

Generation KJ™

Tuesdays 16:00 – 17:00 with Simon King Ages 8 - 15

KANGOO JUMPS™ classes designed specifically for juniors. This session uses Kangoo boots combined with fun and games to create exercise they won't even know they are doing! Check out www.kangoojumps.com to see more

Active Club

Thursdays 17:00 – 19:00 with Michael Todd Ages 8 - 15

An after school club for Juniors. These 2 hour sessions will provide different types of fitness and related activities for the juniors to try during the first hour. The second hour will be a free swimming session, led by an instructor with an emphasis on further exercise.

Karate

Wednesdays 18:30 – 19:30 with Vaughan Whybrow Ages 5+

Fridays 18:30 – 19:30 with Vaughan Whybrow Ages 5+

Saturdays 09:00 – 10:30 with Vaughan Whybrow Ages 5+

A chance to learn one of the oldest forms of martial arts. This a fun way to exercise whilst having a great time as well! With 3 sessions available a week, you could be black belt in no time.

All classes are FREE to Members, £3.85 each or £38.50 for a course of 12!

For great junior membership offers, which includes swimming, gym and classes, call a Customer Advisor on 01787 375656 ext 218

...leading the way to active living