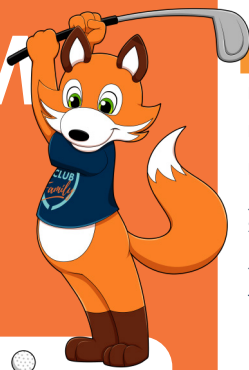


FEBRUARY HALF TERM KEEPING ACTIVE



HALF TERM FEBRUARY CAMP

Monday, Wednesday & Friday (13, 15 & 17 February 2023)

Ages: 5-12yrs Time: 10.00am till 2:30pm

Member £25.00 per day | Non-member £30.00 per day

10:00am-11:00am - Tennis

11:00am-12:00pm - Golf

12:00pm-12:30pm - Lunch break

12:30pm-1:15pm - Fitness Fun

1:30pm-2:30pm - Swimming

Friday there will be a Family Movie night at 6:00pm

MONDAY 13th FEBRUARY

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

TUESDAY 14th FEBRUARY

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am -11:00am	Free	Guest Pass
Family Splash - Poolside	All	1:30pm-2:30pm	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
Junior Multisports - Studio 1	5-10yrs	4:30pm-5:15pm	Free	Guest Pass
Family Group Cycle - Group Cycle Studio	11-Adult	5:30pm-6:00pm	Free	Guest Pass

WEDNESDAY 15th FEBRUARY

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am -11:00am	Free	Guest Pass
Family Splash - Poolside	All	1:30pm-2:30pm	Free	Guest Pass
Family Swim - Poolside	All	1:30pm-6:00pm	Free	Guest Pass
Junior Golf - outside	5-10yrs	4:00pm-4:45pm	Free	Guest Pass
Family HIIT Cardio - Gym Floor	11 & upwards	4:00pm-4:40pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm-8:00pm	Free	Guest Pass
Half Term Camp	5-12yrs	10:00am - 2:30pm	£25.00	£30.00

THURSDAY 16th FEBRUARY

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am -11:00am	Free	Guest Pass
Family Splash - Poolside	All	1:30pm-2:30pm	Free	Guest Pass
Family Swim - Poolside	All	1:30pm-6:00pm	Free	Guest Pass
Junior Martial Arts - Studio 1	5-10yrs	4:45pm-5:30pm	Free	Guest Pass
J Martial Arts - Studio 1	11-Adult	5:40pm-6:25pm	Free	Guest Pass
Teen Gym - Gym Floor	11 & upwards	1:30pm-8:00pm	Free	Guest Pass

FRIDAY 17th FEBRUARY

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Family Swim - Poolside	All	10:00am -11:00am	Free	Guest Pass
Family Splash - Poolside	All	1:30pm-2:30pm	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
Half Term Camp	5-12yrs	10:00am - 2:30pm	£25.00	£30.00
Family Movie Night	All	6:30pm	Free	Guest Pass

SATURDAY 18th FEBRUARY

ACTIVITY	AGES	TIME	COST MEMBER	COST NON-MEMBER
Junior Fitness - Studio 2	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 19th FEBRUARY

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

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.

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

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

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

FAMILY MOVIE NIGHT - Family friendly movie for everyone to enjoy, with a free drink and popcorn.

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

OTHER - *Booking's 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.

Please make sure your children dress in warm clothes for the Golf activities and Kids Camp Golf as these classes are outdoors.



Club Family
at The Essex

