

OFF PEAK ACTIVITY TIMETABLE

GO ACTIVE - BUY ONE GET ONE FREE ON TUESDAYS & THURSDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 06.30	Leisure Club & Swimming Pool Open at 08.00	Leisure Club & Swimming Pool Open at 08.00
09.15 - 10.00 Aqua Fit 14 yrs+ £5*	08.30 - 09.25 Fitness Pilates 16 yrs+ £6	09.15 - 10.00 Aqua Fit 14 yrs+ £5*	08.30 - 09.25 Fitness Pilates 16 yrs+ £6	09.15 - 10.00 Aqua Fit 14 yrs+ £5*	09.00 - 10.00 Balanceability Up to 6 yrs £5	9.00 - 10.00 Robin Hood Juniors 3-7 yrs £5
09.30 - 13.00 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	09.00 - 10.30 Target Archery 7 yrs+ £8	09.30 - 10.25 Fit for Life 16 yrs+ £6	09.30 - 10.30 Balanceability Up to 6 yrs £5	10.00 - 12.30 Turtles Little Squirts Swim School** To book call 07975 682142	09.00 - 12.00 Turtles Little Squirts Swim School** To book call 07975 682142	11.00 - 13.00 Woodland Archery 9 yrs+ £12
10.00 - 12.30 Turtles Little Squirts Swim School** To book call 07975 682142	09.30 - 10.25 Fitness Pilates 16 yrs+ £6	10.00 - 12.30 Turtles Little Squirts Swim School** To book call 07975 682142	09.30 - 10.25 Cardio Attack 16 yrs+ £6	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	09.45 - 12.30 FSK Karate Club Please call to book 07970 686054	12.00 - 13.00 Splash Time All ages FREE
13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	10.30 - 11.25 Freestyle Aerobics 16 yrs+ £6	10.45 - 11.40 Fitness Yoga 16 yrs+ £6	10.30 - 11.25 Fitness Pilates 16 yrs+ £6	16.00 - 18.30 Turtles Little Squirts Swim School** To book call 07975 682142	11.00 - 12.00 Go Quest Family Fun - for all ages Child £2 Adults Free	14.30 - 16.00 Body Zorbs 7 yrs+ £8
16.00 - 18.30 Turtles Little Squirts Swim School** To book call 07975 682142	11.00 - 12.30 Body Zorbs 7 yrs+ £8	11.50 - 12.50 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	11.00 - 12.00 Go Quest Family Fun - for all ages Child £2 Adults Free	18.30 - 19.30 Full Body Endurance 16 yrs+ £5	12.00 - 13.00 Go Quest Family Fun - for all ages Child £2 Adults Free	16.30 - 17.30 Waterwalkerz 5 yrs+ 5 mins = £3
18.30 - 19.30 Zumba Fitness 16 yrs+ £5	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	13.00 - 14.00 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	11.30 - 12.30 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432	Closes at 21.45	12.00 - 13.00 Splash Time All ages FREE	18.40 - 19.40 Adult Swimming Lessons 16 yrs+ £6
19.45 - 20.45 Full Body Endurance 16 yrs+ £5	14.00 - 15.00 Robin Hood Juniors 3-7 yrs £5	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE	12.30 - 14.30 Woodland Archery 9 yrs+ £12		12.00 - 13.30 Target Archery 7 yrs+ £8	Closes at 19.00
Closes at 21.45	15.30 - 16.30 Snorkelling & Sea Scooters 9 yrs+ £8	16.00 - 18.30 Turtles Little Squirts Swim School** To book call 07975 682142	13.00 - 14.00 Adult Only Swim 16 yrs+ FREE		14.30 - 15.30 Fencing 7 yrs+ £8	
	17.00 - 18.00 Waterwalkerz 5 yrs+ 5 mins = £3	19.30 - 20.30 Zumba Fitness 16 yrs+ £5	14.30 - 15.30 20/20 Health Cardiac Rehab Please call Sarah or Jaz on 07872 525432		16.15 - 17.15 Snorkelling & Sea Scooters 9 yrs+ £8	
	18.30 - 19.15 Aqua Fit 14 yrs+ £5*	Closes at 21.45	15.30 - 16.30 Snorkelling & Sea Scooters 9 yrs+ £8		17.45 - 18.45 Waterwalkerz 5 yrs+ 5 mins = £3	
	18.00 - 18.55 Power Yoga 16 yrs+ £6		17.00 - 18.00 Waterwalkerz 5 yrs+ 5 mins = £3		Closes at 19.00	
	19.00 - 19.45 Fitness Pilates 16 yrs+ £6		18.00 - 18.45 Fitness Pilates 16 yrs+ £6			
	20.00 - 20.45 Step & Tone 16 yrs+ £6		18.30 - 19.15 Aqua Fit 14 yrs+ £5*			
	Closes at 21.45		19.00 - 19.45 Super Circuits 16 yrs+ £6			
			20.00 - 20.45 Fitness Pilates 16 yrs+ £6			
			Closes at 21.45			

KEY

Pool Activities

Studio Activities

Outdoor
Activities

*£4.00 for Leisure Club members

**Term time only. Amended times are applicable during school holidays - please enquire at reception. Times and activities are subject to change, please check at the Leisure Club reception.

Last admission to the Leisure Club is 1 hour prior to closing.

Although the pool will be open during activities and swimming lessons, swimming will be restricted to the middle of the pool. Please note that it could be busy during these times.

Some activities are weather permitted.

On Go Active activities adult supervision is required for children aged 13 and under.

Go Active activities must be booked at least 45 minutes in advance.

Payment for Go Active activities is required at the time of booking.

Crowhurst Park reserve the right to alter or cancel activities without prior notice. All bookings are non-refundable and non-transferable.



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POOL ACTIVITIES

Aqua Fit - 14+ years

Take part in an aerobic session in the swimming pool designed to improve stamina, strength and flexibility.

Snorkeling & Sea Scooters **Go Active**

9+ years

Learn to snorkel in a safe, pool environment with a British Sub 1Aqua Club (BSAC) instructor.

Splash Time - All ages

Fun session for children with floats and music in the pool.

Turtle Little Squirts Swim School

Swimming lessons for all ages

Check out www.turtlelittlesquirts.co.uk for more information.

Water Walkerz **Go Active** 5+ years

Take an opportunity to walk on water inside a floating inflatable ball.



STUDIO ACTIVITIES

Cardio Attack - 16+ years

High intensity multi-level challenging heart pumping workout, guaranteed to lift your mood.

Face Painting **Go Active** All ages

Let your little ones choose from a range of fun designs.

Fencing **Go Active** 7+ years

Learn the footwork and sword skills of this fast and athletic sport with a British Fencing activity leader.

Fit for Life - 16+ years

A conditioning based session which increases strength and mobility in the shoulders and hips.

Fitness Pilates - 16+ years

Lengthen and strengthen all of your main muscle groups with a range of controlled precise movements.

Fitness Yoga - 16+ years

A mind-body workout to promote flexibility, strength and agility. Suitable for all.

Freestyle Aerobics - 16+ years

High intensity 80's style workout that leaves you feeling energised and motivated.

Power Yoga - 16+ years

An advanced class of mind and body workout to promote flexibility, strength and agility.

Robin Hood Juniors **Go Active** 3-7 years

Explore our version of Sherwood Forest and you and your Merry Men will learn everything you need to beat the evil sheff and find the missing gold!

Step & Tone - 16+ years

The ultimate lower body workout with a great abs conditioning focus.

Super Circuits - 16+ years

Toning and strengthening exercises to give a total body workout.

Zumba Fitness - 16+ years

A fusion of Latin and International dance themes that create a dynamic and exciting work out. Party yourself into shape!

Fully Body Endurance - 16+ years

A workout circuit designed to train your whole body, maximise fitness, burn calories and tone up.



OUTDOOR ACTIVITIES

Balanceability **Go Active** 3-6 years

The UK's first accredited 'learn to cycle' programme. Aimed to develop confidence and riding skills at the earliest stage.

Body Zorbs **Go Active** 7+ years

A giant hamster ball for kids! It makes bumping, jumping and bouncing around more fun than ever.

Go Quest Family Fun **Go Active** All ages

Learn basic map reading skills with an on-site adventure for the whole family. Navigate around the park to successfully find all the hidden points.

Target Archery **Go Active** 7+ years

Learn the skills and techniques of shooting a performance bow with an Archery GB activity leader.

Woodland Archery **Go Active** 9+ years

Like target archery but instead of targets you will navigate around a course in the woods shooting our self-healing rubber animals! Targets range from skunks and wolves to bears, dinosaurs and life sized buffalo!

