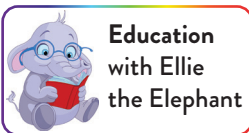




Fit Club covers a wide range of classes to help your children develop and engage in healthy activities that include our 4 Fit Club goals...

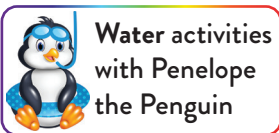
Education, Fun, Water & Fitness.



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	Mini Tennis (Red)	17.00-18.00	4-8	Cost	Syd 🐢
Tuesday	Mini Tennis (Tots)	16.15-17.00	3-5	Cost	🐢 Syd
	Mini Tennis (Red)	17.00-18.00	5-8	Cost	Syd 🐢
Wednesday	Messy Play	9.30-10.30	2-7	Free	Marty 🐵
	Mini Tennis (Red)	16.30-17.30	4-8	Cost	🐢 Syd
Friday	Mini Tennis (Red)	16.15-17.00	4-8	Cost	Syd 🐢
Saturday	Messy Play	9.30-10.30	2-7	Free	🐵 Marty
	Young Tigers Golf <small>(alternate weekends)</small>	9.15-10.00	Under 10	Cost	Syd 🐢
	Mini Tennis (Red)	9.00-10.00	4-8	Cost	🐢 Syd
	Young Tigers Golf	13.30-14.15	Under 10	Cost	Syd 🐢
Sunday	Family Splash	14.30-15.30	Any	Free	🐧 Penelope
	Young Tigers Golf <small>(alternate weekends)</small>	10.00-10.45	Under 10	Cost	Syd 🐢
	Family Splash	10:45-11:45	Any	Free	🐧 Penelope

Fit Club Classes

🐢 **Mini Reds Tennis** - 3-7 year olds, again working on hand/eye coordination skills and the core tennis shots. From the core shots that the students will learn, they will progress on to learning to rally and then towards fun competition.

Messy Play - Join in the fun with sand, water, play dough and much more. 🐵

🐢 **Young Tigers Golf** - Do you have a budding Rory McIlroy or Luke Donald at home? If so, Junior Golf Lessons are available with one of our PGA qualified Golf Professionals. Group tuition covering all aspects of the game.

Family Splash - Fun large floats in the pool, a fun & adventurous pool activity. Parents must supervise. 🐧

A full list of class descriptions can be found on www.theessexgolfandcountryclub.com