



Fit Club covers a wide range of classes to help your children develop and engage in healthy activities that include our 4 Fit Club goals...

Education, Fun, Water & Fitness.



Education
with Ellie
the Elephant



Fun with
Marty the
Monkey



Water activities
with Penelope
the Penguin



Fitness
with Syd
the Slug

	ACTIVITY	TIME	AGE	COST	JOIN
Monday	Swim Lessons	12.30-14.30	Pre School	COST	Penelope
	Family Swim	11.15-18.00	All	Free	Penelope
	Zumbatomic	16.00-16.55	4-7yrs	Free	Syd
	Swim Lessons	16.00-18.00	4+yrs	COST	Penelope
Tuesday	Swim Lessons	11.30-13.30	Pre School	COST	Penelope
	Family Swim	11.15-18.00	All	Free	Penelope
	Zumbatomic	16.30-17.15	4-7yrs	Free	Syd
	Swim Lessons	16.00-18.00	4+yrs	COST	Penelope
Wednesday	Family Swim	11.15-18.00	All	Free	Penelope
	Cheerleading	15:45-16:45	3-8	Free	Marty & Syd
	Swim Lessons	16.00-18.00	4+yrs	COST	Penelope
Thursday	Swim Lessons	11.00-12.30	Pre School	COST	Penelope
	Family Swim	11.15-18.00	All	Free	Penelope
	Swim Lessons	16.00-18.00	4+yrs	COST	Penelope
Friday	Family Swim	11.15-18.00	All	Free	Penelope
Saturday	Children's Activity Camp	9.00-11.00	4-7yrs	Free	Syd
	Family Swim	11.00-17.00	All	Free	Penelope
	Family Splash	11.15-12.15	All	Free	Penelope
Sunday	Family Swim	11.00-17.00	All	Free	Penelope
	Family Splash	15.00-16.00	All	Free	Penelope

Fit Club Classes

Family Splash - Splash sessions are during family times where large floats are available for the children to enjoy. Children must be supervised by an adult.

Zumbatomic - Have fun with the Townsend Twins with a mix of Dance Routines and team games.

Children's Activity Camp - Includes a variety of activities and sports, including Touch Rugby, Giant Dodge Ball, Rounders, Football, Racing and lots more.

A full list of class descriptions can be found on www.bentonhall.co.uk