



CLUB JUNIOR TIMETABLE

Club Family
at Benton Hall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Swim 11:00 - 14:00 Swimming Pool 	Family Swim 11:00 - 14:00 Swimming Pool 	Family Swim 11:00 - 14:00 Swimming Pool 	Family Swim 11:00 - 14:00 Swimming Pool 	Family Swim 11:00 - 14:00 Swimming Pool 	Junior & J Multi-Sports 09:00 - 11:00 Outside (5yrs - 15yrs) 	Junior & J Multi-Sports 09:00 - 11:00 Outside (5yrs - 15yrs) 
Mini Tummy 13:00 - 13:30 Crèche 	Family Swim 15:00 - 18:00 Swimming Pool 	Mini Story Time 13:00 - 13:30 Crèche 	Family Swim 15:00 - 18:00 Swimming Pool 	Mini Tummy 13:00 - 13:30 Crèche 	Family Splash 11:00 - 12:00 Swimming Pool 	Family Swim 11:00 - 18:00 Swimming Pool 
Family Swim 15:00 - 18:00 Swimming Pool 	Junior Multi-Sports 16:15 - 17:00 Studio 2 	Family Swim 15:00 - 18:00 Swimming Pool 	Junior Multi-Sports 16:00 - 16:45 Studio 1 	Family Swim 15:00 - 18:00 Swimming Pool 	Family Multi Sports 11:00 - 13:00 Studio 1 	Family Splash 15:00 - 16:00 Swimming Pool 
Junior Singing 16:00 - 16:45 Studio 2 	J Hiit 16.15 - 17:00 Outside 	Junior Messy Art 16:00 - 17:00 Pulse Cafe 	J Hiit 16.00 - 16:45 Outside 	Junior Movie Time 17:00 - 18:30 Pulse Cafe 	Family Swim 11:00 - 18:00 Swimming Pool 	J Gym 11:00 - 20:00 Gym 
J Hiit 16.00 - 16:45 Outside 	J Gym 16:00 - 20:00 Gym 	J Hiit 16.00 - 16:45 Outside 	J Gym 16:00 - 20:00 Gym 	J Gym 16:00 - 20:00 Gym 	Junior Golf 14:00 - 14:45 Outside 	
J Gym 16:00 - 20:00 Gym 		J Gym 16:00 - 20:00 Gym 			Junior Golf 14:45 - 15:30 Outside 	
					J Gym 11:00 - 20:00 Gym 	



All Ages



0 - Walking



Walking - Preschool



5 - 10 yrs



11 - 15 yrs