



BALANCE POOL & SPA TIME TABLE

MONDAY

Aqua Aerobics	9am - 9.45am
Children's Swim	10am - 12pm
Infant Aquatics	10am - 12.30pm
Children's Swim	3pm - 6pm
Children's Lessons	3pm - 6pm

TUESDAY

Aqua Fit	10am - 10.45am
Aqua Zumba	11:45am - 12:30pm

WEDNESDAY

Aqua Aerobics	8:30am - 9:15am
Children's Swim	10am - 12pm
Infant Aquatics	10am - 12.30pm
Children's Swim	3pm - 6pm
Children's Lessons	3pm - 6pm

THURSDAY

Aqua Fit	10am - 10.45am
----------	----------------

FRIDAY

Aqua Tone	8am - 8.45am
Children's Swim	10am - 12pm
Infant Aquatics	10am - 12.30pm
Aqua Zumba	12:45pm-1:30pm
Children's Swim	3pm - 6pm
Children's Lessons	3pm - 6pm

SATURDAY

Aqua Aerobics	8:30am - 9:15am
Children's Swim	10am - 2pm
Children's Lessons	10am - 12pm

SUNDAY

Aqua Tone	9am - 9.45am
Children's Swim	10am - 2pm

BANK HOLIDAYS

Our swimming times are unaffected by bank holidays and you may enjoy the pool as per usual unless otherwise stated.

Swim Prices For Non-Members

Infant (0 - 4 years old)	Free
Junior (5 - 15 years old)	£4.00
Guest	£10.00
Aqua Classes	£10.00

All non-members must be accompanied by a full Balance Member unless they are booked onto a class.

Children under the age of 16 must be accompanied by an adult at all times and must adhere to the Children's Swimming Times

- For more information on Children's Lessons contact Jenny's Dolphins
Mobile: 07821646451 or Email : jennysdolphins@live.co.uk
Infant Aquatics: Carly - 07876 366063
- For any other bookings contact reception 01536520130



balance

HEALTH CLUB & SPA



www.balancehealthclubs.co.uk