

Children's CHRISTMAS TIMETABLE

TUESDAY 20TH DECEMBER - TUESDAY 3RD JANUARY

TUESDAY 20TH DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass
Family Group Cycle - Studio 2	Family	17:30-18:00	Free	Guest Pass

WEDNESDAY 21ST DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass
Junior Golf - Strike Shack	5-10yrs	16:00-16:45	Free	Guest Pass

THURSDAY 22ND DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass
Family Martial Arts	Family	17:30-18:15	Free	Guest Pass

FRIDAY 23RD DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-19:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass

SATURDAY 24TH DECEMBER (CHRISTMAS EVE)

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	11:00-16:00	Free	Guest Pass
Family Splash	All Ages	11:00-12:00	Free	Guest Pass
Teen Gym	11 & upwards	11:00-16:00	Free	Guest Pass

SUNDAY 25TH DECEMBER (CHRISTMAS DAY)

CLOSED FOR CHRISTMAS DAY!

MONDAY 26TH DECEMBER (BOXING DAY)

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-15:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-15:00	Free	Guest Pass

TUESDAY 27TH DECEMBER (BANK HOLIDAY)

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-16:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-16:00	Free	Guest Pass

WEDNESDAY 28TH DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass



THURSDAY 29TH DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass
Family Martial Arts	Family	17:30-18:15	Free	Guest Pass

FRIDAY 30TH DECEMBER

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-19:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass

SATURDAY 31ST DECEMBER (NEW YEAR'S EVE)

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	11:00-16:00	Free	Guest Pass
Family Splash	All Ages	11:00-12:00	Free	Guest Pass
Teen Gym	11 & upwards	11:00-16:00	Free	Guest Pass

SUNDAY 1ST JANUARY (NEW YEAR'S DAY)

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Pool Side	All Ages	11:00-15:00	Free	Guest Pass
Teen Gym	11 & upwards	11:00-15:00	Free	Guest Pass

MONDAY 2ND JANUARY (BANK HOLIDAY)

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass

TUESDAY 3RD JANUARY

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim	All Ages	10:00-11:00	Free	Guest Pass
Family Swim	All Ages	13:30-18:00	Free	Guest Pass
Teen Gym	11 & upwards	13:30-20:00	Free	Guest Pass
Family Group Cycle - Studio 2	Family	17:30-18:00	Free	Guest Pass

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.

Family Group Cycle: Performed on stationary indoor bikes, this is a fantastic way to get fit and stay fit as a family.

Family Martial Arts: Sessions teach families self-defence and martial techniques, whilst providing an energetic workout increasing fitness, mobility, and co-ordination.

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

Other: *Booking are essential for the family classes, you and your child/children can book onto them via the Club Company App.

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 classes paid at time of booking
- All NON-MEMBER children must pay for the class.
- Parents and guardians must remain on-site for activities
- 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.
- Terms and conditions apply.

All prices quoted are for children only and therefore any non member child is subject to these costs.

www.theessexgolfandcountryclub.com

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THE ESSEX
BY THE CLUB COMPANY

