



<b>Event</b>	<b>Time</b>	<b>Location</b>	<b>Description</b>	<b>Audience</b>
buzz zone	09:00-10:00	buzz zone	Free play in our fun soft play area for children with additional needs	Under 11's
buzz zone (session times)	10:00-16:00	buzz zone	Bring your children along and let them explore their imagination in our 3 story fun soft play centre	Under 11's
Face Painting	10:00-16:00	buzz zone	Opportunity to become what you want from the lion in the jungle to the clown from the circus!	Under 11's
Art Fun - space theme	10:00-16:00	Café Area	Come and be arty with our arty staff using a wide range of craft materials	Under 11's
Learn to swim tasters	10:00-10:30	Main Pool	Short swim taster sessions aimed at build water confidence whilst having fun with your child	Parent and under 3's
Aqua jets	10:30-11.15 11.15-12.00	Main Pool	Glide and propel through the water in races and fun games using the aqua jets	5-11's
Spin taster	11.00-11.45	Studio C	Get fit by having fun, cycling in a group to music with an instructor	Adults
Dance Mats	11:00-11:45 11.45-12:30 12:30-13:15	Studio B	Step up to the heat and move your feet to the beat with our fun active dance mat sessions	All the family
Myboost	11:00-11:45 12:00-12:45	Studio A	Myboost offers a fun and exciting range of games and multi-sports activities and promotes physical literacy and dynamic fitness	All children welcome
Family splash	12:00-14:00	Main Pool	Swim and fun, what more could you ask for to have a splashing time!	All the family
Family Circuit (P*H*I*T taster)	13.00-13.30 14.00-14.30	Gym	An all over body workout, test your strength and endurance, a active time for the whole family!	11yrs - adults
Cheerleading	13:00-14:00	Studio A	2, 4, 6, 8 come and dance it will be great! Learn the basics of this fun, American sport. High energy, pom-poms and dance routine session	5-11's
Big Bounce	13:45-14:45 15:00-16:00	Studio B	Wear yourself out whilst having a bouncing time! Bouncing fun with hoppers, jumping balls, pogo sticks, air balls, jump sacks and soft balls	Under 11's
Soccer Skills	14.00-15.00	Main Hall	Come and develop your co-ordination skills whilst participating in fun team games, challenges and sport activities	Under 11's
Court Sports	15:00-16:00	Main Hall	Active time with playing hockey and skittles, fun for all the family!	All the family