30pm - 7:00pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm - 8:00pm	Free	Guest Pass
Family Movie Night 26th August	All	6:00pm	Free	Guest Pass



Feel Good  
THIS  
SUMMER

## PLEASE NOTE

- If there are less than four participants booked into a class it will be cancelled.
- We reserve the right to amend, change or cancel any of the activities when and if the need arises.
- All outdoor activities are weather permitting.
- All non - member children must pay for the class.
- Parents and guardians must remain on - site for activities (excluding golf)
- Before participating in any activities, the Parent/Guardian of all children must complete a Junior Health Check Questionnaire. Please allow at least 5 minutes prior to the class start time to complete this information. No activities will be permitted without a completed and signed form.
- Please ensure your child is wearing suitable clothing and footwear for the activity that they are booked in for, including sun protection, hats, towels and swimming costumes (goggles if required).
- Terms and conditions apply.

## ACTIVITY DESCRIPTIONS

### FAMILY SWIM

Swim Session time for all the Family! What better way to let the children have fun whilst you can sit and relax. Family Splash: Swim session time when we add fun pool floats & inflatables for the children to play with, this is supervised by a member of The Essex team.

### GOLF

A fun way to learn the essential skills of golf, using both our driving range and 9 hole golf course.

### CLUB J FITNESS FUN

Fun Fitness circuits, a fun and interactive way for children to be physically active.

### CLUB J TENNIS

Learn the skills needed to play tennis whilst having fun, including some challenges along the way.

### GUEST PASS

£15.00 (adults) & £5.00 juniors (0 - 15ys) \*10% is offered if you have a membership card.

**\*Booking are essential as spaces are limited to a max of 12 x juniors for camp and classes.**

**\*Rate for the Half term camp are per day, per child. £25.00 for children who are members & £30.00 for children who are non - members, camp runs from 10:00am till 2:30pm.**



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